Dear parent/carer,

I hope this finds you and your family safe and well and I look forward to seeing your son/daughter later this week.

The most up to date information regarding physical education in the current climate was released last week by Education Scotland. It details the relevant guidance that schools must follow until such time that further easing of lockdown measures are confirmed. Rest assured, through all this, the priority of the department is the physical and mental wellbeing of the young people at Gleniffer.

Please see the summary of this guidance below and further information from me that will help keep your child(ren) safe and healthy in PE.

1. All PE must be outdoors
   * We are blessed to have excellent outdoor facilities here, however our main concern is inclement weather. We have no choice but to go out so **please ensure that appropriate clothing is worn to keep warm and dry**.
   * Carrying a plastic bag in the schoolbag will help with wet clothes/trainers
   * Changes of socks may be appropriate
   * Teachers will be making decisions on a period by period basis regarding inclement weather (e.g. stopping the lesson early to come in and get dried)
   * PE kit rules will be ‘softened’ until further notice:
     1. Any t-shirt can be worn other than football tops or inappropriate language/designs – **Laundered PE kit will still be given to those who forget**
     2. Jumpers, jackets and waterproofs are all acceptable – please check the weather each PE day
     3. A change of footwear for PE is required, especially on wet days. Ideally, these are tied and provide support for exercise
     4. Participation will not be allowed in school skirts, so please ensure appropriate clothing is worn the day of PE
2. Minimal use of equipment
   * Young people will sanitise hands before and after touching any equipment and then wipe it down after use
3. Changing rooms
   * The staff have measured and spaced changing rooms and, where necessary, will stagger changing

While the situation is far from ideal, we will make the best of it and we welcome your support in preparing the young people for their PE days so that we can maximise teaching and learning with minimal disruptions.

If you have any questions about this, please don’t hesitate to get in touch on 0300 300 1313.

Kind regards

Mr Giles - PT Physical Education and Health and Wellbeing