



PE and Swimming Uniform

Dear Parents/Guardians,

Welcome to the new term! We are looking forward to a fun and exciting term in PE (Physical Education) and Swimming.

To help our students stay safe and prepared, please check the simple guidelines below.

PE (Sports) Lessons

- **Uniform:** Official **ABCIS PE shirt** and **ABCIS shorts**.
- **Shoes:** Running shoes or sports sneakers.
- **When to wear the uniform:**
General Rule: Students must come to school in their regular school uniform and change into their PE uniform before class.
Exception (PE Period 1): If PE is the first lesson of the day, students may wear their PE uniform to school, but they **must bring their regular school uniform in their bag** to change into after class.

Swimming Lessons

- **Swimwear:**
 - Official **ABCIS Swimming kit, OR**
 - A plain **black swimsuit** (your child may also wear a black swim rash shirt over it).
- **Required Equipment:** Swimming cap and goggles.

Hair and Safety Rules

- **Long Hair:** If your child's hair is past their shoulders, it **must be tied back** for both PE and swimming lessons.

If Your Child Cannot Participate

If your child is sick or cannot join PE or swimming for any reason, please inform the school office by **email** or **phone call**.

Thank you for your support in helping your child prepare for class!

Kind regards,

Ms. Aimee Hartstonge
Head of EY and Primary PE