



**The Nelson Thomlinson School**  
**Wigton**  
**Cumbria**  
**CA7 9PX**  
*...still "outstanding"*  
**(Ofsted, May 2013)**

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Dear Parent/Carer

I would like to take this opportunity to remind Parent/Guardians of Years 8-13 of our school policy regarding pupils being excused from their PE/Games lessons. Parents of the new Year 7 pupils, please read the guidance below.

We are extremely pleased and proud of pupil participation in Physical Education but would like to do more to involve pupils who are unable to actively participate in lessons due to illness or injury. With this in mind and following discussions within the PE Department and with the Senior Management Team, we have decided to make a slight change to our policy.

We would like **all pupils** to arrive for every PE/Games lesson with their full kit regardless of whether they are bringing a note to excuse them from active participation due to illness/injury or other circumstances. A coat or jacket will also be allowed. There are many reasons for this, the major ones are as follows:

- Pupils will then be able to be involved in other roles in sport e.g. refereeing, umpiring, coaching, observing and evaluating, and timekeeping.
- Pupils will be able to stay with their own teaching group, continuing to be educated in the programme of study which they are currently following and will be kitted out appropriately for both indoor and outdoor lessons.
- Pupils will develop the habit of bringing their kit with them on the appropriate days for their PE/Games lessons.

However, if changing into his/her PE kit to undertake the tasks described above is likely to exacerbate your child's illness or injury, we will of course consider a different course of action.

Yours sincerely,

Mr Clark

Head of PE