

10<sup>th</sup> November 2023

Dear Parents/ Carers,

We wanted to write with a few points about PE here at Farlingaye to hopefully make the year ahead a very smooth one. Sport and physical exercise is so important for all our young people, helping foster key skills such as teamwork and resilience, as well as developing self-confidence and overall wellbeing, and it's so important to what we do here at Farlingaye.

### Spectators for school fixtures

We have tried to design a system that allows for as much access as possible for those who wish to come into school to watching sporting events, but also ensures one that this is appropriate and above all else safe for all involved.

Last year we set in place the protocol as outlined below. We ask that all potential spectators follow this protocol and sign a Code of Conduct, which spectators will be presented with upon arrival at school. The purpose of asking spectators to sign this is to remove the need for a member of staff to directly supervise spectators while they are watching the sporting event.

We will ask all spectators to follow the protocol below:

- Spectators are invited to arrive 10 minutes before the start of the sporting event or at 3:40pm if the event continues after school hours
- Spectators are to report to reception immediately upon arrival to sign in
- Spectators read and sign the Code of Conduct
- Spectators wait in reception to be collected by a member of staff and taken to the venue
- Spectators remain at the venue during the sporting event
- When the sporting event is finished spectators will wait for a member of staff to show them off site. If the sporting event finishes after school hours, spectators can make their own way to the exits

### PE Kit

As you know students are now expected to come to school in full school uniform and change in our new temporary changing rooms. Students have been reminded in their lessons of the various choices they have for their kit and it is important that they don't wear items that are not on the school PE kit list. Any shorts, leggings or jogging bottoms need to be **plain navy blue please**. Please could you ensure all kit and school uniform is named in some way as we already have quite a lot of lost property. There is also a school second hand uniform shop which has PE kit available.

Students who participate in a lunch time club should get changed in the changing rooms at the start of lunch and can then stay in their PE kit for period three.

Students will need to have their own shin pads and these will be used for Football and Hockey. A mouthguard is also strongly advisable for Rugby and Hockey. The boil and bite type is fine. All

students will also need Football boots. Last year we ran a successful boot swap programme which we will aim to do again this year after Christmas.

### **Missing lessons**

If a student needs to be excused from PE for any reason, we would ask that you send them in with a note as opposed to an email. Where possible, we would ask them to have their PE kit on when they are excused so that they can join in parts of the lesson where appropriate. We would also ask that they are not excused from PE for things such as colds but please do let us know in a note that they may not be feeling 100% and might need to sit out at times. If a student is likely to be excused from all PE for an extended period of time, we will look for a personalised alternative for them through liaising with their Head of Year.

### **Jewellery and piercings**

Students are not allowed to wear jewellery for PE and it must be removed. This is for Health and Safety reasons in order to ensure everyone's wellbeing. Where a student can't remove a piercing for a very short period of time, in which case they must provide a padded plaster as opposed to tape. This is a temporary arrangement.

### **Extra-Curricular clubs and fixtures**

We have a full and varied clubs timetable that has been shared with the students and we look forwards to seeing lots of them at these sessions. All clubs are open to everyone and we don't have specific squad training. Teams that are selected for one fixture won't necessarily be selected for the following fixture as we try and include as many students as possible. Therefore, it is important that students who would like to be involved continue to attend training sessions on a regular basis and we will try and involve as many students as we can.

When we have a fixture a team sheet will be displayed by the PE staff with who is playing, location, when students need to leave lessons and an approximate return time. We encourage students to note down that information and then share the details with parents. When students have permission to play then they tick their name on the team sheet; that tick confirms that they have permission from you to play and that they have shared the details with you. If a student is unable to play, we would ask them to let their teacher know rather than just leave their name unticked. If you would like any further clarification on this please do email or phone me.

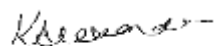
We have a faculty 'X' account (formerly Twitter) which we use as much as possible to share results, give details of fixtures and also to highlight particular events that are happening in sport beyond school that we think our students may be interested in. The address is @FarlingayePE so please do follow us if you use X.

I hope this all helps. If you have any queries from this or any other matter please don't hesitate to contact us at the school

Yours sincerely



**Mr P Smith**  
Headteacher



**Miss K Alexander**  
Faculty Lead - PE