



Allenbourn Middle School
East Borough, Wimborne Minster, BH21 1PL
Tel: 01202 886738 Fax: 01202 856058
www.allenbourn.dorset.sch.uk
office@allenbourn.dorset.sch.uk
Headteacher: Mrs Cindy Pritchard
Deputy Headteacher: Miss Paula Davies
Assistant Headteacher: Mr Matthew Golding

November 2018

Dear Parent/Guardian,

Re Non-participation and personal protection in games lessons and clubs

As a department, we feel our subject plays a unique role in the education of AMS pupils. Physical activity is proven to enhance physical health, boost mental wellbeing, build resilience, lift academic achievement and create active habits for life. It also instils in young people the core values of creativity, aspirations, resilience and empathy which in turn contribute to well-being and achievement.

Put simply, PE makes a vital contribution to pupils' wellbeing and is a powerful subject in terms of its impact on both physical and emotional health. With that in mind, please could you help ensure your child is able to participate to their full potential, and start lessons in a positive way, by having their correct PE kit in school for their lessons. If they forget their kit, they will be given spare kit to wear to ensure they can still participate in lessons and receive a mark against their name. If they receive 3 marks it will entail them having a PE detention, where they will be asked to help with something to do with the department.

It is recognised that there may be occasions during the school year when your child cannot be involved fully in the practical part of their PE lesson, due to illness or injury. Please send in a note/email or write in your child's diary to explain the illness or injury so that we can respond appropriately. Wherever possible, and to ensure pupils continue to learn and participate meaningfully in the lesson, they will still be expected to take part, although in a physically reduced role, which may include; walking rather than running, being asked to help with setting out equipment, observing and analysing others' work or taking on the role of leader, coach or umpire. We feel it is important that pupils understand they are able to develop their knowledge and understanding of this subject, although they may be involved in a physically less demanding way. As such, we ask that pupils continue to bring their PE/Games kit to every lesson and to get change. By changing into the correct kit, including footwear, it will help ensure continuity, your child's learning and preserve their school uniform from becoming damp or dirty. This is particularly important in outdoor lessons. As the weather becomes cooler, it may be sensible to encourage your child to bring in tracksuit bottoms/leggings (plain black please) and their school hoodie/coat to wear outside, if not able to participate fully. There will always be exceptions to the above and obviously we will adapt to individual situations. This also includes when there is a change in the weather or when pupils fall ill during the day.

On the wearing of protective equipment, the school, following the policy of Dorset LEA, highly **recommend** the wearing of mouthguards when taking part in hockey or rugby activities. Similarly we also **recommend** shin pads are worn for football and hockey. Whilst it is impossible to enforce the wearing of such equipment, it is good practice for the pupils to do so and enables the wearer to take part in the activity and reduce their risk of injury. Whilst we understand the added cost this amounts to, we feel you should be aware of the safety implications and be able to make an informed decision. These items do not have to be expensive and can be purchased at a very reasonable price from places like Sports Direct, or Amazon.

For outdoor lessons, all pupils must have long black socks, black shorts and either a rugby top or Allenbourn PE top. An AMS hoodie/plain black sweatshirt or a black under layer may be worn for warmth in the winter. The wearing of leggings/tracksuit bottoms is at the discretion of the teacher and should be brought to lessons in **addition** to shorts, not instead.

Finally, please could we ask you check your child's PE kit and their school uniform is clearly named. We are still amazed by the amount of PE kit and uniform that gets left after lessons, which is impossible for us to return to the owners if it is not named. Earrings are not allowed to be worn for PE and we would suggest they are left at home on the days when PE is on. Long hair and fringes must be tied back as this is a safety issue.

Thanking you in anticipation of your support and if you have any questions, please contact us on the usual school number.

Yours sincerely,

S. Darragh
Mrs S. Darragh, PE Co-ordinator



Allenbourn Middle School Colehill First School Hayeswood First School Merley First School
St John's First School St Michael's Middle School Witchampton First School