

"We are committed to inclusion and ensuring no child or family is left behind."



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## Re: PE lessons during Ramadhan

Dear Parent/Guardian

A number of children in school will be observing 'The holy month of Ramadhan' which commences for many pupils on Thursday 17<sup>th</sup> May and continues until the 14<sup>th</sup> June. As previously, PE lessons will continue to be delivered throughout this period. It is important that we continue to maintain high standards and that pupils are fully prepared for lessons as normal. PE lessons will be modified to ensure they are not too strenuous at this time and pupils will be allowed to stop for breaks if and when required.

If there are any medical issues then pupils are still expected to bring their PE kit into school and in most cases change into the kit. This will allow them to be involved in performing leadership roles of officiating, coaching and organising.

The health and safety of the pupils is very important to us and it is crucial that pupils who are asthmatic continue to bring their inhalers into school and are advised to use them if required.

We encourage pupils who may be feeling unwell as a result of exercise to not refrain from drinking water, as this could make their condition worst. During the hotter summer term this is even more relevant.

Extra-curricular activities will continue to be delivered by the PE Department and it is your child's responsibility to modify their involvement in their activity according to how they are feeling.

Yours faithfully

**MR M AITKEN**  
Head of Physical Education

**MISS G. HOUGHTON**  
Headteacher

