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11<sup>th</sup> October 2022

Dear Parent/Carer

### **Health Promotion Kit / Equipment - Reminder**

We would like to thank you all for your assistance in helping pupils being organised and prepared for lessons within our Faculty. This is an important life skill, and one we look forward to seeing improve from next Term and beyond for key individuals.

Below is a reminder of the kit / equipment pupils should be bringing with them when attending PE and HE within the Health Promotions Faculty.

#### **Physical Education (PE)**

Pupils should always change clothes for PE and out of school uniform, due to hygiene reasons and to keep from getting wet and ruining school clothes. **Pupils should not be taking part in PE in the clothes they wear as school uniform.** Please remind pupils of this obligation.

Pupils who have PE Period 1 any day can come into school in their PE Kit ready for the lesson; however, all must change after PE into the appropriate school uniform, listed in recent letters from the school.

On PE days, pupils should bring a change of:

- Trainers
- Socks
- Leggings/Trackies/Shorts (\*A reminder that Leggings/Trackies are not permitted in school anytime other than in PE lessons, and pupils must change back to our acceptable school uniform after every PE period.)
- T-shirt
- Jumper
- A waterproof jacket (if needed)
- Hat/Gloves (if needed)
- Pupils will also need a carrier bag to put wet clothes in and keep the rest of their belongings dry
- Hair bobbles for long hair to ensure pupils can see well and are safe

Pupils may be outside in poor weather, so need to forward plan for this.



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### **Home Economics (HE)**

In HE pupils should bring be prepared with:

- A small oven proof container with a sealable lid (roughly 11cm by 17cm)
- A clean apron (all S1 and S2 pupils have been provided with an apron by the school)
- Hair bobbles for long hair to ensure pupils are safe

If pupils forget these items for HE they will be provided, but at a charge of 20p per use as we need to constantly replenish our stock of containers and to wash our borrowed aprons.

Also, please remind pupils to collect all food from the HE department at the end of the school day as any food left will be contributed to the school's food waste and help to reduce our carbon footprint.

I would ask that you re-visit this key information with your young person at the start of next Term, and regularly remind them of our expectations. Thanks again for your on-going support.

Yours sincerely

**C. Lawson**  
**PT Faculty Health Promotion**