



CASTLEHEAD HIGH SCHOOL



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Head Teacher: Mr Gordon Menzies

**Children's Services
Director: Janie O'Neill**

Dear Parent / Carer,

PE Department – Participation Guidelines Session 2024/2025

The following guidelines are intended to maximise learning and teaching within PE lessons and foster an inclusive ethos. The PE Department are aiming to reduce the learning and teaching time that is impacted by young people not participating in PE lessons. Our Participation Guidelines make sure learning is as continuous as possible throughout any injury or illness, and ensures every child is included and involved in every lesson.

Guidelines:

- Your child should change into their PE kit for every lesson, for health and safety reasons. This may involve adapting kit to ensure it is appropriate for weather conditions when outside.
- Notes from parents/carers explaining non-participation for any reason (e.g., illness or injury) are not required. All children should change into their PE kit and speak with their class teacher at the beginning of the lesson to discuss any adjustments that may be required.
- The class teacher will then provide an alternative, appropriate, activity for your child to engage with during the lesson to ensure learning is as uninterrupted as possible. The class teacher will manage any injury or circumstances discussed to ensure safe participation in the lesson. This will ensure each child is included in every lesson.

These guidelines will support the children to develop their skills for learning, life and work.

If your child does not have appropriate PE kit, they will be issued with a freshly laundered PE kit by their teacher. Learners will always be included in every lesson.

Should you wish to discuss any aspect of our Participation Guidelines, please contact Steven McLean, Principal Teacher of Physical Education at the school on 0300 300 1300.

