



THE INTERNATIONAL SCHOOL ABERDEEN

Every Child. Every Opportunity.

ELEMENTARY SCHOOL PHYSICAL EDUCATION 2019-2020

Dear Parents

We are looking forward to seeing all the children again after the summer break. Hopefully, they have had a fun and active holiday. It is also exciting for us to meet all the new students and we hope they settle in very quickly.

To assist our new families and to remind those returning, we ask that students be attired appropriately for Physical Education classes, as this is an important health and safety factor.

Kindergarten and 1st grade are only required to change their shoes, but they should come to school on PE days dressed in suitable clothing to ensure freedom of movement. We will ask you to provide a pair of plimsolls or trainers for their use, which will be kept with their class teacher.

It is compulsory for all Grade 2-5 students to wear an ISA PE T-shirt for their PE lessons. This will help us to identify whether children are changing properly for their PE classes.

We recommend that two T-shirts are purchased for your child. The new style Dri-Fit T-shirt with the new school logo can be bought directly from the PTO, and is available only in black at a cost of £10.00. Please see the downloads section at: <https://www.isa.aberdeen.sch.uk/pages/about/people/pto>.

We do have some older style cotton PE T-shirts still in stock, in black or purple. These cost £7.00 and can be bought directly from Miss Hodder in the PE Department.

The following list covers all activities for Grades 2-5:

PE T-shirt (x2)	Sports Socks
Shorts (not cut-off jeans)	Jogging Trousers/Sweatpants
Sweatshirt for outdoor activities	
A pair of supportive sports shoes / trainers with good grip, not plimsolls	
Swimming shorts or one piece swimming costume, swimming goggles	

Please write names on all articles of clothing as many items have been left behind, unclaimed, last term. A small gym bag, again with your child's name on it, helps children with the responsibility of carrying ALL their needed gym equipment. We ask that all articles of clothing be carried home for the weekend to be washed and ready for the following Monday.

In the interest of student safety, all items of jewellery MUST be removed before class. **If your child's ears are pierced then stud earrings should be worn. Staff cannot be held responsible for removing earrings but micro tape will be provided to cover them.** A valuables container will be available at the start of the lesson, and students should ensure that they collect belongings at the end of class. Children with long hair should have their hair tied back for PE lessons.

Thank you for your co-operation. If you have any questions, please feel free to contact me.

MISS C HODDER