

Nether Stowey Church of England V.C. Primary School

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Headteacher: Mr Terry Luke



Wednesday 23rd September 2026

Dear Parents and Carers,

We would like to make you aware of a change to our expectations regarding earrings and PE lessons.

Following national health and safety guidance for schools, children should not wear earrings during PE lessons. Earrings can pose a risk of injury to both the wearer and other children during physical activity.

Historically, this rule has not always been consistently enforced at our school, and we appreciate that this may be different from what some families have experienced in the past. However, schools across the country are increasingly being reminded of the importance of following national guidance to ensure children can participate in sport and physical activity safely.

To support this, we ask that children who have PE on a particular day do not wear earrings to school on that day. This is the safest and simplest approach, as staff are not permitted to remove or reinsert earrings, and many children find removing them independently difficult.

If your child has recently had their ears pierced, please be aware that professional piercing guidance recommends that starter earrings remain in place continuously for at least six weeks to allow the piercing to heal properly. During this period, earrings should not be removed and reinserted. For this reason, parents considering ear piercing may wish to arrange this at the beginning of the summer holiday wherever possible.

If your child is currently within the healing period following ear piercing, please speak with the class teacher so that we can discuss the most appropriate arrangements for PE during this time.

We understand that this may require a small adjustment to morning routines, and we are grateful for your support as we work to ensure that all children can take part in PE safely.

Thank you for your understanding and cooperation.

Kind regards,

A handwritten signature in black ink, appearing to read 'Terry Luke'.

Terry Luke
Headteacher