



7 December 2023

Dear Parents and Carers,

## PE kit expectations

I am writing to let you know what your child needs to bring to PE lessons so that they are safe and able to enjoy their PE lesson fully. Like many schools we offer a standardised PE uniform that ensures everyone wears a kit that is safe, fit for purpose and equal. This ensures no child feels left out for not wearing expensive brands.

### What is the minimum PE kit my child needs?

- School branded polo-top and/or rugby top.
- Black or blue shorts or skort.
- Navy blue football socks and/or white sports socks (depending on the activity).
- Trainers; it is important that students have a separate pair of trainers that are worn only in their PE lessons, if they choose to wear trainers to school then these tend to wear out very quickly and can become slippery in their PE lessons making them unsafe.
- Studded footwear, for example, metal studs or moulded. **Please note:** This is essential during this time of year when the field can be muddy and slippery. This is part of our compulsory college uniform policy.
- Shin pads are also compulsory for football and hockey lessons.
- We also strongly recommend the use of a gumshield for rugby and hockey lessons/games.

We would also recommend that your child's name is included somewhere on the clothing, this often helps us to return items immediately should they become lost and saves a costly replacement should the item not be found. Girls must have their hair tied back and should bring their own hairband, this is for safety reasons and will also impact on their performance. All jewellery must also be removed, this includes any newly pierced earrings due to health and safety issues.

### What warm clothing can students wear for PE lessons?

Your child is allowed to wear additional layers to keep warm. These must be worn underneath their PE top. Many students choose to wear t-shirts or long-sleeved tops underneath. We also have available to purchase an optional fleece jumper that is school branded and can keep your child warm when outside in colder weather, but unfortunately cannot be used for rugby lessons due to the zips and the contact element of the sport. We also allow students to wear black tracksuit bottoms or black sports leggings to lessons, but again these cannot have zips when participating in rugby. Students can also wear gloves, so long as their hands are not needed for the activity; in which case they must be sport specific technical gloves. Students could also wear a hat to keep them warm in cold weather. Unfortunately, we don't allow jackets to be worn as often these can impact on movement within lessons.

We have particularly noted that at this time of year some students come to school with very few layers resulting in them being cold in their lessons or do not have appropriate footwear meaning they are more likely to slip and injure themselves.





If your child doesn't have their full PE kit, they will receive a B11 detention during their lunch time, if this happens more than twice in a half-term for KS3 or in a term for KS4, they will be issued with an after-school detention.

### What happens if my child is injured or ill?

If your child cannot take part practically in the PE lesson due to an injury or illness, for example, sprains or strains, then we ask the parent to write a note to the PE teacher. If the injury or illness lasts more than two weeks then we ask for a doctor's note or other similar evidence as anything impacting on physical activity for this duration should be checked by a healthcare professional (if the injury is obvious, for example, arm in a cast, then we will not necessarily expect a doctor's note confirming this. If unsure please contact us to discuss).

### Where can I buy more PE kit?

PE kit can be bought in person from Paul Day's Sports in Ely or can be purchased online at [www.3gsports.co.uk/Soham-Village-College](http://www.3gsports.co.uk/Soham-Village-College).

### Earrings in PE:

We have recently received updated guidance about earrings. In most cases all jewellery should be removed before taking part in a PE lesson. Students who cannot remove earrings can only participate in low risk activities but at the point where risks are higher, alternative activities will be offered. This is not a reason to be excluded from PE lessons but may result in your child being asked to participate in another group or completing a different activity.

It is not safe to cover ear-rings / studs / sleepers with tape. The reason is both because of the potential tearing of the ear lobe, but also the very slim chance that the post of the ear-ring could damage the neck which is where the brachial nerve is running directly to the brain. There are anecdotal cases of children wearing ear-rings / studs with plasters over being hit by a ball or coming off worse in a collision and having nasty injuries as a consequence.

We fully appreciate that it is unlikely to happen and that we are being cautious, but the school has a duty of care and cannot be put in the situation of looking after a child without exercising that duty of care. This is dictated by national guidance and governing bodies of sport. There have been awful cases involving jewellery in PE elsewhere and we are protecting against that happening here.

Many thanks for your help preparing your child to be safe and enjoy their PE lessons. If you have any questions then please contact us to discuss.

Yours sincerely,

Adam Clark  
**Director of PE**

