



Holy Family Catholic High School

Virgin's Lane, Thornton, Liverpool L23 4UL.

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Headteacher: Mr M Symes BA(Hons), NPQH

Monday, 24 November 2025

Dear Parents/Carers,

This is a reminder that all pupils are required to participate in PE lessons as part of their broad and balanced education. Here at Holy Family, we are proud of the success and high standards within our PE department.

Taking part in PE offers a wide range of physical and mental health benefits:

- **Physical health:** Regular activity improves cardiovascular fitness, muscular strength, flexibility, and coordination. It also helps maintain a healthy weight and reduces the risk of chronic illnesses.
- **Mental wellbeing:** Physical activity is proven to reduce stress, anxiety, and symptoms of depression. It boosts mood, improves sleep, and enhances self-esteem.
- **Social and emotional development:** PE encourages teamwork, communication, leadership, and resilience—skills that are essential both in and out of school.

If your child is unable to take part in a PE lesson for medical or other valid reasons, a written note from home must be provided. Please note that it is school policy for all pupils to bring and change into their PE kit, even if they are not participating practically in the lesson. This supports inclusion, maintains high standards, and allows pupils to engage in non-physical roles such as officiating, coaching, or analysis.

If you have any problems with kit, please let us know. If a pupil does not bring their own PE kit, **they will be expected to wear a kit provided by the school**. Refusal to do so will result in the school's behaviour policies being followed.

We appreciate your continued support in ensuring your child is fully prepared for PE lessons.

Yours sincerely,

Mr Jamieson
Head of PE