

Thursday 5th February 2026

Dear Parent & Carers,

Re: Incorrect PE uniform, hair, jewellery and verrucas

In recent weeks, we have noticed that a number of children are wearing the incorrect PE kit and jewellery during PE lessons. Recently, our PE partners, Sporting Influence, updated their Hair, Clothing and Jewellery Policy for PE lessons and we have also aligned our policy. This was so it was in line with guidance from North Yorkshire County Regulations and Guidelines. These guidelines are there to ensure your child can participate in safe, reduced-risk PE lessons.

Please note the following:

Jewellery

- No jewellery should be worn. National Regulations and Guidelines state that jewellery of any kind (including earrings and ear studs) should be removed for physical education because of the danger of injury to the wearer and/or other pupils in the class.
- Jewellery includes earrings, rings, necklaces, bracelets and watches, including smartwatches. Bracelets worn for religious grounds should be covered by wristbands throughout PE.
- Children should be able to remove their jewellery before a P.E lesson. Where this is not possible, parents should remove any jewellery prior to attending school when P.E activities take place.
- If children do attend with jewellery on and cannot remove it, the Sporting Influence staff/Western staff will amend the task to ensure participation is safe for the individual.
- Western staff and Sporting Influence staff will not remove jewellery.
- Earrings should not be covered by microporous tape or plasters.

We appreciate that some parents will be frustrated if their child has recently had their ears pierced and the earrings being unable to be taken out for PE. Going forward, it is recommended that children get their ears pierced at the start of the summer holidays to avoid any issues with this.

Hair

During P.E lessons, long hair can impair vision and cause injury to the eyes if it contacts others. Long hair, which reaches the shoulders, should be tied back or held back in place with a headband. If the hair is not long enough to tie back but the fringe is long and can impair vision, then it should be held back in place with a headband.

Western Primary School Cold Bath Road, Harrogate, North Yorkshire HG2 0NA
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Headteacher: Mrs J Slack

 **Learning Trust Alliance Teacher Training Teaching School Hub**

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Uniform

As a reminder, we expect our children to wear the following for PE:

- A plain top that corresponds with your child's house colour (Western logo optional), or a plain white t-shirt
- Plain black tracksuit bottoms, shorts, leggings, skirt or skort
- Plain white socks
- Trainers suitable for physical activity or black pumps for indoor PE
- Strictly no jewellery, including earrings, rings, bracelets, necklaces and watches (these should not be brought to school on PE days, where possible)
- Thermal base layers, school jumpers and coats are also permissible (and recommended) when appropriate.

In the event that your child attends school in the incorrect PE uniform, including unsuitable footwear, a call will be made to you to ask you to bring the correct item in to school. If you are unable to bring the missing kit into school, we will endeavour to provide your child with suitable clean kit from our additional supplies.

If there is a problem providing the correct uniform for PE days, please speak directly to your child's teacher. Children are asked to wear different clothes on PE days so that they can participate in sports safely.

Verrucas

Public Health England recommend that verrucas should be covered in swimming pools, gymnasiums and changing rooms. The Association for Physical Education recognise that there is a greater risk of contamination if the surface is wet e.g. swimming, or if the surface of the verruca is broken and there is skin on skin contact.

For gymnastics, dance or barefoot activities, we would ask that your child wears a plaster over the verruca or a grippy sock.

Thank you for your support.

Kind regards,

Miss Taylor
PE Lead

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