



Hamp Nursery & Infants' School
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9th October 2026

Dear Parents/Carers,

We are making a couple of changes to our arrangements for PE after the October half-term and wanted to give families plenty of notice.

Coming to school in PE kit

From **Monday 2 November**, after half-term, children should come to school wearing their PE kit on the days that they have PE, rather than bringing their kit into school and changing during the day.

Many other schools continued with this practice following the introduction of the routine during the Covid pandemic and have found it to be highly successful for a number of reasons. One of the benefits is that it can make PE more inclusive and accessible for all children, including those who are neurodivergent or have SEND. For some children, changing clothes at school can create additional sensory, organisational or emotional demands. Removing this transition can reduce anxiety, provide a more predictable routine and help children to feel ready and confident to take part in PE alongside their peers.

We hope this will make PE days simpler for everyone. It will reduce the amount of clothing that children need to bring backwards and forwards, avoid lost items and, very importantly, mean that more of the lesson can be spent being active rather than getting changed.

Your child's class teacher will let you know which days your child has PE.

On their PE days, children should wear their usual school PE kit, **shorts and T-shirt, with their school shoes and their school jumper or cardigan**. When we send kits home at half-term, we will keep their daps in school so that they can change into them for their PE lessons. **Please do not send children to school in trainers on PE days. Children should continue to wear their normal school shoes and will change into their daps for PE.**

During colder weather, children may also wear **plain, dark-coloured jogging bottoms or leggings, but please ensure they wear these over their shorts**, so they are prepared whether the lesson is indoors or outside. It is really important that the children still have their shorts even though they will wear joggers for warmth. This is because gym lessons in the hall will need to be done in shorts. With such young children, it is important that teachers are able to see and monitor the position and alignment of children's legs, knees and feet when they are stretching, balancing, jumping, landing and making different body shapes. This helps staff to support children to develop safe movement patterns and to identify and correct movements that could increase the risk of injury. Loose or baggy clothing can also present a safety risk when children are using gymnastic apparatus, as it can become caught or restrict movement, so jogging bottoms or leggings will need to be removed for indoor gymnastics lessons.

Jewellery and earrings on PE days

The change to coming to school in PE kit will also help us to implement an important change to our arrangements for jewellery during PE.

You may already be aware that Somerset Council health and safety has recently updated its guidance for schools, reflecting national guidance from the Association for Physical Education (afPE).

The guidance is clear that all jewellery must be removed before children take part in PE or sporting activities. This includes all earrings, including studs.

Previously, at our school, studs were allowed during PE lessons, but the updated guidance from Somerset Council advises schools **that all earrings should be removed**.

Therefore, from after the October half-term:

Children must not wear earrings or other jewellery to school on their PE days.

We ask parents and carers to remove earrings **at home before school**. This is particularly important for our young children, as school staff cannot routinely remove and replace earrings for them.

Covering earrings with tape or plasters is not an allowed alternative to removing them. Children whose earrings remain in place will therefore not be able to take part in the physical element of their PE lesson. If a child arrives at school wearing earrings and is unable to remove them independently, they will **not be able to take part in the physical element of the PE lesson**. Wherever possible, they will still be included through an appropriate non-physical role.

If your child wears an item of jewellery for **religious, cultural or medical reasons**, please speak to us so that their individual circumstances can be considered and an appropriate risk assessment put in place where necessary.

Newly pierced ears

Please bear this requirement in mind if you are considering having your child's ears pierced. Earrings generally need to remain in place while a new piercing heals, but this does not override the safety requirements for PE.

Somerset's guidance recommends that, where possible, **ear piercing is done at the beginning of the summer holiday**, allowing sufficient healing time before children return to school. If earrings cannot safely be removed because a piercing is still healing, your child will not be able to take part physically in PE until they can be removed.

We appreciate that this is a change from our previous practice, but we are following the updated health and safety advice to reduce the risk of avoidable injuries during physical activity.

We hope that the new PE kit arrangements will soon become routine for you and your child. Those of you who have older children in our local schools may already be used to this. Hopefully, it will also make it a little easier to remember to remove earrings, as getting your child dressed in their PE kit at home can act as a helpful reminder that it is an "earrings out" day.

On PE mornings, please think **"PE kit on, earrings out"** before leaving home! We will remind you again just before we finish for half-term. Please ask if you have any questions.

Thank you, as always, for your support in helping us keep our children safe, active and ready to enjoy their PE lessons.

RSHE Information Session

Our next parent information session will take place on **Thursday 22nd October** and will focus on the Relationships, Sex and Health Education (RSHE) curriculum.

We know that some parents are unsure about what RSHE looks like for infant-aged children and are often quite concerned about what content is taught to children regarding sex. This session will give us an opportunity to explain the curriculum, share the resources we use and answer any questions you may have.

Booking slips will be sent out next Tuesday. Please return them by **Monday 19th October**. Sessions will be held at **2.00pm and 3.15pm**. We can provide childcare for any of our own children and pre-schoolers during the 3.15pm session.

Finally, a reminder that next Friday 16th October, school is closed for Parent's day.

As always, please let us know if you have any questions or need any further support.

Yours sincerely



Mary Weatherburn
Headteacher