



CTO/SDA

Dear Parents and Guardians,

I hope this letter finds you well. We are writing to clarify the rules and expectations regarding participation in Physical Education (P.E.) lessons, particularly swimming, to ensure a consistent and fair approach for all students.

Participation Expectations:

Attendance and Engagement: All students are expected to actively participate in P.E. lessons, including swimming. If a student is well enough to attend school, they are expected to take part in their scheduled P.E. lessons unless a valid medical reason is provided.

Acceptable Reasons for Non-Participation: We recognise that there are valid reasons for not participating in swimming, which include:

- **Plaster Casts:** Students with plaster casts are excused until the cast is removed.
- **Ear Infections:** Students with an ear infection are excused until they have completed a course of antibiotics, typically 5-7 days.
- **Surgical Stitches:** Students with stitches are excused until the stitches are removed or dissolved, and the wound has healed.
- **Skin Irritations:** A doctor's note is required for severe skin irritations. We encourage the use of appropriate shower gels and creams, and students are given extra time to dress.
- **48 Hours Post-Diarrhea:** As per our school policy, students must be symptom-free for 48 hours before returning to swimming.

Minor ailments like colds or bruises are generally not considered sufficient reasons to miss swimming. Chlorinated pools are effective at killing most germs, and swimming is beneficial for many health conditions, including asthma.

Medical Documentation: For any of the above reasons, a written note from a medical professional is required. Without valid documentation, students are expected to participate in all aspects of their P.E. lessons.

Consequences for Non-Participation: If a student does not participate without a valid reason or appropriate documentation, they will receive the appropriate school sanction. They will also be expected to either borrow swimming kit or take part in an alternative activity that matches their ability and the lesson objectives. Repeated non-participation will be dealt with in line with the school's behaviour policy.

Importance of Swimming: Swimming is a valuable life skill and an integral part of our curriculum. We believe that all students should take advantage of this opportunity, and participation is crucial for their overall development and safety.



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We appreciate your cooperation in ensuring that students understand and adhere to these expectations. If you have any questions or need further clarification, please do not hesitate to contact us.

Thank you for your support in helping us maintain a positive and productive learning environment.

Yours sincerely

Mrs. Tolliday

Curriculum Leader of PE

