

School Sport ACT e-Bulletin

November 10 2021 – Issue 17



This bulletin is collated by School Sport ACT and is targeted towards ACT school teachers and students.

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School Sport ACT Upcoming Regional Events

SSACT Virtual Track and Field

Entry Instructions:

- If the school wishing to participate has already entered their qualifying students' performances within the entry spreadsheet (originally emailed to you from Kerry Boden in mid-June) to Athletics ACT (this includes all ASC schools), the only action required will be to email Mick Morris at school.liaison.aact@iinet.net.au giving him permission to include your students' results in the merged Meet Manager document. • Note: Do Not include students who are not permitted to have their first initial, surname, age and school shared on the SSACT website.
- If the school wishing to participate has submitted their qualifying students in name only within the entry spreadsheet (originally emailed to you from Kerry Boden in mid-June), with no performance details, please insert performances (times for track events, distances/heights for field events) on the spreadsheet submitted where an 'X' or 'Y' was indicated, careful to use the following format (Please note the correct use of decimal points (".") and colons (":"));
- 200 metres down must use the format of "ss.dd"
- 400 metres and 800 metres must be in the format "m:ss.dd"
- Field events are "mm.dd"
- Primary Schools entry forms for 1500m and High Jump performances will be included only if permission is granted specifically to do so, inform Mick Morris of this in your entry email to school.liaison.aact@iinet.net.au
- Requests for Inclusion already received will be processed only if permission is granted specifically to do so, inform Mick Morris of this in your entry email to school.liaison.aact@iinet.net.au
- Multi Class students' entry forms will be included only if permission is granted specifically to do so, inform Mick Morris of this in your entry email to school.liaison.aact@iinet.net.au
- 12 years Primary & Secondary performances will be combined into a single age group.
- 13 Years Primary & Secondary performances will be combined into a single age group.

- ASC results from the carnival held early in 2021 will be accepted as is, with the only additions/changes to be made being for schools not wishing to participate, these results will be removed
- For Government Colleges and non ASC Colleges with Year 11 and 12 students (Merici College, SFX College, Brindabella Christian School and Trinity Christian School) can be entered using the spreadsheet you were initially provided with, but there will need to be a verifiable performance provided from a previously held external meet (no older than October 2020), to be included. Entry Deadline All entries, with performances included, from participating schools must be submitted to Mick Morris school.liaison.aact@inet.net.au by COB Wednesday 10 November (Week 6).
- Virtual Track and Field opportunity – performance entries and permissions are due by Wednesday 10 November

Student Well Being / Mental Health support

SSACT has received some information regarding supports available to students that may be struggling with the impact COVID-19 has had on their ability to participate in sporting events and compete in representative opportunities delivered in a 'normal' year of School Sport operations. The goals they may have set for themselves have been put on hold for two years, and for some they may have missed the age based window for a team altogether. As your students return from remote learning, you may become aware of students who may benefit from the following information.

A new website portal was launched last week to better help children, young people and parents navigate their way to find the most suitable mental health support and services available to them across the ACT. View the Mindmap portal [here](#). This directory focuses on Primary aged children.

Youth Coalition has developed a directory for young people – aged 12-25. [CNCT - Canberra Youth Services Directory - CNCT](#)

There is a national directory for 12-25 managed by Beyond Blue / Headspace [Beyond Blue Be You National Education Initiative - Healthy Schools Network ACT \(healthyschoolsact.com.au\)](#)

The ACT Education Directorate has promoted the <https://studentwellbeinghub.edu.au/> based on the Australian Student Well Being Framework.

Community Sport Programs and Opportunities

Little T's Events

Welcome to Little T's Events - Canberra's only Triathlon event for kids! Yes, you heard right, an event exclusively for kids.

Last summer the Little T's Events were a huge hit with kids wanting to give triathlon a go. School kids from all over Canberra raced either individually or as a team. Look at representing your school in Little T's events this Summer. Little T's Triathlon provides kids aged 7-16 years the opportunity to participate in triathlon on a regular basis in the amazing facilities of Stromlo Leisure Centre and Stromlo Forest Park.

The event aims to bring more school kids into the sport of triathlon and for them to have their own event, encouraging a healthy, active and fun lifestyle from an early age. It doesn't matter your ability as it is fun for all levels. Strongly advise that your child can swim 25m.

Visit www.littlesevents.com.au for further information. Registration for all events are now open with 5 events on offer from November through to March next year. Spots are limited due to COVID restrictions so be quick. The first event is on Saturday 6 November 2021 between 2-5pm.

This is not a SSACT event/program and is solely the responsibility of the advertising organisation listed

Australian Professional Ocean Lifeguard Association (APOLA) upcoming P.L. Course for ACT Teachers.

APOLA School Surfing Supervisor Award (SSSA).

COVID SAFE CHANGES for TERM 4 2021.

In the interests of teacher and community safety, and because of COVID-19 health restrictions and the need for compliance with Government health orders across the ACT, Sydney and Regional NSW, the planned face-to-face **School Surfing Supervisor Award (SSSA) P.L. sessions will be replaced with a non-contact distance process.**

ACT Teachers who wish to renew their SSSA can do so by nominating **Wednesday 24 November 2021 North Broulee** as the preferred date and location; and have the relevant **SSSA papers emailed to their nominated email address.**

On receiving the **Term 4 SSSA papers via email**, teachers can download, print, complete, scan and email back these papers in a readable **pdf format.**

The Term 4 SSSA papers to be returned in a pdf format include:

- Term 4 2021 SSSA Registration and RPL Declaration Form (1page) and
- Term 4 2021 SSSA Theory Paper (1page).

The SSSA Registration and SSSA Theory Paper remains much the same as for previous courses, however, the RPL declaration has been expanded to also include statements confirming competency in the practical fitness and rescue skills that are usually assessed at face-to-face course sessions, as well as the usual declaration statements of completing a 400m pool swim in 9 minutes or less and having currency in Provide First CPR.

Community Sport Programs and Opportunities

These **COVID SAFE CHANGES** for **TERM 4 2021 APOLA SSSA TEACHER P.L COURSE** documents; in addition to the **Term 4 2021 SSSA Registration, RPL Declaration Form and Term 4 2021 SSSA Theory Paper** are also available on the **APOLA website www.apola.com.au** or fast track to link <https://apola.com.au/training/datespricing/>

Booking

Please book via email info@apola.asn.au no later than 48 hours prior to the preferred course day of Wednesday 24 November 2021 and contact John Andrews (**Phone 0408 855 267**) for all booking enquiries.

Note: Due to the revised Covid 19 RPL arrangements for the SSSA Course in Term 4, any new teachers will have to wait until Term 1, 2022 to undertake the course. Dates will be advertised on APOLA website & via School Sport ACT.

Any initial enquiries (before officially booking with John via the APOLA Head Office) can be directed to:

Paul Andrews (APOLA Trainer & Assessor for NSW South Coast)

Email: sabrepaul8@gmail.com Mobile: 0438 697 855

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