

**Parental Feedback
submitted on 'Trinity Parents SOS'
Private Facebook Group
re Formal/PE Uniform Change Policy
as at 4 August 2022**

Marney Gett

"I completely support your views!"

Julia Gleeson

"At my high school in Melbourne we were made to do this! It was freezing in winter getting stripped down and changing. It was awkward going through puberty and needing to change in front of peers. People would be judging bodies and God forbid you forgot to shave your legs!! What about when girls have their time of the month? Would a grown adult feel comfortable changing in front of people during that time? Most likely no. So why should students be made to! All in all a crap time and I hope the school changes these rules before my girls are in high school."

Claire Speirs

"Julia Gleeson - I remember theirs from my high school too, we had to change outside in front of our lockers for all to see. Consequently I have mad skills in changing modestly ;D"

Hayley Lane

"Thank you for bringing this up. I agree with you completely. My son has said he's going to refuse to even go to school on PE days. His anxiety around getting changed at school is just too much. His concerns are valid and I'm not going to make him do it, so if rules aren't changed he'll stay in full uniform or full sports all day, I don't care what the rule is, I'm not putting him through it. Every point you make is spot on."

Julia Gleeson

"Hayley Lane - I'll be doing the same! My children are taught boundaries and that their body is private. Why would I then let the school make them get changed regularly when they aren't comfortable with it? And in some cases I'm sure there are kids who are bullied and don't feel safe or secure to change in front of others but are being made to do it anyway. Not to mention the unnecessary stress with time management too. It's actually so silly."

Hayley Lane

"Exactly Julia. Maybe if enough parents refuse and send their kids in and leave them in full sports uniform, it'll force change."

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Peta Shoemark

"I support all of your views, it is very unnecessary."

Claire Speirs

"I'd be interested in their reasons / goals behind the uniform policy. Agree that well-being needs to be prioritised, especially with documented adolescent mental health pandemic we're currently experiencing."

Beth Elise

"Is this all students K-12?"

Claire Speirs

"Beth Elise - as I understand, kids in junior school go to school in PE uniform and wear it all day."

Scott Mordecai

"Far too much importance being placed on image. Feels like a form of snobbery, frankly. Uniform is important, but not to the detriment of the students' comfort or giving them unnecessary logistical stresses."

Unknown due to incorrect screenshot being taken before post being removed by FB Admin

"....discomfort of changing in front of others. There were already issues of images being sent around...wouldn't this cause more problems."

Belinda Daggett

"It's absolutely ridiculous!"

Elisa Arcus

"I totally agree and support 100% that the kids should not have to get changed at school."

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Annabel Lawlor

"I agree. I hated changing at school. Yr 8 daughter currently has a broken foot and she is so relieved she can sit out during PE and doesn't have to change. I didn't realise she was as anxious about changing at school as I was. The PE uniform looks quite smart too."

Cath Lou

"Traditionally, I am happy with senior school changing and only being in public in formal uniform. A strict policy was part of why I originally chose Trinity..

However, you make some very valid points and I now support the argument of not changing into PE uniform at school. In fact it seems ridiculous to do so - especially when kids are losing valuable PE time and when there is added stress with catching buses and also with carrying things.

I'd also like to add that needing to change at school means that more uniforms are needed overall as formal gets used more and Midford historically is unable to meet demand of the basic uniform components and in Covid times with supply disruptions, this is an even more critical issue - I think this needs to be taken into account too."

Joanne Howard

"I totally agree and fully support that the kids should not have to get changed at school.

In addition to the anxiety around changing uniforms they are losing so much valuable PE time which is also so important for their mental well-being."

Melissa Dennis-Balins

"I agree. This causes so much anxiety for so many of our kids...things are hard enough for them."

Caitlin Pinn

"I totally agree with you Janet, thank you for raising this! My daughter has resorted to wearing the sports pants under her school skirt because it's stressful having to carry so much clothing in her bag. It's also quite overwhelming for her to have to change in and out of her uniform under a short timeframe - she's said that they all try to work out shortcuts like this because it's so difficult.

As you have also said Janet, with COVID cases still about I don't fully understand the local for choosing now to have the kids changing and being in close proximity with each other.

I personally think the sports uniform looks very neat and up to private school standards (and I'm sure I've seen kids from very posh schools travelling to/from school in sports clothes) so I don't understand the urgency to move away from the kids wearing it on their travels."

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Shantel McDonald

"Totally agree. Kids should be able to wear it all day. Plus it's time wasting for kids to get changed just get on with PE."

Joanna van Deventer

"My daughter is due to start school next year at Trinity. This rule sounds very complicated and unnecessary. I have Autism so get easily overwhelmed but am very systematic. This does not seem systematic. I hope there are not too many complicated rules like this at Trinity. I want my daughter to have a great education but stressed that being a private school, there might be heaps of extra complicated things that our family won't cope with. Vacation are, OOSH etc are going to be stressful enough to deal with. Please tell me, are there any excessive and complicated things I should be aware of?"

Clare Speirs

"I would be really interested to hear from parents on this thread about their support for wearing formal then changing into sports. I'm curious about the advantages / perceptions of advantage. We can always learn from different perspectives."

Evan McMahan

"Agree with you Janet :)"

Kristie De Todd

"Evan McMahan - 100%"

Kristie De Todd

"I agree, my daughter and I have spoken about it quite a bit and I was trying to work out a way to approach the school about these issues, so I'm glad that you and other parents feel the same way... Thank you for brining it up..."

Julia Drage

"I agree with all of your points re uniform. I'm curious about the reduction of PE time in high school - how has that changed? My understand is that there is a mandatory minimum of 150 mins per week of PE time up until and including Year 10 and then PDHPE becomes an elective for HSC and is no longer mandatory. I'd be concerned if it's less than that so can anyone clarify?"

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Simone Lindner

"Agree....listen to the families."

Linda LaLa

"I totally support what you're saying Janet.. My kids refuse to get changed after PE just to walk to the car or get on the bus."

After approx 4 hours the *Trinity Parents SOS Facebook* administrators took down the post so any further parental feedback opportunities were lost. I was also unavailable to screenshot comments during the final hour so those parents voices have also not be heard. Please review our petition letter with further parental feedback and names of signatories. We hope this initial feedback helps to steer TAC's decision-making on this matter. It has only scratched the surface of feedback as many parents who are currently unaware of these discussions will likely be eager to contribute their thoughts and share how this policy impacts their family.