

November 2020

Headteacher: Mr J Smith

Dear Parent / Carer

The following guidelines are to help students arrive for all PE lessons suitably dressed for the activities offered, giving them the best opportunity to succeed. It should be noted that whatever the activity, students are expected to bring a full change of clothes including footwear. Please note that crop tops and denim are not acceptable.

To reduce changing room use, **from Monday 9th November 2020** students should:

- 1) If they have PE periods 1 to 5 (morning), come to school in PE kit and bring their uniform with them to change in to at the end of the lesson
- 2) If they have PE periods 6 or 7 (afternoon), come to school in uniform and bring their PE kit with them. They will change at the start of the lesson and will not be required to change at the end of the lesson. Please note, if they wish to change back into their uniform, due to the cold weather for example, provision to do so will be made available.

In the current circumstance, guidance has been changing on a daily basis. I would like to thank students for dealing excellently with the many changes to their PE programme and for their continued hard work within the subject. Please be assured that the PE staff at the school are working tirelessly to keep up to date with the ever changing guidance and are responding as quickly as possible to changes, to ensure the PE curriculum can continue to be delivered in a safe environment.

At the time of writing, the **current guidance** states:

Tiers 0-3 – PE can take place both indoors and outdoors and both contact and non-contact activities are permitted. This is subject to suitable measures being in place to protect our young people / staff and appropriate risk assessment being carried out.

Tier 4 – Young people in school can only participate in non-contact activity and outdoors. This is subject to suitable measures being in place to protect our young people / staff and appropriate risk assessment being carried out.

Therefore, with the introduction of the new 'tier' system and Dumfries and Galloway currently being with in tiers 0-3, **our young people can participate indoor again** and should come to school prepared to do so. To reduce risk, our current indoor activities will be non-contact, for example Badminton and Table Tennis. Please note whenever possible students will be informed of activity changes in advance to allow them to come prepared for their activity, for example most groups in the lower school will have a designated walking/theory period and this should remain the same each week to allow students to come prepared for this.

Indoor Activities (when safe to do so)

Students are encouraged to wear shorts/tracksuit bottoms, a sports top and trainers. It can be cold in the winter months in the hall so a tracksuit top or equivalent is recommended.

Outdoor Activities

Students are encouraged to wear tracksuit bottoms, a sports top, tracksuit top or equivalent and footwear suitable to the activity and surface. A waterproof jacket is recommended and, in the winter months, a warm hat etc.

Aquatics (when safe to do so)

Students should wear fitted swimwear. Swim shorts should be above the knee. Bikinis and Bermuda shorts etc. are not appropriate. Students will need to bring a towel, goggles etc. Students unable to take part in a swimming session will be required to bring shorts and t-shirt to change into.

Jewellery etc.

All jewellery should be removed prior to participation in any activity. Hair should be tied back so that it does not impair a student's vision in any way. These rules are for the health and safety of all participants.

Football Tops

Football tops are acceptable at Castle Douglas High School. They must not have advertising on them that would be considered inappropriate, e.g. advertising alcohol.

PE DEPARTMENTAL PROCEDURES

I would like to take this opportunity to remind students about our lesson procedures in the PE Department.

Students are expected to arrive in the department in sensible manner and wait outside the building for their PE teacher. Groups will then be allocated their changing area. Due to current restrictions valuables cannot be collected. **Therefore, students are responsible for any valuables they bring to school/the PE department. Changing areas will not be accessible during class time, however the same level of security cannot be guaranteed when valuables cannot be collected. It is recommended that on days' students have PE they do not bring valuables to school.**

Students not able to take part for any reason should see their teacher immediately on arrival at the department. If a student has forgotten their kit they can sign a kit out from the PE Department. Any other reason for non-participation should be communicated to the school through email, phone call or group call message prior to the start of the school day.

Finally, we appreciate your support in helping our young people attend school with suitable equipment to participate in the PE programme. Should you have any questions regarding any of the above, please do not hesitate to get in touch.

Yours faithfully

Mr A McNay
PTC Health and Wellbeing