

# The Ramsey Academy, Halstead

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Headteacher:  
Rob James

Dear Parent/Carer

Physical Education is an important part of your child's curriculum and it is essential for your child to bring in correct kit to fully participate in these lessons. As well as all of the well-known benefits of exercise it also will allow them to make progress in the subject and access the full curriculum. Students are expected to wear the following for their PE lesson.

- The Ramsey Academy, Halstead Unisex polo shirt
- The Ramsey Academy, Halstead Unisex Quarter Zip Sports Top (optional for boys)
- The Ramsey Academy, Halstead Sports Jersey (optional for girls)
- The Ramsey Academy Unisex Sports Shorts or suitable Black shorts
- The Ramsey Academy, Halstead tracksuit bottoms/suitable Black tracksuit bottoms (optional)
- Trainers
- Maroon football sock

If your child is unable to take an active role in the lesson due to injury, a note should be supplied to the PE staff in order for them to select appropriate activities for your child.

If your child has a long term medical issue that prevents them from participating in PE medical evidence (from a doctor or specialist) will need to be provided with dates and details of why each Half Term.

All students should bring in and change into their PE kit even if they are not going to be actively involved as a performer.

This ensures that your child is still involved in the lesson by refereeing, umpiring, scoring, coaching or helping to organise equipment. It will also prevent school uniform from getting wet/dirty/damaged and cold whilst the groups are outside.

Females will not be able to use notes giving them permission to not 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 and a doctor's note if needed.

I hope for your full support in this matter. Should you wish to discuss this further, please do not hesitate to contact me at the Academy or e-mail [mchild@ramseyacademy.com](mailto:mchild@ramseyacademy.com).

Yours sincerely

M Child  
Subject Leader - Physical Education