



Health and Well-Being Faculty – Return to Practical **Information for Parents and Carers**

Dear Parent/Carer

I would like to take this opportunity to update you on further developments and changes with regards to practical activity within the Physical Education department. Practical restarted this week, with pupils being asked to attend school in either full PE kit or partial kit. The response by pupils and parents to this short term plan has been overwhelmingly positive and I want to thank all pupils who have embraced the new procedures with such a positive attitude. It has been fantastic to see all pupils back enjoying practical work again. I would also like to thank parents for their continued support and understanding with these new policies.

As of Monday the 14th of September we will be returning to a more normal procedure with pupils expected to change before and after the lesson. This will mean all pupils will now attend school in full school uniform and bring a full change of PE kit in their school bag or other additional bag. To support your child's return to changing we have a range of new procedures in place within the department (overview below) to ensure the continued safety of all pupils. Some classes may have slightly different approaches to learning due to the time in the week they attend the department. Those classes effected will be spoken to directly. All PE classes will remain outside for the time being and parents will be updated on any further changes to this.

PE
Changing room capacity reduced with clearly marked specific areas for each pupil to use.
Enhanced cleaning procedures within changing areas will take place before and after groups use changing rooms and at the end of the day as part of whole school cleaning approach.
Extra sanitizer stations have been installed at changing room, facility entrances and exits.
Teachers will carry sanitizer which pupils will use at various points in the lesson or if they feel they need/want to. Pupils can also carry their own one if they prefer.
Equipment provided will be cleaned throughout lessons and will be cleaned before re-use.
Pupils will remain in educational bubbles (S1-S3) and (S4-S6) when changing.
Facemasks are to be worn when entering the changing room, during changing as much as possible and then should be left in their school bag during practical. Facemask should then be put back on as soon as they re-enter the changing room at the end of the lesson.
Other larger spaces in the school such as gym halls will be repurposed to make new changing spaces to accommodate more pupils changing.

Whilst our approaches to certain activities and internal procedures will have to be different, our expectations regarding your child's application and effort within the PE department are still high and it is essential that students and parents value the importance of Physical Education. Our aim within PE is to ensure that your child reaches their full potential and feels supported throughout every level of the subject they undertake. We want our pupils to be secure in their knowledge and have an understanding of the skills required so that they can achieve greater success and have the tools to remain healthy throughout the course of their lifetime. Above all, we work hard to foster an approach that encourages success not failure.



Please also see the page below which outlines a post COVID update of our Physical Education Kit Policy.

Hopefully that gives you an overview of the return to changing within our faculty, should you wish to discuss any of the information outlined above, please do not hesitate to contact me by telephone on 01324 719551 or by email: kevin.smith@falkirk.gov.uk.

Yours faithfully

Kevin Smith
Faculty Head of Health and Well-being

Health and Well-Being Faculty
Updated PE Kit Policy

Braes High School - PE Kit policy

The Braes High School PE Department operates a "No Note" policy. Please do not bring a note TO EXCUSE YOU FROM PE. A note may provide explanations of an injury but pupils are still expected to bring appropriate kit.

- All pupils should always bring appropriate kit and get changed so they are part of the lesson.
- If you have an injury/illness please speak to your teacher before you get changed. The teacher will then give you a suitable task that you will be able to do.
- Pupils do not need to change if they have a specific injury (such as wearing a leg brace) that prevents them from changing safely.
- Pupils with no injuries who have forgotten kit will be asked to remove their tie, blazer and shoes (activity dependant) if safe to do so and take part as normal, this however will still be noted down as a no kit.
- Appropriate kit includes tracksuit bottoms or shorts and T-shirt and a change of properly fitting trainers or plimsolls for indoor lessons. Outdoors you may need waterproofs and a jumper. No football tops (club, training or national teams) allowed at any time.
- Procedure for pupils who forget kit
 - 1st Time: You will be allowed to take part in uniform, or will assist the teacher.
 - 2nd Time: You will be allowed to take part in uniform, or will assist the teacher.
 - 3rd Time: As above but parents will be contacted via email and pupil will complete a lunch-time detention.
- In all PE lessons any child not participating should remain with their class: helping in the lesson or doing PE related Literacy/Numeracy work/tasks.
- Due to current circumstances we recommend you do not bring valuables on the day you have PE as the staff will not be able to collect the items. Valuables are brought at their own risk.
- Jewellery should be removed throughout at teacher discretion and always removed in Trampolining and Gymnastics.
- Medical Conditions - It is the responsibility of the pupil/parent to inform the PE teacher of any medical conditions of individual children in their class so they can participate safely and as fully as possible.
- The PE Department promotes positive behaviour. You will be recognised for taking part regularly and putting in a lot of effort.