



Cecil Road Primary & Nursery School

Cecil Road, Gravesend

Kent. DA11 7BT

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Headteacher: Mrs C. Old

Dear Parents/ Carers

Cecil Road P.E. Health & Safety Guidelines

Physical Education is an important part of our curriculum. We would like to remind you about our health and safety guidelines regarding clothing and jewellery worn during PE lessons. At Cecil Road, it is essential that we follow these guidelines carefully to ensure the safety of your child and others.

During PE lessons and After School sports clubs:

- Long hair should be tied back.
- Earrings must be removed. If earrings are unable to be removed, then small studs should be worn.
- Hoop earrings are not allowed.
- Religious artefacts should be removed including bracelets and chains.
- Sweat bands will need to be put over any bangles/bracelets that can't be removed.
- Watches must be removed.
- Children will wear PE kit that is reflected in our school uniform list as follows:
 - White T-shirt with/without school logo
 - Black/Navy shorts (Summer term)
 - Black/navy jogging bottoms or leggings (Autumn/ Winter term)
 - Black/navy jumper/ hoodie
 - Plimsolls or trainers for outdoor activities
 - Children will work in bare feet during dance and gymnastics lessons.

PE lessons for Term 1 and 2. Please remove your children's jewellery on the following days:

Year 1	Thur & Fri
Year 2	Tue & Thur
Year 3	Mon & Thur
Year 4	Mon & Fri
Year 5	Tue & Wed
Year 6	Tue & Fri

We are very grateful for your support in helping us ensure we maintain our duty of care to all children. Please do not hesitate to contact me or your class teacher with any questions.

Kind Regards

Mrs Thrush (PE Co-ordinator)