



# Aylsham High School

*Part of the Aylsham Learning Federation  
It takes a Whole Community to Educate a Child*

Dear Parent/Carer

September 2025

## PE Kit for PE lessons and extra curriculum activities

Firstly, thank you for your continued support of PE and school sport. It has been fantastic to see students enjoying PE lessons, and benefiting from clubs and fixtures.

The aim of this letter is to share additional information with families to help our students get the greatest benefit from their PE lessons and extra curriculum activities.

### Core PE lessons

Research shows the physical, psychological and social benefits that physical activity provides. Therefore, we are really pleased that participation in lessons is extremely high. We would like to thank you for your support with this. We have worked hard over the last few years to remove barriers to participation. This has included reshaping the kit list, revamping the sports which we offer and developing our already outstanding facilities.

We know that communication with families and students is important in supporting our work together. To help improve this we have updated the PE page on the school website <https://www.aylshamhigh.com/ahspe> to include a timetable showing when your child will complete the different activities offered. We are also sending out messages via Parentmail and SIMS Student to inform families when their child will start a new sports activity and the kit which they will need to bring to school to take part in this activity. Please watch out for these messages to help us make the transition between the different activities smooth for your child.

At the start of the year, it seems timely to share with families further expectations which we have in place within PE to help ensure that students enjoy their lessons and can complete them in a safe manner.

It is useful for families to be aware of the following guidelines:

- **PE Kit**

Please see our Essential Parent Guide <https://www.aylshamhigh.com/ahsessentialparentguide>, the kit list on pages 16 - 18 outlines our minimum kit expectations. We encourage students to use the essential and recommended items listed to layer up in order to stay warm and comfortable. AHS school uniform can be ordered online at:

**Aylsham Learning Federation Uniform Shop**  
<https://aylshamlearningfederation.myshopify.com>

### Swimming Kit

Students have the option to wear clothes over their swimming kit. Swimming caps are required for lessons. These can be purchased directly from the PE department for £1.50

### Naming items

Please ensure that all items are clearly labelled with your child's name. Any lost items will be sent to lost property which is located at main reception.

Executive Headteacher: Mr D Spalding B.A. (Hons) M.Ed. (Cantab)

Deputy Headteachers: Mr C Bridge B.Sc. (Hons), Mr P Brockington B.Sc. (Hons) M.A., Mrs K Garnham B.A. (Hons) M.A.

Director of Business and Community Strategy: Mrs J Tuttle



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**If students forget their PE kit**

On rare occasions, students may forget to bring their kit with them to a lesson. To support students with their participation in lessons, we will provide them with kit for the lesson. The kit provided is clean and fresh, having been washed with antibacterial washing powder.

We monitor the participation in lessons for all students. We are keen to work with families to ensure all students can participate and sanctions are not required. Therefore, should you need help with this matter please contact the PE department as we are happy to support families where possible ([deptPE@aylshamhigh.norfolk.sch.uk](mailto:deptPE@aylshamhigh.norfolk.sch.uk)).

**Injury & illness guidelines**

There are times when injury or illness can impact a student's ability to participate fully in their lessons. In these situations, we ask families to support our work with their child by ensuring that their child brings their PE kit to their lesson. This gives some students the flexibility to take part in the lesson with some of the planned activities depending on the nature of their injury and activity. For example, we have had students who have been recovering from injury who, following medical guidance, have not been able to take part in the full lesson but have completed the warm-up at the start of the lesson and strength work exercises given to them by a physiotherapist during the lesson. Students who cannot fully engage with the practical elements of the lesson will be asked to change and engage in the lesson via a leadership, coaching or refereeing capacity. We are aware that a student may have an injury which prevents any level of participation. Fortunately, these situations are very rare, but we do address these on an individual basis and in a sensitive manner.

If you have any concerns with participation in a lesson, please contact the PE department via email [PEmedical@aylshamhigh.norfolk.sch.uk](mailto:PEmedical@aylshamhigh.norfolk.sch.uk) by 8am so it can be actioned for the teaching day ahead.

- **Inhalers**

Students with an inhaler should bring their inhaler to their working area every PE lesson.

- **Jewellery guidelines**

To help keep everybody safe during their PE lessons we have some simple expectations around jewellery. Students will have to remove all earrings, body piercings and retainers before each PE activity, no matter how recently pierced. With this in mind, we ask that approved piercings are carried out at the start of the summer holiday as this provides 6 weeks healing time. Further information on this topic can be found in the essential parent guide

<https://www.aylshamhigh.com/ahsessentialparentguide>

Sanctions are applied if a student has two or more jewellery related issues in a half term. We are keen to prevent this from happening, therefore, should any concerns arise, we are keen to work closely with families to resolve the matter quickly to allow students to engage with their learning.

- **Gumshields**

For health and safety purposes all students must wear gumshields for hockey and rugby. These can be purchased directly from the PE department for £2. To help ensure that the gumshields work effectively, students will need to ensure that their gumshield is moulded prior to the lesson.

**Sports clubs and fixtures**

We are always keen to welcome as many students as possible to get involved in sports clubs and fixtures. Further details for these events can be found on the weekly digest which is emailed to parents/carers every Friday. Fixture details, results and photos can also be found on our Instagram page @ahs\_sport\_and\_pe. We ask students to speak with members of our PE team to find out further information.

Thank you for taking the time to read this letter. We hope that it strengthens our work together by helping your child to enjoy their learning by successfully engaging and participating in their PE lessons in a safe manner. Thank you for your continued support.

Yours sincerely

AHS PE Department