

10 September 2026

Dear Parents and Carers,

### **Health and Safety Update – Jewellery**

Firstly, as a school, we would like to extend our appreciation to all students, parents and carers who have contributed towards a significant improvement in terms of correct PE kit being worn over the course of the past academic year, as well as a reducing number of jewellery issues.

As part of our ongoing risk assessment in PE, and the associated advice from the Association for Physical Education (AfPE), the foremost association in PE for all Health and Safety guidance, please be mindful of the current guidelines regarding jewellery that we as a school have in place, for PE lessons:

1. All piercings need to be removed for PE lessons to ensure a safe environment for all.
2. The use of taping, plastic retainers, or equivalent will continue to be prohibited. Taping a piercing can create a perception of safety. Tape can often fall off and does not reduce the risk of compression injury.
3. Disclaimers alleging the removal of responsibility from teachers in the event of an injury whilst wearing jewellery or personal effects will be declined.

These arrangements have been in place for the past academic year and whilst with the vast majority of students we have seen very few problems, there are still a small minority either refusing to remove piercings or informing us they are unable to remove them due to how recently these have been carried out.

Therefore, we would kindly ask for your support in keeping all students safe and actively engaged in PE lessons by encouraging you to:

1. Please refrain from allowing your child to have any new piercings unless they are obtained sufficiently in advance to allow adequate healing time before the jewellery must be removed for PE lessons.
2. Provide your child with a pouch or holder for piercings to be safely stored in during PE lessons.

These ongoing arrangements are necessary to ensure the safety and protection of all students involved in any form of sport or physical activity.

As a reminder, certain jewellery items are not permitted to be worn in school, in line with our school uniform expectations. This applies throughout the school day and not solely during PE lessons. Please ensure that any jewellery worn by your child complies with the school's jewellery policy which can be found on the school's website.

Your support in this matter will be greatly appreciated moving forwards.

Yours sincerely,

*J. O'Leary*

Hellesdon PE Department

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