



Health and Safety in Physical Education (PE)

Physical Education is a very important part of the primary curriculum and takes place each week. At the start of each term, information is shared about the day/s that your child needs to come to school wearing their PE kit. Information about the PE uniform is on the school's website. Please use the link below for further information.

https://st-cuthberts.eschools.co.uk/web/school_uniform/175576

During the primary journey, some children have their ears pierced. St Cuthbert's uniform policy supports pupils' wearing a small pair of studs. When ears are pierced, there is a recommended period of time that the earrings are not removed. This is usually 6-8 weeks. During that time, school recommend that pupils' earrings are covered with plasters to minimise clothing and other equipment potentially getting caught on them.

Parents are required to cover their child's earrings before the start of the school day. If they arrive with no covers, school will provide plasters and the pupil will cover the earrings themselves.

Once the recommended healing time has passed, school requests that pupils come to school with no earrings in on their specified PE days. If pupils forget to do this, they can take their earrings out themselves. No member of staff will touch pupils' ears and/or their earrings. Safekeeping of earrings is the responsibility of the pupil. For some younger children, they have difficulty removing their own earrings so in this case, they will be offered plasters to place over their earrings to provide some barrier.

In the case where pupils can't take their earrings out and refuse to place plasters over their earrings, school will ring home to share this information and the pupil will not take part in PE on that occasion.

Please support your child to remain as safe as possible and refrain from wearing earrings on their specified PE day. If this is not possible, please support the school minimise the risk of accidents linked to earrings during PE as shared above.

Thank you so much for your support.

