



Reminders for P.E and Swimming.



P.E:

Each class will have set P.E sessions, which you will be notified of from your child's class teacher via posts on Class Dojo and in the parent notice boards outside of the class rooms.

Children are to come to school 'games ready' so they have more activity time during the PE session.

P.E kits should be blue or black shorts, joggers or leggings, a plain white t-shirt, their school jumper or cardigan and trainers.

Swimming:

Swimming is on a Friday (class teachers will let you know which term your child will swim) so please make sure your child has their swimming kits with them on a Friday morning in a bag that they can carry themselves.

Swimming kits for boys should be trunks/shorts. The shorts should be no longer than the knee and must not have pockets (if they do have pockets please could these be sewn up).



Swimming kits for girls should be bathers and NOT a bikini.



Your child will also need a towel.



Swimming goggles can only be worn if your child brings the letter back to school which gives parental consent for goggles to be worn.

Jewellery:

For P.E and Swimming, please make sure your child has their hair tied back and that NO jewellery is worn at all, not even stud earrings. If children do wear stud earrings they must come to school with either their earrings removed or adequately taped up or be able to remove the earrings themselves for the PE or swimming session.

At Southwold we have a duty of care to all children and in the Safe Practice: in Physical Education, School Sport and Physical Activity handbook 2020 it clearly states:

2.14.7 'Schools have a duty of care to ensure students are able to participate actively without unnecessarily endangering themselves or those working around them'.

2.14.8 'A clear and consistently applied policy for the removal of personal effects should be in place. The Association for Physical Education (afPE) strongly recommends the practice of removing all personal effects at the commencement of every lesson to establish a safe working environment. This applies to **all** ear and body piercings, including retainer and expander earrings'.

2.14.9 'If a school/employer adopts where taping is utilized to enable participation then appropriate action needs to be taken at the start of the lesson. Staff are not required to remove or tape up earrings for students. Students should come ready for the lesson, preferably with earrings removed or adequately taped. Taping over ear and body piercings may offer a measure of protection in some physical activity situations, where individuals are required to work within their own personal space. However the amount of tape used needs to be sufficient to prevent the piercing penetrating, for example, the bone behind the ear should an unintentional blow be received from someone or some item of equipment, such as a ball'.

In the Nottingham School Swimming handbook; Sport, Outdoor Learning, Adventure and Risk Management Team SAFE PRACTICE IN SCHOOL SWIMMING handbook states:

7.4.3 'Long hair should either be tied back or worn under a hat. This is the same for boys and girls'.

7.4.4 'Jewellery - Nottingham City Council School Swimming Service operates a strict no jewellery policy. This is to prevent injury to the individual and to other swimmers. The **ONLY** exception to this is a medic alert bracelet or Talisman, as to remove this would itself create a risk to the individual. They should, however, be covered by a sweatband or similar worn over it to prevent injury'.

Thank you for your continued cooperation and understanding
Miss Haywood and the PE Team.