



HIGHDOWN SCHOOL AND SIXTH FORM CENTRE

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15th December 2017

Dear Parents and Carers

With the Christmas holiday approaching it is an ideal opportunity to celebrate some of the fantastic hard work and success seen in PE and particularly our extra-curricular offer this term.

Boy's rugby was incredibly well attended at all age groups. The discipline and hard work seen in training and on the pitch has been inspirational. Highlights include the Year 7 team coming from behind in more than one game to win the match and become eventual Reading League winners. The Year 9 team have gone another whole season undefeated. Winning Reading League and County Cup competitions. This is a fantastic achievement.

The national campaign 'this girl can' is echoed at Highdown: our girls do! The Year 7 girls' football team finished 2nd in their league and enjoyed a trip to see Reading FC's senior ladies team. Our Under 12 cross country team finished second in the Reading Cross Country League. An incredible result when reviewing the opposition. In the swimming pool the girls have excelled as well. With so much enthusiasm for swimming we were able to field A, B and C squads. The A and B squads finishing 1st and the C squad finishing 2nd in the Reading Schools gala.

All students are always welcome to our extra-curricular clubs. Please come along. Next terms offer will be updated on the website and displayed in the students section early next term. (<http://www.highdown.reading.sch.uk/page/?pid=47>). We look forward to a trip to Red Kangaroo Trampoline park in January to recognise those who have shown the Highdown values and attended regularly.

January will also bring more inclement weather. Under-armor or thermal layers, gloves, woolly hats and snoods are increasingly popular for professional athletes when training. However, on match day they proudly wear the team's uniform. Under-armor is permitted for the upper body only and a double layer of both the Highdown polo top and contact top is advised. Highdown tracksuit bottoms and sports hoodies are optional extras on the school uniform list. To assist in returning lost and found PE kit, please can I also remind parents to ensure all PE kit is named.

Using the current health and safety guidance given to schools and in line with sporting governing bodies such as The FA, our policy on jewellery is clear. **All jewellery must be removed for PE.** The Highdown uniform policy refers to allowable piercings. Students should not have ear piercings mid-term as this will impact on their ability to fully participate in PE lessons.

It is expected that students bring the correct equipment to all lessons. The PE department promote, 'sick or fit, bring your kit'. If a student is injured or unable to take a full part in the lesson they should still bring their kit. Most are then able to access the lesson in a coaching or officiating capacity, as far as the injury allows. Sanctions in line with the school policy will be issued where the above policies are not followed.

The PE department looks forward to many more successes in 2018 and wish all an enjoyable holiday.

Yours sincerely



Mr N Morris
Curriculum Leader PE

