



October 2025

Dear Parents and Carers,

Re: Jewellery in PE Lessons – Safety and Removal Requirement

I am writing to clarify and reinforce our school's policy regarding jewellery during Physical Education (PE) lessons and to ask for your support in ensuring our students' safety and wellbeing.

The whole school policy on jewellery and facial piercings can be found on our website in the Uniform section. This explains the expectations for all students in all lessons. However, we felt it was important to reiterate this from a PE perspective.

Participation in physical activity brings many benefits, but it also carries certain risks—especially when students wear jewellery. According to guidance from the Association for Physical Education (afPE), wearing personal effects such as earrings, necklaces, bracelets, watches, or body piercings during PE poses a danger not only to the wearer, but to others.

The basic rule, following afPE guidance, is that **all jewellery should be removed** prior to a practical PE lesson, unless there is a strong and exceptional reason otherwise.

By enforcing this rule consistently, we reduce the risk of accidents: tearing of earlobes, snagging on equipment, injury to joints, or harm to other students.

To ensure clarity and consistency, our policy regarding jewellery in PE is as follows:

1. All jewellery must be removed before PE lessons (curricular, fixtures, and extra-curricular)

This includes **earrings, necklaces, bracelets, rings, watches, and any body piercings** (e.g., retainers, expanders).

2. If a student cannot remove jewellery themselves, we ask that jewellery not be worn to school on PE days. Staff are not expected to remove or tape jewellery on behalf of students. Where complete removal is impossible—such as for medical or religious reasons—we will assess whether safe participation is possible. In some cases, the student may be assigned a non-practical role (e.g. coach, umpire, planning) for that lesson.

3. New piercings policy - we strongly recommend that if students plan to have new ear piercings (or other body piercings), these be scheduled at the start of the summer holiday, so that healing is complete before the new school year begins, and so the jewellery can be removed for PE. If student has a new piercing, they are expected to tape it up.

4. Communication and enforcement - PE teachers will remind classes at the beginning of each lesson about jewellery removal. Students refusing to comply with the jewellery policy will be treated under our school behaviour policy. Parents/carers will be informed if non-compliance becomes a repeated issue.

Please talk to your child about the importance of removing jewellery before PE lessons and help them practise removing small items (like studs) safely and independently.

If your child has recently had a piercing and is temporarily unable to remove it, please inform the PE department (with supporting medical or parental note) so we can provide an appropriate, safe alternative role during lessons.

Our primary responsibility is to ensure that every student can participate in PE in a safe environment. With your support, we can reduce avoidable risks and keep focus on the educational and health benefits of physical activity.

Should you have any concerns, or wish to discuss a specific case (e.g. for medical or religious reasons), please do not hesitate to contact me.

Thank you for your cooperation.

Yours sincerely,

Mr J Dandolo
Head of PE