



CATALYST

Somers Heath

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Jewellery not allowed in PE

25th June 2025

Dear parents & carers,

It seems to be that a number of children have recently had their ears pierced and this is causing an issue with participation in PE. Please see the letter below, which was originally sent out last year. **If you are considering piercing your child's ears, please do this at the start of the summer holiday so it does not impact their access to the curriculum.**

Our policy has always stated that no Jewellery should be worn during PE lessons. This follows very clear health and safety guidance at national level. However, we have found this increasingly difficult to enforce.

Please note the following points:

- No jewellery, including earrings, should be worn during PE
- Tape cannot be used to cover jewellery, this gives a false impression of safety but does not protect from impact/compression injuries to the wearer or others
- If plain stud earrings are worn to school, the child themselves must be trained to remove and replace them
- Ears that are freshly pierced will not close during the 50 minutes of a PE lesson – if you are concerned about this, pierce ears at the start of the summer holidays
- PE is a statutory part of the curriculum and children cannot be opted out
- Parental disclaimers or waivers will not be allowed as they are not legally valid and the risk is not just for the wearer but for all other children taking part in the PE lesson.

We recommend that jewellery is not worn to school at all and especially on PE days. However, if your child is able to remove and replace, then they may wear jewellery in line with the school uniform policy. If this is the case, this jewellery should not be financially or sentimentally valuable as security of such small items cannot be guaranteed.

Yours sincerely,

Mr Curtis
Head of School

