

Sacred Heart of Mary Girls' School



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June 2023

Dear Parents/Carers

We look forward to your daughter joining us in September and hope that they will enjoy all that our PE Department has to offer.

Pupils will participate in a wide range of sports and physical activities within our PE curriculum. We also have an extensive extra-curricular timetable and compete at borough, regional and national level competitions. Pupils will also have the opportunity to participate in whole school sporting events such as inter-house competitions, sports day and charity events.

In order to ensure that your daughter is fully equipped and safely prepared for her PE lessons, please read the following information regarding rules and procedures in PE:

1. No jewellery may be worn for PE. If your daughter intends to have her ears pierced, **please ensure that this is done at the beginning of the summer holidays.** It is not acceptable to send a covering note in term time. Wearing plasters to cover them will **not** be permitted. They **must** be removed.
2. For safety reasons, long nails are forbidden. (This includes false nails and extensions.) If your daughter attends PE lessons with long finger nails, she will be required to remove/cut them. A covering note explaining the reason for the long nails will not be acceptable.
3. Any pupil excused from PE with a parental note must still change into her full PE kit. This will avoid her school uniform becoming wet or dirty and will enable her to participate in a less active way (such as coaching or officiating). Failure to do so will result in a detention.
4. Departmental policy is that when an item of kit is forgotten pupils will be issued with a PE detention. Pupils will still be required to take part in the lesson and will be given spare kit to wear.

5. Long hair must be tied back for all PE lessons. A hair band is considered part of the school PE kit. Failure to bring this item to the lesson will result in a detention.
6. All pupils must have a pair of shin pads. (These are available from the School shop.) It is your daughter's responsibility to remember these, as without them the likelihood of injury increases considerably. She will be given a detention and will not be excused from PE should she forget them, but excluded from game play – so please remind her of their importance. For health and safety reasons pupils also require a pair of athletics spikes in the summer term. These can be purchased new from a sports retailer or pre-loved from the School Shop – further details will follow in the Spring Term.
7. **List of Compulsory PE Kit: (Clearly labelled with your daughter's full name)**

PE skort

Blue polo shirt

Gym shorts

Navy leggings

Shin pads

Navy football socks

White training shoes with white laces (plimsolls, converse or brightly coloured sports shoes are not allowed)

White ankle/sports socks

List of Optional Items of PE Kit: (Clearly labelled with your daughter's full name)

Navy School training top / training pants

Navy leotard

Sky blue sweatshirt

Navy football shorts

It is expected that your daughter will have all her kit named for her first PE lesson, so please ensure that this is done well in advance of September. Any un-named kit, including shoes, found in school will be donated to the School Shop.

Please click on the link below to complete the 'Permission to Participate in Off-Site Sporting Activities/Fixtures' form.

[Permission to Participate in Off-Site Sporting/Activities Fixtures - 2023 \(Version 2\)](#)

I hope these details clarify any queries you may have, but, if not, please do not hesitate to contact me.

H Knowles (Mrs)
Head of PE