

Principal: Ms Melissa Gibson, MA, MPhil

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Friday 18th September 2026

Dear Families,

Re: Physical Education Department Expectations and Guidelines

I am writing to remind you of our department's expectations regarding Physical Education (PE) kit and safety guidelines for all students. Our primary goal is to ensure that all pupils participate safely, comfortably, and effectively in their PE lessons.

PE Kit Expectations & Purchasing Options

Our school PE kit can be purchased directly from **Khalsa School wear**. Additionally, we are in the final stages of setting up an online club shop, which will feature Mulberry-branded items including: Dri-fit T-shirts, 1/4 zip tops, Tracksuit bottoms, Shorts and Sports leggings.

Further details and ordering information for the online club shop will be shared with you as soon as it goes live. In the meantime, if students do not have official Mulberry PE kit, they are permitted to wear **plain black sportswear**.

As a reminder, please support us to ensure students participate safely in PE by doing the following:

- PE kit only to be worn in PE lessons (school uniform trousers are not permitted)
- Jewellery must be removed before the lesson. If there is an item that needs to be worn for religious reasons, this must be securely taped or covered with a sweat band.
- **Hijabs:** Headscarves must be tucked in safely to prevent catching or accidental pulling during physical activity. Alternatively, sports hijabs (such as those designed by Nike) are strongly recommended and widely available for purchase.
- **Hygiene and hair:** students must bring a fresh change of socks for PE lessons. Please note that **spray deodorants are strictly forbidden** due to asthma risks and sensitive smoke alarms; roll-on deodorants may be used instead. All long hair must be tied back securely.

Medical Needs & Hydration

Please encourage your child to bring a bottle of water with them and if your child has asthma, they must bring their inhaler to their lesson.

Participation, Non-Kit Procedures, and Assessment

All students are expected to bring their PE kit to **every lesson**, even if they are unwell or injured and unable to take part practically:

- **Notes & Exceptions:** A written note from a parent or carer must be provided if your child cannot participate practically.
- None participants will take part in an alternative role such as refereeing, coaching, or officiating.
- **Head, Heart, Hands Assessment:** Consistently bringing kit and actively supporting lessons—even when injured—forms a core part of the **Heart** component (effort, engagement, and personal responsibility) within our Head, Heart, Hands PE assessment framework.

Thank you for your continued support in keeping our students safe, prepared, and active. If you have any questions or concerns, please do not hesitate to contact the PE department.

Yours faithfully,

Miss S Bal
Head of Physical Education

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