



Monday, 17th August 2026

Dear ABCIS Parents and Guardians,

Welcome to the new school year! Physical Education and Swimming are essential parts of our school curriculum. These lessons help our students stay healthy, learn new skills, and build confidence.

To ensure every lesson is safe and enjoyable, all students are expected to bring the correct kit to every PE and swimming lesson.

Please take time to carefully read the school expectations around uniform, equipment, and attitudes for Physical Education and Swimming at The ABCIS.

1. School Uniform Policy for PE Days

Students must arrive at school and leave school in their normal school uniform. Students are not allowed to arrive at school or go home in their PE kit.

Students will change into their PE kit before their PE lesson and change back into their full school uniform after the lesson.

2. PE Kit Expectations

Students must bring the following for all PE lessons:

Official ABCIS PE shirt OR their House shirt. *Please note that Panthers sports kits are not allowed in PE lessons.* Official ABCIS PE shorts OR plain black shorts. Appropriate sports trainers (running shoes/sneakers) with good grip and support.

3. Swimming Kit Expectations

Students must bring the following for all Swimming lessons:

Official ABCIS swim costume OR a plain black swim costume. Students may also wear a plain black rash vest if they choose to. A swimming cap and goggles must be worn for every lesson.

For health and safety reasons, any hair that is past shoulder length must be tied back during both PE and swimming lessons. Please ensure your child brings a hair tie on PE and swimming days.

If your child is unwell, injured, or unable to participate in PE or Swimming for any reason, please contact the school main office via email or phone call before the lesson.

Thank you for your support in preparing the students for their lessons. If you have any questions, please feel free to reach out to the school office.

Warm regards,

Ms Courtney Redshaw
Head of Secondary Physical Education

If you would like this verbally translated into Vietnamese or Korean, please contact the school office
Quý vị có thể liên hệ với văn phòng trường để được trợ giúp nội dung thư sang Tiếng Việt
한국어 번역이 필요하신 경우, 학교 행정실로 연락 주시기 바랍니다