

12th December 2023

Dear Parent/Carer

As the winter weather sets in, I am writing to ask for your support in reinforcing the expectation for correct PE kit at Altwood. As a department we are keen to ensure all students are well equipped and therefore able to take a full and active part in physical activity.

The correct Altwood PE kit can be found on the school website.

<https://www.altwoodschool.co.uk/page/?title=Uniform&pid=76>

During the cold weather students are welcome to wear the Altwood PE hoodie and/or plain black tracksuit bottoms.

From January we will be reinstating 'Sick or fit – bring your kit'. If a student is unable to take a practical part in the lesson, then students should bring a note to excuse the student. They should still change into PE kit and will be given a coaching or leadership role to ensure they are still able to access the learning of the lesson with reduced physical activity as appropriate. 'Sick or fit bring your kit' ensures that all students maintain good routines.

Pre-loved kit is available should you require support. Please contact me directly if you would like to discuss this option.

Regular participation in physical activity has many benefits and research has shown it can boost young people's mental and social health and academic progress. To ensure students take part safely all jewellery must be removed, including watches and long hair should be tied back.

Since I joined the school in September, I've been delighted to see so many students accessing the range of extra-curricular clubs and activities offered. As we move into the Spring Term these activities will be changing, please keep an eye out for exciting new opportunities.

I would like to thank you in advance for your support in ensuring that high standards are maintained.

Yours sincerely,

N Morris

Mr. N. Morris

Head of P.E.