



WESTFIELD
ACADEMY

believe | strive | achieve

Headteacher: T.Body BA (Hons), MA

May 2024

Dear Parents and Carers

Re: Clarification of process for being excused from PE lessons

Recently, we have had an increase in the number of parents/ carers requesting their child be excused from PE lessons. We have received notes written by students themselves and also sent from parents emails via the students. It is increasingly difficult to differentiate which requests are genuine and which are not. It is also time consuming for teachers and causes disruptions to their lessons.

As a result, we would like to clarify what is required to excuse your child from PE - we understand that each student is unique and there are circumstances which are sometimes out of the students' and parental control.

Injuries and illness:

To be excused on medical grounds regarding injuries/ illnesses, we require a doctor's note requesting they be excused, or proof of prescribed medication from a pharmacy. If long term absence from PE is required, this must be in the form of written medical proof from a doctor or hospital and sent to Ms Hickey, Student Welfare Officer, so that a risk assessment can be completed.

Hydration and Nutrition:

It's essential for students to stay hydrated and eat regularly, especially before double PE lessons and during the summer months when outdoor activities are more likely. We encourage parents/carers to ensure that their child has breakfast and carries a reusable water bottle.

Seasonal Allergies and Suncare:

As we approach the summer months, we want to remind you of the importance of managing hay fever, seasonal allergies and protection against sun exposure, particularly for outdoor activities such as PE lessons. Please ensure that your child takes their daily allergy medication before coming to school if necessary and applies/carries sun cream with them. This proactive approach will help minimise any discomfort or symptoms they may experience during outdoor activities and for the remainder of the day.

Menstrual cycle:

We understand that periods can cause pain and discomfort, however if your child is experiencing extreme pains or heavy bleeding it is advised that they gain medical advice. Periods will not be accepted as an excuse to not participate in PE, unless a doctors or medical note advises this and is provided.

Exercise has been shown to help with period cramps because it helps release beta-endorphins, sometimes called "human morphine". Exercise also produces analgesia [pain relief] and helps to burn the prostaglandins or chemicals released during menstruation that cause muscle contractions, much faster than at rest.

We can store a supply of paracetamol/ibuprofen or any other prescribed medication to assist with period pain in first aid should your child require it whilst at school. Please contact Ms Hickey for further information on how to do this.

Kit:

PE kit is part of the equipment required on the days students have PE or extra-curricular clubs. Just as with other subjects, students are expected to attend lessons prepared with the correct equipment or that lesson. Please encourage your child to take responsibility for bringing their kit into school and refrain from dropping forgotten kits off during the school day.

Students are now able to wear plain, unbranded and navy blue or black appropriate sportswear clothing for the following:

- Polo shirt MUST be the Westfield hoodie, no others are allowed.
- If wearing a hoodie, it MUST be the Westfield hoodie, no others are allowed.
- Skort
- Shorts
- Socks
- Tracksuit bottoms
- Leggings
- Quarter zip top

If for any reason your child needs to be excused from PE they are still required to bring in their kit, get changed and play a supporting role to the teacher. Any student without/ missing their kit will be issued an after school detention in line with the behaviour policy.

For singular instances of your child being excused from PE, as accidents and illnesses can happen, their teacher must be informed asap at the start of the school day as they do not have access to their emails when teaching PE. Please note that requests to be excused from consecutive lessons without proof of medical evidence or appointments to resolve the issue will not be authorised.

Yours faithfully

Mr Cook

Mr Cook - Head of PE - gco@westfield.academy

Ms Hickey - Student Welfare Officer and First Aid Support- First-aid@westfield.academy

Mr Chalk - cc@westfield.academy

Ms Talbot - hta@westfield.academy

Mr Allen - bpa@westfield.academy

Ms Coombes - eco@westfield.academy

Mr Meale - dem@westfield.academy