

7<sup>th</sup> September 2021

Dear Parents/Carers

**Reminders for PE lessons at Bardfield Academy**

I am writing to remind you of our current expectations and health and safety guidelines in PE within our school.

1. It is not deemed safe for children to be wearing tape over their earrings to protect their pierced ears. Therefore, during physical activities **all earrings must be removed**. I therefore ask that if a child is not able to remove their own earrings, they do not come to school wearing earrings on days on which they have PE, swimming or a club.
2. PE kit is part of the school uniform therefore wherever possible it needs to be a white t-shirt/polo shirt, black/navy shorts and black plimsolls or white trainers.
3. Children should wear their PE kit to school on the days they have PE. Failure to have a suitable kit will mean your child will be unable to participate in PE lessons, which is statutory (i.e. it is law that they take part).
4. In the colder months, where possible, please provide your child with tracksuit bottoms and a jumper so that PE lessons can take place on the playground as well as in the school hall. Lessons like hockey and football are much more fun in large spaces such as the playground rather than the hall.
5. We ask that in dance and gymnastic lessons all children remove their footwear. This is for health and safety reasons. In cases of verruca's, covering the affected area with a plaster or bandage is sufficient – there is no reason to wear shoes. Verruca's cannot be caught from the floor, but skin on skin contact and in damp conditions, i.e. swimming pool changing rooms.

I trust that you appreciate we have these guidelines in place to protect the safety of your children while they are in our care and therefore will support us implementing this.

Thank you for your continuing support,



Miss Smith  
PE co-ordinator