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Dear Parents/Carers

### PE KIT

We would like to take this opportunity to remind parents/carers that all pupils are expected to bring a complete change of clothing and footwear for each Physical Education class.

They are required to bring for indoor and outdoor activities a T-shirt or sports shirt, shorts or sports leggings, socks and training shoes. In addition, tracksuits, sweatshirts or an extra jumper are necessary for outdoor PE in cold weather. It is helpful if items of kit are labelled in case of loss.

It should be noted that for indoor PE only training shoes which are not worn outdoors are suitable and these must have non-marking soles.

We have noticed a significant decline in the type of clothing some of the girls are wearing for PE, namely:

- Girls are wearing leggings to school and are not changing into alternative leggings or shorts for PE; all girls need to have a **change of clothing** for PE
- In addition, many of the girls are wearing very thin leggings which are see-through and these are not deemed appropriate for the range of activities carried out in PE. We would recommend that specific 'sports' leggings are obtained, which are **thicker** and suitable
- Some girls are wearing crop-tops or tying their t-shirts to reveal their mid-riffs. T-shirts must be **long enough** to ensure that mid-riffs are not exposed during PE
- Shorts, if worn, must be **mid-thigh length** or longer
- If hoodies are worn, a T-shirt must be worn underneath

The requirement for PE kit to be appropriate is paramount to the health and well-being of our pupils and we would appreciate your support with enforcing these expectations. If you have any specific queries, please do not hesitate to contact either myself or any of the PE teaching staff.

Yours sincerely

C. Baxter  
PT Faculty Health Promotion