Dear Parent/Caregivers

This letter is to inform you of our uniform for practical lessons in for students in any of the Stage 6 PDHPE courses (2 Unit Personal Development, Health and Physical Education, 1 Unit or 2 Unit Sport, Lifestyle and Recreation, and Sport Coaching). It is to help with the safety of yours and other children and to be in line with school policy.

**SHOES**
- Properly fitted joggers that can be tightened to give ankles and knees better support.
- **No** skate shoes, ballerina shoes or soft shoes as they provide no support and can be a danger to others.

**SHORTS**
- Black, minimum of mid-thigh length for practicality and modesty
- No belt so preferably elastic or fitted waist.

**SHIRT**
- white polo shirt (no button ups), OR
- school sport shirt

**TRACKSUIT PANTS (winter)**
- black
- elastic waist

If any of these items are not brought to school on designated Practical days without an accompanying note, then your child will be expected to write out the rules of the particular sport we are doing at the time.

**Medical Conditions/Sick notes.**
- At the start of the year, the teacher needs to be informed of any medical condition that may cause some concern to your child participating in any of the physical activities. E.g. asthma.
- If it is an ongoing condition that will prevent your child from doing practical activities, then a medical certificate is required. Your child will then be given an assignment to do to cover the work they are missing out on and to give them a grade.
- If your child is sick on the day of Practical lessons, a note needs to accompany your child with full details including the days date.

On all occasions, **sunscreen, hats and water bottles** should also accompany your child on designated Practical lesson days.

Regards,
The PDHPE Department

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Encouraging achievement through learning and participation for social and personal development in a community-based school.