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Galston Primary School

Head Teacher: Mrs Shona Murphy

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Dear Parent/Carer

I would like to clarify arrangements for PE. We encourage all children to develop a healthy lifestyle and the PE lessons each week are an important part of this learning.

We ask that all children bring in a pair of shorts and a change of shoes to wear for PE. PE kit should be put in a small gym bag, which will be kept in school. Teachers will ensure that these are sent home if they need to be washed and parents/carers will be informed if shoes are becoming too small.

Children **do** need to change shoes for indoor PE.

Children **do not** need to change top for PE.

We ask that children do not wear tights, long trousers or leggings for indoor PE.

Wearing earrings during sports can increase risk of injury.

We ask that **all** jewellery, including earring, fit-bits and necklaces be removed for PE. We would recommend children leaving these items at home on PE days to avoid them being lost.

Staff are unable to remove and replace earrings.

If earrings cannot be removed due to them being new piercings or infection, please contact the school office.

Your child's PE days are on:

P1S	Tuesday & Wednesday
P1/2CM	Tuesday & Wednesday
P2M	Monday & Wednesday
P3H	Monday & Thursday
P3GK	Monday & Thursday
P4T	Tuesday & Thursday
P4W	Tuesday & Thursday
P5CM	Wednesday & Thursday
P5P	Wednesday & Thursday
P5/6NM	Wednesday & Friday
P6F	Monday & Friday
P6/7S	Tuesday & Friday
P7Mc	Tuesday & Friday

Yours sincerely,
Mrs S Murphy

Head Teacher