

WELLINGTON GIRLS' COLLEGE (WGC) SPORTS PHILOSOPHY



Our WGC school values of *Manaakitanga*, *Manawaroa*, *Ngākau pono* and *Whakarangatira* are the foundation of all that we do. We want our WGC students to be independent thinkers who respect themselves and others, are confident to face challenges, and have a passion for learning. We recognise the huge value of sport in achieving this.

This philosophy is for students, sport leaders, coaches, administrators, teachers, parents and caregivers - we all have a role to play to ensure that sport at WGC is based on Fun, Fitness, Fulfilment, Friends and Whānau. We'll do this together by focusing on:

- **WELLBEING:** Balance Is Better, With Positive Benefits for Physical and Mental Wellbeing
- **GROWTH:** In Participation, Retention and High Performance
- **COMMUNITY:** Whānau Engagement, Particularly Parents, Coach, Manager, And Volunteer Support

W - WELLBEING: Balance is better, with positive benefits for physical and mental wellbeing

The benefits of sport include enhanced social connection and relationships, a sense of belonging and identity, stronger engagement in school-based activities, and enhanced physical, mental health and wellbeing, and improved school achievement and attendance. We want to foster a fun and supportive environment for sport at WGC across all levels.

G - Growth: In participation, retention and high performance

Participation in sport, particularly in a variety of sports, builds good practices for involvement in sport for life. The number of students playing sport by year group, and the number of sports students play, decreases as they progress through their school career. We want to see an increase in participation, retain our students in sport - and playing a variety of sports, and ensure our high performing athletes are provided with opportunities to continue to grow and develop.

C - Community: Whānau engagement, particularly parents, coach, manager, and volunteer support

Parents and whānau are hugely influential to their children's sport experiences, and key to the success of sport at WGC. While the Sports Department is committed to achieving the aims of this philosophy - the success of sport at WGC relies on the role of volunteers to coach and administer sports, and parents to support their children who participate in sport. These groups need to work together to provide a positive and fair sporting environment for our students, with our WGC values modelled by all of us - at all times.

We all have a role to play in following this philosophy and ensuring that sport at WGC is based on Fun, Fitness, Fulfilment, Friends and Whānau.