



## Jeppia High School for Boys

# Co-curricular Participation Policy

### *Preamble*

Jeppia High School for Boys is committed to ensuring a holistic education for all its students. The school recognises that its core function is to prepare boys to be contributing members of South African society, and that to achieve this goal we must ensure that all students are involved in effective academic teaching and learning, and in addition must develop the leadership skills, attitudes and values required to be successful in the modern world.

The co-curricular programme at Jeppia High School for Boys exists to supplement the excellent work that takes place in the classroom by providing an arena in which 21<sup>st</sup> century skills such as communication, collaboration, perseverance, problem solving, and good citizenship can be developed. Further, many students at Jeppia High School for Boys display talents that lie beyond the traditional academic curriculum which the school commits to exploring and developing to allow boys the broadest possible range of future career opportunities.

### *Purpose of the Co-curricular Participation Policy*

Despite best intentions, the depth and breadth of the Jeppia co-curricular programme leads to significant mental, physical and time demands on Jeppia staff and student. It is therefore necessary to ensure that the co-curricular program is administered in a considered, age-appropriate and development-appropriate manner to ensure that it meets its ultimate aim of supporting the healthy development of the young men in our care. This policy documents the intended outcomes and appropriate levels of demand to be placed on students at different stages of their Jeppia journey.

### *Context*

Jeppia High School for Boys has a proud tradition of excellence in a number of co-curricular pursuits and has earned a reputation as a premier school of choice in Johannesburg. Jeppia's exploits in the sporting and cultural arenas results in regular positive publicity for the school and ignites significant support from parents, old boys and the community. Jeppia's excellence in the co-curricular space is a marketable asset which must be retained and protected into the future

### *Operating Principles*

**Turning black and white into gold**



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Despite the importance of the co-curricular programme to Jeppia High School for Boys, there is uncertainty regarding the level of involvement that is expected of boys and how this involvement will be encouraged and monitored.

*The boys code of conduct states "All parents / guardians are expected to encourage their sons / wards to participate in at least one extramural activity per term".*

There is no legal framework through which schools can force participation in co-curricular activities and engagement in the co-curricular programme cannot be enforced through punitive measures. For the reasons detailed above Jeppia High School for Boys considers that participation in co-curricular programme has significant educational benefits and therefore it is both "strongly encouraged" and "expected" that all Jeppia Boys involve themselves in this program.

### Juniors (Grade 8, 9 and 10)

Jeppia High School for Boys follows an early diversification, late specialisation model regarding co-curricular involvement. It is assumed that junior learners have had limited exposure to the range of co-curricular activities available at Jeppia and are therefore encouraged to try as many activities as possible to explore their talents and discover their passions.

- Juniors are expected to participate in a sporting activity in each term.
- Juniors must attend selected cultural events and workshops throughout the year (e.g. the cultural expo) where they will be exposed to the range of cultural activities on offer, and boys who display talent can be identified and recruited for junior teams.
- Wherever possible, schedules are to be coordinated to avoid clashes between activities in order to minimise boys being forced to choose between two passions.

### Seniors (Grade 11 and 12)

Following their broad exposure in their junior years, senior boys are well positioned to be able to decide which activities they will invest in in their senior years. In recognition of both the increased academic demands in senior years and the need for greater time investment as competitive standards increase, senior boys are encouraged to choose ONE sport or cultural activity to participate in each term. This is the MINIMUM level of participation expected.

It is recognised that many boys may choose to involve themselves in a greater number of activities. This is viewed as a highly positive and, wherever possible, involvement in multiple activities is encouraged and facilitated.

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### Time commitment

In general, the commitment to participating in a sporting team will be two practices and one fixture per week. Similarly, cultural activities will generally require a commitment of two practices a week, although fixtures/performances may be less frequent. Boys participating at higher competitive levels (e.g. A teams) and performance groups (e.g. festivals/leagues/major production) may schedule additional training as necessary.

### Pre-season training

Pre-season sports training has become highly prevalent in recent years, to the point where not engaging in this process places teams at a disadvantage. As highlighted above, the excellence of the Jeppia co-curricular programme is an asset to the school and needs to be maintained. As such, Jeppia sports teams will engage in structured pre-season programmes alongside the in-season sports and cultural activities to ensure sufficient preparation for the competitive season within the following guidelines.

- Junior teams will not be scheduled to more than 2 hours of pre-season training in each week of the preceding term only.
- Senior teams may engage in a greater number of hours of pre-season training (capped at five hours), but should not infringe on the training schedule of the in-season sport or cultural activities.
- A condition of participating in the pre-season sports programmes is that players involved in pre-season remain involved in the in-season sport (juniors) or in a sport OR cultural activity (senior option only).

### Specialisation

The concept of specialisation suggests that to reach the highest levels of performance, athletes and performers must invest a significantly greater amount of time in training for their sport or event in their late teenage years (from age 16 onwards). This increased investment is essential for highly talented individuals and is often the difference between being good or becoming elite/professional. When developing exceptional talents, Jeppia High School for Boys has a responsibility to facilitate this additional time investment to give each boy the best opportunity to reach their potential.



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Contrary to popular belief, specialisation does not require all other activities to be discontinued - it simply requires that the necessary amount of time be invested in the primary activity.

Whilst only impacting a small minority of highly talented senior boys (the vast number of boys will not benefit from, and should not be encouraged to, specialise), those who are clearly high performing (selected into national performance squads or with the obvious potential to play at that level) must be afforded the opportunity to train to their potential in their chosen sport or cultural activity.

The mechanics of these arrangements will be managed on a case-by-case basis but could involve choosing a low demand co-curricular activity or modifying individual training arrangements with the in-season sport. In the case of these highly talented sportsmen or performers, special consideration must be given to mitigating the risk of injury, and, where warranted, these individuals should be afforded the opportunity to opt for lower risk sporting and cultural activities. The decision regarding specialisation and relevant concession is that of the Deputy Headmaster (Co-curricular) only and must be approved by him prior to any arrangements being made. The Headmaster is available for appeal in the case of any disputes regarding these decisions.