Dear Parents and Carers,

Physical Education is an extremely important part of our curriculum. It is a government requirement for your child to participate in 2 hours of PE a week. This is factored into your child’s timetable, one lesson is taught by their class teacher and another by Mr Evans, our Sports Coach. As many of you know, there are huge benefits for your child to get involved in physical activity, physically, mentally and socially, therefore we would hate for them to miss out on any of their sessions.

At Woodland Grange we have a zero-jewellery policy when it comes to PE. May I please remind you that **ALL** jewellery (earrings/necklaces/bracelets/anklets/rings), this includes any religious jewellery, must **NOT** be worn on PE days. We ask that when religious jewellery is being tied on, please be mindful of whether your child can remove these and may you consider tying them using a slip knot, to provide ease of removal.

If your child wears earrings, they cannot be taped up for PE, therefore your child either needs to be able to remove them independently before the session or they need to be removed by an adult at home before coming to school. No members of staff can do this for your child. The only exception to using tape, is if your child has recently had their ears pierced. In this scenario, they must be sufficiently taped at home, or if your child is able to tape them independently at school, tape must be provided. If your child is in year 2 or 4 and goes swimming, a swimming cap that can fully cover the piercing must be worn. A letter must also be given to the class teacher stating the date the piercing happened and the date of when the 6 weeks comes to an end.

If your child is removing their own earrings in school, they must be responsible for keeping their jewellery safe. Unfortunately, if your child is wearing any of the above and it cannot be removed by your child, they will not be able to participate in their PE session that day, this includes swimming.

We also ask that your child’s hair is appropriately tied back, off their face and not obscuring their vision. Again, this is for the safety of your child and others.

A reminder of our school PE kit…

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| **Indoor PE** | **Outdoor PE** |
| Black Shorts/Skort (trousers should not be worn in case they get hooked on equipment).  T-Shirt\* | Shorts/Leggings/Jogging bottoms  T-Shirt\*  Jumper\*  PE trainers -these need to be specifically for PE and **not** your child’s school shoes/trainers. |
| \*The T-shirt/jumper your child wears for PE corresponds to be the colour of the house they are in (white/black, green, red, yellow). You do not need to have one with the school logo on it but please make sure they are plain eg -no football shirts. | |

If you are unsure when your child’s PE lessons are, please look on the website in the class areas.

Many Thanks,

Mrs Pearce

PE Coordinator