



# Bishop's Hatfield Girls' School

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13th July 2022

Dear Parent/Carer,

Due to the high temperatures predicted for early next week we have made the decision to move our Sports Day for pupils in Years 7-9 to this Friday 15th July 2022. This day currently looks relatively cooler. This is to ensure the Sports Day competition can run in full but also, most importantly, to ensure the Health and Safety of both students and staff.

Please read the information below carefully so your child is fully prepared ahead of Sports Day:

- All students will need to come into school in their full and correct Bishop's PE kit - see further information about what pupils can wear below.
- All students in Years 7-9 will register with their form tutor in their usual form rooms. Then form tutors and students will make their way to the field ready for a 9am start.
- All students in Years 7-9 will be off timetable all day periods 1-6.
- Break and lunch will run as normal.
- Weather permitting, students will be sat in their House groups in the middle of the track to watch and support the events - see further information on our warm weather precautions and how students can stay "sun safe" below.
- A full timetable for events for Sports Day will be shared with students on the PE notice board (outside rooms 020 and 021) tomorrow. This will also be posted on Google Classroom so students can check these outside of school hours.

Students can wear the following PE kit for Sports Day:

Top -

- Bishop's sports polo top (Games top for PE lesson) OR
- A coloured t-shirt or sports top in their House colours.

Bottoms -

- Bishop's navy blue skort OR
- Navy blue or black sports leggings OR
- Navy blue or black athletics shorts/gym shorts.

No strappy tops or crop tops are permitted. Any student who dresses inappropriately will be sent to change and/or sent home.

Please take note of the following warm weather precautions (these were also sent home in a letter to all parents/carers in a letter dated 17th June):

- All students should bring a full bottle of water into school on Sports Day. Drinking water helps replenish the fluids lost by excessive sweating. Students who do not consume

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enough water during physical activity may become dehydrated and the combination of hot temperatures and dehydration can lead to serious heat – related illnesses. Students will continue to be given time on Sports Day to drink plenty of water so it is important they arrive with their water bottles already full. Students will be reminded to refill their water bottles at break and lunch as normal.

- Students should apply sun tan lotion before coming into school for Sports Day. Our large field is an ideal open space for a variety of sporting activities but it does not have a huge area of shade for students to use during the day. It is important students are protected against the rays of the sun so students should also bring their sun tan lotion into school. This can be brought out to the field with them and students can reapply throughout the day as needed.
- Students are also permitted to wear suitable hats for Sports Day if the weather is particularly hot. We encourage this as it allows the students' neck, face and ears to be protected but we do advise students to choose suitable sun hats that fit with the school's dress code. If you are unsure if a particular sun hat is suitable, please ask your daughter to check with their PE teacher.

Students will not be permitted to leave the field during lesson time to refill water bottles or to go to the bathroom (unless they have a medical card - which students must be able to show staff). It is important students arrive at the start of the day, after break and after lunch, with a full water bottle and having visited the bathroom at break and/or lunch.

The PE Department wants every student to be able to participate safely and to the best of their ability on Sports Day so we hope you will support us in encouraging your child to take suitable precautions.

If you or your child have any further questions please feel free to contact me via email at [ncameron@bishophatfield.herts.sch.uk](mailto:ncameron@bishophatfield.herts.sch.uk) or via telephone on 01707 275331 ext 262.

We look forward to seeing you at what will be an outstanding display of the fantastic talent we have here at Bishop's.

Kind Regards,

Miss N Cameron  
**Subject Leader for Physical Education**

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