**People Directorate**



# Head Teacher: Mrs Fiona McDougall

Cairn Primary School, Kirkland Street, Maybole, KA19 7HD

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Our Ref: Your Ref:

Date:

7th September 2018

Dear Parent/Guardian

**Health and Wellbeing - PE**

At Cairn Primary school pupils will participate in 2 hours of quality PE each week. This is an essential part of the school week to improve fitness and wellbeing.

In order to participate fully could pupils please bring to school their PE kit in a bag to be kept on their coat peg. Pupils should bring **shorts and indoor trainers or gym shoes.**

Please ensure that long hair is tied back and all jewellery is removed. If you have newly pierced ears please bring micropore tape to cover over earrings.

**Gym days are as follows:**

Primary 1: Monday and Tuesday

Primary 2/3: Tuesday, Thursday and Friday

Primary 3/4: Wednesday and Friday

Primary 4/5: Monday, Tuesday and Friday

Primary 6/7: Monday, Wednesday and Friday

Primary 4/5 and 6/7 are having rugby outside on a Friday in term 1 so please remember outdoor clothes and shoes and all jewellery must be removed and hair tied back.

On gym days if pupils could wear their polo shirts instead of shirts as this makes changing easier for them.

Yours faithfully

Carol Kay

Acting Deputy Head Teacher