



'Every Child Matters'

St Mary's High School Downpatrick

Principal: Ms R McLaughlin B.Ed MSc PQH(NI)



Celebrating 60 Years of Education
1957 - 2017

2nd September 2020

Dear Parent/Guardian,

As the new academic year begins it will bring many challenges for staff and pupils. In order to reduce the possibility of infection as much as possible, and in line with the Education Authorities' recommendations, pupils are being asked to **wear their Full PE Uniform into school on days when they have PE**. This will minimise the contact they would have with each other while changing.

It is important that all pupils participate in PE. It will greatly help with relieving stress and anxiety in the very difficult situation we currently find ourselves in at present. Physical activity is not only great for maintaining and improving physical health, but also the benefits of maintaining and improving mental health are also well documented.

All pupils in Years 9 - 12 will be required to wear Full PE Uniform. This consists of the school PE top, black or navy leggings/track bottoms, trainers and school sweatshirt or half zip.

Year 8 pupils can wear their own suitable PE attire at present.

As we will be participating in PE outside as much as possible, pupils should also prepare for damp and/or cold conditions. However, if weather conditions are extreme, PE will take place in the school Sports Hall in line with the most up-to-date guidance on social distancing.

PE lessons will begin the week beginning Monday 7th September.

I look forward to seeing all our girls back and we welcome our new Year 8 pupils to PE in St Mary's High School this year.

Yours sincerely,

Mrs Montgomery
Head of PE



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