



Clacton County High School

Walton Road, Clacton-on-Sea, Essex. CO15 6DZ
Tel: 01255 424266 e-mail: admin@cchs.school

Higher Expectations, Raising Aspirations, Transforming Lives

5th December 2023

Dear parent/carer,

I write to update and remind you all regarding the expectations surrounding PE lessons for all students in Years 7, 8 and 9. (KS3)

Whilst the vast majority of students bring their full and correct PE kit, over the past few weeks we have seen an increase in the number of students not bringing PE kit for a variety of reasons. We have also received numerous emails from parents asking for their child to be excused from PE due to feeling poorly or having an injury. Whilst we will always support our students by never putting them in a position to worsen an existing injury or feel worse, we do expect every student to bring their PE kit if they are in school on a PE day. There are several reasons for this and I hope the following list answers any questions you may have.

1. If a student has a minor injury: bring your PE kit, and you will be included in the lesson with a different role such as coach, official or teaching assistant.
2. If a student is feeling poorly after returning to school: bring your PE kit, and you will be included in an indoor lesson with a different role such as coach, official or teaching assistant.
3. If a student forgets part, or all of their PE kit: you will be offered spare kit and footwear so you can be included in the lesson as normal. You will be given -1 point on Arbor for not being organised or ready for the lesson. If a student refuses to borrow spare kit, they will be removed to another lesson with written work and given -2 points. If the written work is not attempted or completed, you will be set a detention.
4. If a student is unable to bring their correct school PE kit: bring an alternative kit (navy or white garments) with a note to explain why. You will then be offered spare kit to complete your kit but you won't be given any minus points.
5. If a student persistently forgets their PE kit: contact home will be made, with the possibility of being placed on PE report for 4 lessons. If no improvements are made, then you will move onto Orange report, with every lesson being monitored through the week, and parents invited in to discuss the support and next steps available.

There may be valid reasons for not bringing kit, such as being on crutches or having an injury that makes it impossible to change into kit, but for minor knocks and ailments, we expect every student to be in PE kit for their PE lesson. There are many roles to fulfil and ways to contribute other than just performing and playing sport. Even if a physio has instructed a student to not take part in PE lessons for a length of time, we expect them to bring their kit and we will still involve them in the lesson. Ultimately, we would like the students to take responsibility for their own organisation, with the support of parents/carers.

On any given day at CCHS, we have approximately 600 students doing PE, and we simply do not have enough spare kit to offer those students who forget it. It also takes up valuable lesson time if we are supplying spare kit to numerous students at the beginning of the lesson. I also want to extend our support to families who may be struggling to purchase PE kits for whatever reason. If you would like support with this, please email the main reception and they will forward the email to me. I will then get in contact to discuss what options there are available. I will do all I can to ensure that every student has the correct kit to get involved in their PE lessons.



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Here's a reminder of the PE kit list for all students at CCHS:

Boys: long blue socks or white ankle sports socks, navy blue shorts, navy blue polo shirt CCHS rugby top for colder weather outside. Appropriate footwear depending on the activity.

Girls: long blue socks or white ankle sports socks, navy blue shorts/skort, navy blue polo shirt and CCHS long sleeve zip top for colder weather outside. Appropriate footwear depending on the activity.

Within the PE department, we are passionate about physical activity and healthy lifestyles and we want every student to enjoy their PE lessons and reap the rewards of regular exercise, teamwork and challenge.

If you have any questions, please do not hesitate to contact me via the main reception or via email admin@cchs.school

Yours faithfully,

Mr G Henderson
KS3 PE lead