



RHYL HIGH SCHOOL

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Rhyl & Rhuddlan
Learning Community

Dear parent/carer

date as postmark

A large amount of evidence suggests Physical activity programmes have a positive effect on physical, mental and social wellbeing and can contribute to improve pupil's academic achievement.

The best way that you as parents and carers can support the school and the PE department to improve the health and wellbeing of our pupils is to **ensure your child comes to school with full PE kit**. We would like to thank the vast majority of you who do ensure your child comes to school with PE kit as it allows us to maximise activity time. However, we are having pupils arriving to lessons without their kit and this is interrupting and delaying the start of the lessons.

The Current PE kit requirements are shown below with the suppliers of the RHS polo shirt. The RHS polo will be available to purchase at school in the near future.

Indoor	Outdoor
Navy RHS polo shirt	Navy RHS polo shirt
Trainers (not plimsolls)	Trainers (not plimsolls)
1 piece swim suit (girls)	Studded boots / shin pads
Trunks or shorts for boys (not below the knee)	¾ length gold / yellow socks
Black/blue Shorts or tracksuit bottoms	Gum shields are advised for contact sports
Long haired to be tied back	Long haired to be tied back
All jewellery to be removed	All jewellery to be removed

Jean Emporium Unit 3, Piazza Shopping Centre, Sussex Street, Rhyl.

Simply Logo Ltd, Rear 51, Vale Road, Rhyl

First Class Clothes, 12 High Street, Prestatyn

If your child has a genuine reason for not doing PE through illness or injury please send in a dated note with a brief explanation as to why they cannot participate, we would still expect pupils to bring kit when injured to take on a **non-performance** role. We unfortunately are unable to accept more than 1 note a half term without a doctor's note and will contact you to discuss any concerns you may have if we receive more.

Again may I take this opportunity to thank you for your ongoing support to ensure your child engages in a healthy, active lifestyle during their time at Rhyl High School. For further information, please contact the school if you require any guidance regarding accessing a uniform grant please speak to a member of our reception team.

Yours sincerely

Mr M A Hamill

Head of PE / Associate assistant head.

