



OUR LADY OF LOURDES
CATHOLIC PRIMARY SCHOOL

THE GREEN
ROTTINGDEAN
BRIGHTON BN2 7HA
www.ourladyoflourdesprimaryschool.co.uk



Tuesday 21st October 2025

Dear Parents and Carers,

We would like to remind you of our school's expectations regarding PE kit and safety during physical education lessons.

PE Kit Requirements

To ensure consistency and comfort during PE, children should wear the following:

- Pale blue top (with or without the school logo)
- Navy shorts, tracksuit bottoms, or leggings
- School fleece or jumper
- Sports trainers (preferably black)
- White socks
- Long hair must be tied back for both boys and girls

If your child's PE kit is not branded with the school logo, please ensure that all items are still in the correct colours. Football kits are **not** permitted.

Jewellery and Safety

We are seeing an increasing number of children wearing earrings during PE. In line with guidance from the Association for Physical Education (AfPE), we must prioritise safety:

"The Association for PE strongly recommends the practice of removing all personal effects at the commencement of every lesson to establish a safe working environment. This applies to all ear and body piercings, including retainer and expander earrings."

As a school, we have a duty of care to ensure all children can participate safely in PE without risking injury to themselves or others. Religious items must also be removed or made safe.



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School Policy on Earrings during PE (effective from **January 2026**):

- Taping of earrings is **not** allowed. AfPE advises against this practice as it creates a false sense of safety and has led to injuries.
- Children must **not** wear jewellery during PE lessons.
 - This includes, but not limited to, earrings and items worn around the wrist (such as bracelets/string bracelets, watches, fitbits etc).
- Teachers **cannot** remove or replace earrings for children. Please ensure earrings are removed at home on PE days, unless your child is able to safely remove their own earrings.
- Children are responsible for storing their own earrings if removed at school.
- If a child has recently had their ears pierced and cannot remove earrings, they will **not** take part in the practical aspect of PE for six weeks. During this time, they may take on roles such as umpire, referee, or coach where appropriate.

To comply with the above, if you are considering getting your child's ears pierced, we recommend scheduling ear piercings at the beginning of the six-week summer holiday.

We appreciate your support in helping us maintain a safe and inclusive environment for all children during PE and school sport.

Thank you in advance,

Mrs Golawska

PE Subject Lead