



OLD TOWN INFANT SCHOOL & NURSERY

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2nd September 2024

P.E Kit reminder: copy of letter sent out on 19th March 2024

Dear Parents/Carers,

Getting changed for P.E

As we move further away from the COVID pandemic, we have recently reviewed our routines and procedures with regard to children coming to school wearing PE kit on PE days. As a result of this review, we have decided to make some changes to ensure that (a) our children are equipped with the fine and gross motor skills that they need in order to develop as part of everyday life and (b) expected standards of school uniform are being upheld.

It has been raised by several of our Year 2 families, that when the children make their transition to Junior school, they are expected to get changed into their P.E kit by themselves in school. Rightly, some of our parents are worried that the children have not had any practice to date in doing this.


We believe that asking children to change into PE kit in school has many advantages:

- It helps younger children to be more independent and learn how to dress/undress themselves, do buttons up, tie laces, etc. It also helps to develop fine and gross motor skills and enables them to rehearse this skill, preparing them for everyday life.
- It prepares our Year 2 children for Junior school routines and expectations
- It enables teachers to be flexible about when PE takes place during the week
- Children will always look smart in school on PE days

From 3rd September 2024, all children will need to bring in a P.E bag, containing their kit, which will be left in school so that the children change into as and when needed. We will send the kits home for washing at the end of each half term or at parental request.

What constitutes a P.E kit?

Last year we saw a slow and steady drop-off in standards of P.E kit, with some children no longer wearing the correct attire to school (Frozen/Batman t-shirts, ballerina dresses). We have therefore decided to make some minor changes, to ensure that all children have a smart and practical PE kit. All children will be expected to wear a school sweatshirt or cardigan, with the school logo, as part of their PE kit – this will be worn over the top of their kit.

<p>School sweatshirt or cardigan with the school logo (no hoodies or tracksuit tops please!)</p>		
<p>Plain navy, black or grey jogging bottoms or shorts</p>		
<p>Plain white or navy t-shirt or polo shirt (or white t-shirt with school logo)</p>		
<p>Lightweight trainers (suitable for outdoor physical activity) or black plimsolls. <i>Please could we ask that Velcro trainers are provided for those children who cannot yet do up their shoelaces.</i></p>		

Most items can be purchased from major supermarkets, or shops such as Primark, H&M etc. School sweatshirts and cardigans (with the school logo) can be purchased from **PMG Schoolwear ,85 High Street, Poole, Dorset, BH15 1AH or online at <https://pmgschoolwear.co.uk/index.php>**
Please ensure that **all belongings** are clearly marked with your child's name!

If pupils do not have their correct kit in school, they will be expected to change into a suitable alternative provided by school. Can we also remind parents that **no jewellery** (except for religious reasons) should be worn on P.E. days and that **long hair should be tied back**. If children are unable to remove ear studs, parents are expected to tape over earrings to cover ear jewellery. Ideally, children who wish to have their ears pierced will do so at the start of the summer holidays so that studs can be removed by the beginning of the Autumn term.

Please be assured that we are not trying to make life difficult, our intention is only to ensure safe teaching practices for the children.

Over the holidays I have read up to date literature on this matter from the Association for Physical Education (AFPE). In their book 'Safe Practice: In Physical Education, School Sport and Physical Activity', they provide schools with clear guidance in regards to jewellery during P.E. On pages 179-181 the AFPE states the following:

2.10.35 Personal effects, such as jewellery, including body piercings, religious artefacts, watches, hair slides and sensory aids including glasses, should ideally always be **removed** to establish a safe working environment.

2.10.36 Staff have a duty of care to ensure that children are able to participate actively without unnecessarily endangering themselves or those working around them. Systems and procedures need to be in place to check that children fulfil this obligation to remove personal effects prior to participation.

2.10.37 **All personal effects** should be removed. Staff should always give a verbal reminder to children and visually monitor the class. If items cannot be removed, staff need to take action to try to make the situation safe.

2.10.37 Children unable to remove earrings should be required to make them safe by taping, front and back, which may offer a measure of protection. The taping should be sufficient to prevent the stud post penetrating the bone behind the ear should an unintentional blow be received e.g. from someone or from equipment such as a ball. This taping may be done at home for younger children. Staff are not required to remove or tape earrings for children. Where taping is utilised, the teacher supervising the group maintains the legal responsibility to ensure that the taping is effective for purpose. Where staff consider the taping to be unsatisfactory to permit safe participation, they will need to consider alternative involvement in the lesson for the child.

2.10.41 **Long hair** worn by both staff and children should always be tied back with a suitably soft item to prevent entanglement in apparatus and to prevent vision being obscured.

I apologise to start the week off with a lengthy 'rules' letter, but I am sure that you will agree, it is essential that everyone partakes in Physical Education in a manner that is safe for all. The last thing we would want is a serious injury.

As always, thank you for your co-operation in this matter and for your support for the standards we wish to uphold as a school.

C. Chase

Mrs Caroline Chase
P.E Leader