



QEHS Uniform Policy

Uniform should be worn appropriately in regard to both the policy and the judgement of the pastoral and senior staff.

General

Item	Description	Notes
V-neck jumper	QEHS dark blue with green strip	<ul style="list-style-type: none">Only from approved uniform supplier
White shirt	Plain white long or short sleeve shirt	<ul style="list-style-type: none">Tucked in and fastened at the neck
Tie	QEHS blue, green and white clip on tie	<ul style="list-style-type: none">Only from approved uniform supplier
Trousers/shorts	Grey formal trousers/shorts	<ul style="list-style-type: none">No leggings, jeans or jean like trousers or shorts.No tight cycling style type shorts or similarKnee-length shorts, not unduly shortNo logos, studs or obvious zips
Skirt	Grey pleated skirt	<ul style="list-style-type: none">Not be unduly short
Hosiery / Socks	Plain black tights or plain black, grey or white socks	<ul style="list-style-type: none">No visible logos or patterns
Shoes	Plain black leather/leather effect, polishable shoes or low-heeled boots	<ul style="list-style-type: none">No patent or suedeNo trainers or sports shoesNo obvious logos or brandingNo adornments

Accessories

Item	Description	Notes
Belts	Plain Black	
Hairstyles	Natural hair colour	<ul style="list-style-type: none">No extreme hairstylesLong hair must be tied back for all PE lessons
Jewellery	Watches and one plain set of ear studs are permitted	<ul style="list-style-type: none">All piercings and retainers must be removed for all PE lessonsWatches must be removed for all PE lessonsEars studs must be removed for PE**No earrings or other piercings
Make-up	A reasonable amount up may be worn	<ul style="list-style-type: none">False nails are not permittedDiscrete nail varnish
Equipment	All students must carry a bag containing a pencil case, black pen, red pen, pencil, ruler, rubber and scientific calculator	<ul style="list-style-type: none">Pencil cases, stationery and scientific calculators are available in school from the learning resource centre



If there are issues with a pupil's uniform we will work with the family to support in resolving the issue.

* For health and safety reasons pupils will be expected to change their footwear for PE lessons.

**Please time ear piercing to be at the start of the summer holidays so that it does not prevent removing studs in PE lessons. In September, pupils will be expected to remove all piercings for PE lessons. They may not be covered by plasters or tape.

PE Uniform

Item	Description	Notes
Blue polo shirt	Blue QEHS logo short sleeved T-shirt	Purchased from Michael Sehgal: https://www.michaelsehgal.co.uk/schools/queen-elizabeth-high-school-hexham/
Shorts, sports leggings or stadium pants	Either QEHS branded shorts, QEHS branded full-length leggings or QEHS branded stadium track pants. Branding can be old or new	Purchased from Michael Sehgal: https://www.michaelsehgal.co.uk/schools/queen-elizabeth-high-school-hexham/
Sports socks	Recommend QEHS rugby socks or black or white sports-style socks	Rugby socks will need to be purchased for competitive fixtures in rugby and football

Additional non-compulsory school logo items (e.g. additional items of PE kit) can also be purchased from our uniform provider Michael Sehgal & Sons.

PE Footwear

Item	Description	Notes
Studded football or rugby boots	For use on 3G Astroturf	No bladed boots - Moulded boots are the cheapest and most comfortable boot choice School shoes are not permitted for any PE lesson
Astroturf trainers or running shoes	For use in indoor halls or outdoor hard courts (sand-based Astroturf and MUGA)	Soles need to have a good tread design to ensure excellent grip. Worn soles are a slip hazard. School shoes are not permitted for any PE lesson
Please follow this link for more details: https://www.qehs.net/index.php/school-uniform		

PE Personal Protective Equipment

Item	Description	Notes
Shin pads	Age-appropriate shin pads, with or without ankle guards	<u>Strongly recommended</u> for football and hockey <u>Essential</u> for playing on QEHS teams
Mouth guard	Self-moulding mouth guard	Strongly recommended for hockey and rugby
Hair bobble	Keeps vision clear	<u>Essential</u> - Long hair must be tied back during PE lessons and for participation in all curriculum and extra-curricular activities



PE Additional Optional Items

Item	Description	Notes
Base layer	Plain black, blue or white base layer	
Outdoor top	QEHS mid layer - 1 /4 zip jacket - navy blue	Highly recommended as students will regularly take part in outdoor activities throughout the year

Safety in PE

In line with Health and Safety guidelines for sport and physical activity, prior to PE lessons students must do the following:

- remove all earrings and jewellery
- hair must be tied back
- nails should be kept short / no false nails (In line with the school policy)
- this is especially relevant in units of work such as netball and basketball.

Top tips for looking after your belongings in PE:

- PE uniform can be dropped off and picked up at the end of the day from the PE office
- please write the student's name in all their items for PE clothing; this will make it a lot easier to find if it goes missing.

Please note: In PE, we adopt a 'no-notes' policy. All students attending school are expected to bring their PE kit to lessons. If a student has recently returned to school following an illness, we still expect that they bring their PE kit and participate, but we'd like the student to have a conversation with their PE teacher if they feel too unwell to participate fully. The PE staff will then ensure that the student can participate in their planned programme, but in an alternative role within the lesson; we want all students to be involved whether this be as a participant, coach, official or leader. We will not expect students who have recently had or are recently recovering from a serious injury or illness to follow this procedure. Please continue to communicate with the PE department regarding any serious injuries or illnesses that will require non-participation for a specific period of time.

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