



September 2022

Dear Parent/Carer

PE Rules and Uniform Reminder

As usual we are teaching a range of sports and activities across all age groups with an extensive list of extracurricular opportunities available to all the students.

Please can you ensure your child is appropriately attired for their PE lessons. The PE kit required is on the website and is found here [School Uniform - Sackville School](#)

If your child is injured and is unable to take part in the lesson, please write a note or send an email to the appropriate member of staff. We explain to the students that if the injury is not serious they may still be able to participate as it may disappear and be 'run off'. So, if they still bring their kit and take part in the lesson, but by providing the note the teacher will be able to see if they are struggling and stop them being active if required.

Please note that no jewellery and acrylic nails are allowed to be worn for the health and safety of the students. These items must be removed before or at the start of the lesson.

Also, in the changing rooms no spray on deodorants are allowed to be used because of the enclosed space as this can act as a trigger for asthma and other allergic reactions of certain students. Obviously, roll on deodorants are allowed to be used.

Please can you make sure your child has a substantial breakfast in the morning before school. An example would be eating one of the following, e.g. porridge, x2 shredded wheat or weetabix, x2 pieces of toast, shreddie or similar breakfast cereals. As these will give them the energy to keep them going for the rest of the day.

Please note the extracurricular information will be coming out from Mr Treen. He will be sending out information about all the activities in the next week, if he has not already done it.

We are looking forward to an excellent year of physical education and sport.

Yours sincerely

Mrs L Richards
Curriculum Team Leader Girl's PE

Mr A Currie
Curriculum Team Leader Boy's PE