

CULLYBACKEY HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

7th September 2011

Dear Parent / Guardian,

I would like to draw your attention to an initiative which we first introduced in 2007 in order to maintain participation in Physical Education.

We did this because, nowadays, young people do not get the amount of exercise required for a healthy lifestyle and research has shown that this leads to a higher risk of becoming obese. Our bodies actually crave exercise. Regular exercise is necessary, not only for physical fitness. It also reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can also improve your appearance and delay the aging process. Therefore, those who build regular exercise into their lifestyles will increase the chances of having a healthy life.

While P.E. is a compulsory subject in the school curriculum, it has traditionally been, and continues to be, one of the most popular. However, it is also the only subject from which pupils can effectively opt out by 'deliberately forgetting' to bring P.E. kit or occasionally falsifying a note from their parents. While the vast majority of pupils do not indulge in these practices, we have identified a relatively small, but significant, number of pupils whose lack of participation is becoming a concern. To discourage this and with the full support of the Principal, we have introduced the following deterrent which was explained to pupils at the start of this school year.

“When a pupil has failed to bring P.E. kit or a genuine note on THREE occasions, they will be required to complete an after school detention from 3.30 - 4.30p.m. Parents will be informed by letter, sent out during the previous week. Pupils will complete relevant written P.E. work during this detention.”

While it may be unlikely that enthusiastic pupils will get a detention, some may occasionally be caught out by this arrangement. However, to be fair to all pupils, it is essential that we are consistent. Therefore, I would appreciate your support and understanding as we try to ensure an active and healthy future for all our pupils.

If you would like more details, please feel free to get in contact with me at the school.

Yours faithfully,

J. Kelso

Head of Physical Education.