



THE NEWBRIDGE SCHOOL

Lionheart Educational Trust

The Newbridge School
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Executive Principal Julia Patrick
Co-Heads of School Mike Gamble & Mick Rowbottom

Friday 18th November 2022,

Cross Country week in Physical Education (Mon 21st – Fri 25th November)

Dear Parent / carer,

Over the next ten days the sports hall is out of action as it is being used for the Year 11 and 10 mock examinations, this leaves us very short of indoor space in PE.

We wanted to make parents and carers aware that in PE lessons next week, our students will be taking part in doing cross country, as part of our fitness unit of work.

Your child's PE lesson(s) will take place on the school field as they compete in a cross country challenge for their form. We will be going outside, even if the weather conditions are poor, so want students to be organised and prepared for their lessons. Please be aware of the following:

- Students to bring football boots or a change of shoes, that they don't mind getting dirty
- Students to bring a change of socks

Outdoor PE kit – reminder of the school policy

For all outdoor lesson's coats are not permitted. When the weather is colder, students should come to PE with the following:

- 1 pair of royal blue shorts
- 1 royal blue T-shirt
- 1 pair of royal blue football socks
- 1 royal blue training top or royal blue crew top **this is really important if they do feel the cold*
- Trainers for indoor and outdoor use
- Football boots that are 3G approved

Optional

- Navy tracksuit bottoms
- Royal, navy or black base layer tops and tights (for under tops and shorts) **this is really important if they do feel the cold*
- Sports leggings - royal, navy or black

Should you have any questions please do not hesitate to get in contact.

Mr Handford

PE Subject Leader