

# Ear piercing and nails

Only have ears pierced  
at the start of **SUMMER  
HOLIDAYS**

Earrings **CANNOT** be  
worn in lessons as it is a  
safety concern

If an earring becomes  
caught, it can rip the  
ear



No long  
nails!

You don't want  
to break them  
or scratch  
someone!



Tie hair  
up -  
bring in  
hair  
bands



**Nike Pro shorts are NOT ALLOWED** the girls will be asked to change if they bring them in.



**The girls are welcome to wear the James Bateman or plain black shorts if they feel more comfortable**



# WHAT CAN I WEAR?

## Additional PE kit items:

School PE T-shirts and Shorts must be worn at all times in case lessons change to indoors on the day.

These can be worn under the following:



School PE hoodie



Plain black joggers



A plain black skin can be worn under your t-shirt



Plain black waterproof top



Black plain hat



Plain black snood & gloves  
For **CERTAIN** activities **ONLY**

- Skorts do not have to be worn under jogging bottoms.
- Bring a spare pair of socks to change into after the lesson.

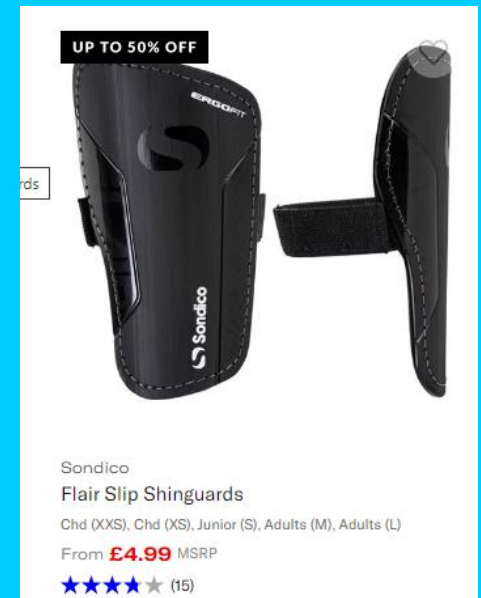
# Shin Pads



- Shin pads must be brought to every football lesson. We have some spares to lend out, but not many.

Shin pads will be needed by all students, boys & girls, through their time at James Bateman and on through Biddulph High School.

Shin pads can be bought from Sports Direct for £4.99 or more. There are a range of sizes and prices.





# Mouth Guards - Yr7&8 Boys

Mouth guards will be needed for rugby lessons.

There is a limited supply in school that can be bought for £3 or they can be found on Amazon or Sports Direct.

Year 8 girls will be told in advance if they need one. This will depend on the progression made by students during tag rugby lessons.

# Getting Changed

- Make sure your name is in every piece of your PE kit and uniform.



If you are asthmatic you **MUST bring your inhaler to every lesson** in a clear plastic bag with your name on it.

Teachers cannot look after anything for you.



# TRAINERS



What's the difference?

The trainers that you have brought for school are fine for PE lessons. **You don't need new ones!!!**

Next time you do, look at the sole, is it cushioned? Does it provide support? Do they have good grips?

