



**Westwood College, Westwood Park, Leek,
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Leek High
School

Executive Principal: Mr A Shaw
Headteacher: Mr R Hey

Our Ref: MOR/jc

June 2019

Dear Parent/Carer

WESTWOOD COLLEGE UNIFORM

As you are aware the uniform, including PE kit, are changing in September. As your son/daughter is in Year 10, their PE kit will remain the same and should include:

Girls – Black t-shirt and black shorts or sports leggings (not fashion versions)

Boys – Black t-shirt, rugby shirt and solid black shorts or tracksuit bottoms

Please can we also take this chance to remind you that in addition to this, the students should have no jewellery, this includes fitness trackers (unless specified by the teacher for a particular lesson). Please therefore ensure that either jewellery is left at home on the day of PE lessons or it is able to be removed by the student themselves quickly at the start of lessons. Any students with long hair should also tie their hair up for lessons.

Participation in Physical Education is a legal requirement for all students until they move into sixth form, but it is also a very important aspect of your child's health, development and progress. It helps students to maintain a healthy bodyweight and provides opportunities to develop their fitness, allowing them to have the confidence to continue to enjoy activity into their adult years. It allows social interaction and develops co-operation, leadership, good sportsmanship and competition. Mentally, exercise also helps to relieve stress and anxiety.

If for any reason your child is unable to take part in their PE lesson please ensure you provide a note to explain the reason and we will endeavour to find the best possible alternative for them, including participating in a different activity, helping with organising and officiating or if necessary completing other work focussing on health or exercise.

PE kit is only worn in PE lessons and all students are to be changed at the end of a lesson, or the end of the college day back into their college uniform.

Please contact me if you have any queries regarding PE kit or our uniform policy.

Yours faithfully

Mrs A Moore
Head of PE

