

October 2021

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.

I would like to thank students for dealing excellently with the many changes to their PE programme throughout the pandemic 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.

Please note the changing rooms will be fully operational from Monday 25th October. Therefore, students should come to school in school uniform and will be given time to change for PE, prior to their lesson starting.

The following guidelines are being implemented in line with Dumfries and Galloway Education Authority Policy – School Uniform and Dress Policy. Please note, the following outlines clothing that is deemed unacceptable under any circumstances:

- Could potentially encourage factions (eg football colours).
- Could cause offence (eg anti-religious or political slogans).
- Could cause health and safety difficulties (loose-fitting clothing, dangling earrings)
- Are of flammable materials which may be a danger in certain classes.
- Could cause damage to floors.
- Carry advertising, (such as alcohol or tobacco)
- Could be used to inflict damage on other pupils.

Indoor Activities

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.

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.

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