

The Ramsey Academy, Halstead

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Headteacher:
Rob James

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Dear Parent/Carer

As a Department we want to encourage girls to participate in Physical Education and would really appreciate your support with regards to this matter. As a school we offer your child four hours of Physical Education over a fortnight.

There is currently a non-participation issue with girls not taking part in Physical Education when on their menstrual cycle. We appreciate the effects periods can have on young girls, however, this is not a reason why they should not be physically participating in physical education lessons.

With this in mind, there are a large number of girls missing out on physical activity and not meeting the recommended guidelines set out by the Department of Education. Research shows that the effects of menstruation on exercise appears to ease premenstrual tension and menstrual cramps.

Therefore, from January we will no longer be accepting notes giving permission for your child not to participate in Physical Education because they are on their period. If you feel your child is unable to take part in Physical Education because of their period, we suggest you seek medical advice and provide the school with relevant information.

If you have any further queries or would like to discuss this further please do not hesitate to contact the Physical Education Department.

Yours sincerely

N Danino (Miss) and E Hibble (Miss)
PE Department