



ST MARY'S CATHOLIC HIGH SCHOOL

a Catholic Voluntary Academy

Newbold Road • Upper Newbold • Chesterfield • S41 8AG

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Dear Parents/Carers

At St Mary's, the PE Department encourage full participation in all the lessons during KS4. We have high expectations of our pupils and encourage them to achieve their full potential in all aspects of the PE curriculum, and to broaden their sporting interests.

We would like to outline our procedures regarding non-participation in PE lessons.

- A formal letter of excusal must be produced, and a signature from a parent/carer is required.
- On production of the letter, pupils will be expected to stay with their teaching group and complete a PE related work sheet. (This may be outside, as we do not have the facilities, or staff to keep non-participants inside).

All pupils not taking part in lessons must change into their PE kit.

- If your son/daughter is unable to accompany their class due to illness or serious injury, then alternative arrangements should be made via their Head of Year.
- Under **no** circumstances will pupils be allowed to use PE curriculum time to 'catch up' on other subjects.

We would also like to remind you of the PE kit required:

Girls	Boys
Blue polo shirt, royal blue sweatshirt, and black games shorts (with no logos or stripes/ <u>no tight athletics shorts</u> please) and clean (non-marking) trainers. Long, royal blue socks to be worn for hockey, football and rugby. Short white socks for indoors and all other activities.	Blue polo shirt, black shorts (no logos or stripes). Games jersey shirt, socks and clean (non-marking) trainers). Football boots are required for football and rugby lessons. Long, royal blue socks to be worn for hockey, football and rugby. Short white socks for indoors and all other activities.
New updated PE school kit from Monkhouses may be worn at the pupil's preference.	

- Suitable footwear is required for the Astroturf (trainers or Astroturf trainers)
- Moulded studs are not suitable for the all-weather pitch.
- Canvas pumps are **NOT** to be worn for any PE activity as they afford little or no protection to the feet.
- Shin pads **MUST** be worn for football lessons.
- During autumn and spring terms pupils are allowed to wear navy blue undergarments (NO LOGOS) at their own discretion when doing outdoor lessons only. Under garments can be purchased from the Monkhouses website.
- Under garments must not be worn instead of tracksuit bottoms whilst travelling to and from school.
- **Jewellery MUST NOT** be worn in PE lessons.

Live, Love and Learn in the Light of Christ



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Failure to wear correct kit for each activity will result in 'kit marks' and 'detentions'.

I am sure you are aware of the importance of physical activity for your child's general health and general well-being. It is recommended that all pupils have one hour's exercise per day. Please encourage your son or daughter to 'get involved' in the extra-curricular activities that are offered each term.

As always we appreciate your full co-operation and continued support.

Yours faithfully



Mr M McKee
Head of Physical Education



Mr A Breedon
Assistant Headteacher