

Our Ref: CS/PE Jewellery Guidance

Date: Tuesday 17<sup>th</sup> March 2026

Dear Parent/Carer,



**Dame Elizabeth  
Cadbury School**  
www.decschool.co.uk

At Dame Elizabeth Cadbury School, the safety and well-being of our pupils are our highest priorities. We also pride ourselves on delivering a high-quality Physical Education (PE) curriculum, which is a statutory requirement for all secondary aged children and vital for their physical development and health.

To ensure that all children can participate fully and safely, I am writing to clarify our school policy regarding the wearing of jewellery, specifically earrings, during PE lessons. Our school policy follows the strict health and safety guidance provided by the Association for Physical Education (AFPE) and National Guidance (NYES).

These professional bodies strongly recommend that all forms of jewellery should be removed for PE, physical activities and Extra-Curricular Clubs. The reasons for this are significant as we have a legal duty of care to ensure the safety of all pupils. Please be aware that parental disclaimers or "permission slips" to wear jewellery during PE will not be accepted by the school. Religious items, need to be removed or made safe where appropriate.

Earrings, necklaces, and bracelets can easily become caught in clothing, equipment, or through contact with other children. This can lead to injuries including bruising, cuts, or torn earlobes. In addition to this, the national guidance warns that in the event of a collision or impact, the post of an earring can cause serious injury to the neck area where the brachial nerve runs towards the brain. Using plasters or tape to cover an earring will not prevent such injuries as the result of a collision and are not considered a safe solution.

Please ensure that all jewellery is removed before PE and support your child with independent removal at home. For health and safety reasons, staff members are not permitted to remove or replace a child's earring or other items of jewellery. Failure to remove jewellery will result in a school sanction and exemption of practical PE due to a breach in our school's PE uniform policy.

This guidance will be updated within our uniform section on our website.

Thank you for your continued support,

Yours sincerely

Mr C Seager  
Head of School