



23<sup>rd</sup> June 2023

Dear Parent / Carer,

## Trial Period for No Changing Before and After Physical Education Lessons

I hope this letter finds you well. We are writing to inform you about an upcoming trial period for Year 7 (J8) and Year 8 (J9) students, regarding the removal of changing before and after Physical Education (PE) lessons, effective from Monday 26th June, until the end of this academic year.

During this trial period, students will be allowed to wear their PE uniform into School for the whole School day, therefore, removing the need for them to get changed before or after PE lessons.

Please find below some useful links regarding our PE Kit:

The Buckingham School PE uniform can be found here:

<https://www.buckinghamschool.org/site/data/files/letters%20and%20messages/term-6-2022/4C04B5787145E43506A398C15CBE1CEF.pdf?pid=56>

The compulsory item we require ALL students to wear is the sports t-shirt which can be found here:

<https://www.uniform-direct.com/acatalog/The-Buckingham-School---Sports-T-Shirt-3306.htm>.

The full range of PE kit options that you can purchase can be found here:

<https://www.uniform-direct.com/acatalog/The-Buckingham-School.html>

This change aims to create a more inclusive and comfortable environment for all students while still ensuring a level of consistency and professionalism. By implementing this trial period, we anticipate several potential benefits for our students and the overall educational experience:

**Time Efficiency.** The number one reason we are choosing to trial this idea is to create more time in PE lessons for vital learning to take place. Eliminating the need for students to change clothes can significantly reduce the time spent transitioning between regular classes and PE lessons. This allows for a more efficient use of instructional time, ensuring that students receive maximum engagement during their academic day.

**Enhanced Participation and Confidence:** Removing the requirement to change before and after PE lessons can alleviate any potential embarrassment or self-consciousness students may feel about their physical appearance. This change can encourage greater participation, leading to improved physical fitness and increased confidence among our students.

**Promoting Responsibility.** The department recognises the importance of personal responsibility and ensuring students are accountable for their organisation. Allowing students to wear the School PE Kit/plain black clothing for PE lessons fosters a sense of personal responsibility. Students will have the opportunity to select appropriate attire for physical activities, ensuring they are prepared and ready to participate fully.

However, it is important to note that students must bring their School uniform to change into if the weather conditions are unfavourable or if they should wish to change after a particularly sweaty or muddy PE lesson. We kindly ask for your co-operation in ensuring that your child has their School uniform readily available for such circumstances.

Form Tutors and staff on duty at the gate will check that students' PE uniform is correct and students will be asked to change into their normal School uniform should this not be the case.

With regards to Year 9 (J10) and Year 10 (J11), we hope to roll this out from September for all Year Groups depending on a number of factors:

- Year 9 (J10) and Year 10 (J11) to ensure they get their PE uniform correct up until the summer break, as a number of students are not bringing in the correct PE kit or no PE kit at all
- Year 7 (J8) and Year 8 (J9) continue to shine and represent the School by wearing exemplary PE Kit
- The trial period goes successfully and we receive positive feedback from parents, students, staff and the local community.

To clarify, this trial period is for Year 7 (J8) and Year 8 (J9) only. Year 9 (J10) and Year 10 (J11) will continue to come into school in their School uniform and change into their PE Kit for their PE lessons as they do now.

We kindly request your support in helping us maintain a positive learning environment by discussing the importance of appropriate clothing choices with your child. It is vital that students understand the significance of dressing appropriately for School activities, both for their comfort and to promote a respectful atmosphere.

Thank you for your ongoing support during this trial period. Please do not hesitate to reach out to us if you have any questions, concerns, or suggestions regarding this new approach. Your input is invaluable in shaping our School policies to create a safe, inclusive, and conducive learning environment for all our students.

Yours faithfully,

**Mr J Ribbans**

Curriculum Leader of PE

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