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Dear Parent / Guardian,

We meet daily at **8.15** to conduct uniform checks as students enter the school site. We have noticed that some pupils have not been following the uniform policy. We would like to remind you of some of the key aspects of the **uniform policy**. This letter also outlines some **key points** about **school rules** and advice when dealing with hot weather. Please **read to the bottom of the letter** as there is a lot of information outlined.

ITEM	CLARIFICATION
<p><u>Blazer</u></p> <ul style="list-style-type: none"> Black with embroidered GHS badge. 	<ul style="list-style-type: none"> <u>Compulsory</u> – it is to be always worn, unless given permission by a teacher. No fitted style blazers are allowed. KS3 – Green lapels. KS4 – Purple lapels. Students may ask their teacher if they wish to remove their blazer in lessons, especially in warm conditions. In <u>warm</u> conditions <u>or</u> a <u>heat wave</u>, students <u>do not</u> have to wear a blazer but must have it with them. Students must always wear a tie, including at break and lunchtimes. Students are not allowed to wear PE kit to school during warm conditions <u>or</u> a heat wave.
<p><u>Tie</u></p> <ul style="list-style-type: none"> KS3 – Green with stripes. KS4 – Purple with stripes. JLT – Black with purple & green stripes. 	<ul style="list-style-type: none"> <u>Compulsory</u> – Must be worn, always.

<p><u>Shirt</u></p> <ul style="list-style-type: none"> ● Plain white, long, or short sleeves. ● Collars must be designed to accommodate a tie and have a top button that fastens. 	<ul style="list-style-type: none"> ● Shirts must be sufficiently generous to tuck into the skirt or trousers. ● No tailored shirts which are designed to be worn over skirts/trousers. ● Top buttons must be done up.
<p><u>Trousers</u></p> <ul style="list-style-type: none"> ● Black school trousers. ● Sufficiently tailored to keep the shirt tucked in and so that underwear is not visible. 	<ul style="list-style-type: none"> ● Trousers must fit the waist, be full length and cover the ankles. ● Trousers are not allowed to be skin-tight and must have a natural hang. ● Underwear must be always covered. ● A plain black belt may be worn.
<p><u>Skirt</u></p> <ul style="list-style-type: none"> ● Black A-line or pleated school skirt to the knee length 	<ul style="list-style-type: none"> ● Skirt must come to the knee, at least and should not be skin-tight. Skirts must not be worn on the hip or rolled up.
<p><u>Jumper</u></p> <ul style="list-style-type: none"> ● Black v neck jumper. 	<ul style="list-style-type: none"> ● The jumper is optional; it <u>cannot be worn in place of a blazer.</u> ● Cardigans and tank tops are not to be worn. ● Hoodies are not allowed.
<p><u>Outer Jacket</u></p> <ul style="list-style-type: none"> ● Students are allowed to wear an outer jacket over their blazer, especially during the winter months. 	<ul style="list-style-type: none"> ● Should be formal and designed to be worn over a suit/blazer. ● No sports/tracksuit style jackets/tops will be allowed.
<p><u>Socks/Tights</u></p> <ul style="list-style-type: none"> ● White or black socks. ● Plain black tights. 	<ul style="list-style-type: none"> ● No leg warmers. ● No above the knee socks. ● No coloured socks of any kind. ● Socks or tights should be worn, not both.
<p><u>Shoes</u></p> <ul style="list-style-type: none"> ● Black (upper and sole). ● Smart, plain and polishable. 	<ul style="list-style-type: none"> ● Trainer style shoes (even if leather) or canvas style footwear are not appropriate as formal school footwear. ● Boots are not allowed.
<p><u>School scarf</u></p> <ul style="list-style-type: none"> ● School scarf or plain black, white, purple, or green. ● No patterned scarves are allowed. 	<ul style="list-style-type: none"> ● Baseball caps are not permitted. ● Scarves and hats should be put in your bag or locker except during break and lunch (unless worn for religious reasons).

<p><u>Hair</u></p> <ul style="list-style-type: none"> • Hair bands, ribbons, clips, and any other item used in the hair should be plain black, white, purple, or green. 	<ul style="list-style-type: none"> • No flowers, frills, or large bows. • No Bandanas or overly large hair bands are not allowed. • Dyed hair is not allowed. Two-tone hair is not allowed. • No shaved designs or lines are allowed in hair or eyebrows.
<p><u>Jewellery</u></p> <ul style="list-style-type: none"> • One small single gold or silver stud earrings may be worn in the ear lobe. • Rings, necklaces, bracelets should not be worn. • A small neutral nose stud can be worn. <u>A hoop will not be acceptable.</u> 	<ul style="list-style-type: none"> • No other piercing is acceptable e.g., cartilage of ear, eyebrow, or tongue. • Excuses like “they cannot be taken out because they have only just been done” will <u>not be accepted</u> and students will be <u>instructed to remove them.</u> • Items of religious symbolism should be worn under the school uniform.
<p><u>Make up and Nail Varnish</u></p> <ul style="list-style-type: none"> • Must not be worn. 	<ul style="list-style-type: none"> • Students will be asked to remove it. • No false nails or extensions. • No eyelash extensions to be worn

- School uniform must be worn correctly on the way **to and from school, (including before /after PE lessons)**
- If students arrive to school wearing incorrect uniform, they will be **loaned uniform** via **student services** and **must** wear this throughout the day.
- Students who fail to comply by our uniform policy will be **sanctioned** with a **30-minute detention or 60-minute detention** if the concerns are persistent. **Items will be confiscated. Confiscated items will need to be collected from school by a parent or carer.**
- If in doubt about uniform, then the likelihood is that it is wrong. Please do not risk buying your child an item which is incorrect if they say, **“everyone’s got them”**.

Water fights

- Water fights are **not** permitted at GHS.
- Any student involved in a water fight will be sanctioned with an **Internal Exclusion**.

NHS Advice

Lastly, please find below some advice from the NHS regarding some **hints and tips** regarding staying safe during the hot weather.

Health issues related to the current warm weather are causing our A&Es to be busier than usual, with waits of up to 11 hours in A&Es now.

A&E is for life threatening emergencies. There are lots of NHS services that can help you. Knowing where to go, and when, will help you get the right care when you need it.

Your local high street pharmacy can provide advice and over the counter medication to help with hay fever. You can also contact your GP surgery or call 111 when your GP is closed.

In this warm weather, when we also have a very high pollen count now, make sure you follow our top tips to prevent yourself becoming unwell.

Tips for coping in hot weather

Keep out of the heat if you can.

If you must go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid caffeine and hot drinks, and have a cool shower **or** put cool water on your skin **or** clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down.

Tips if hot weather sets off your asthma.

Keep taking your regular preventer inhaler so you're less likely to get symptoms. Always carry your reliever inhaler with you so you're ready if symptoms do come on.

Go for regular asthma reviews to check you're on the right meds for you, and you're taking your inhalers in the best way to get the benefits through the summer months.

Use your written asthma action plan so you know what to do if hot weather triggers symptoms.

If you're using your reliever inhaler three or more times a week, or you've noticed the hot weathers made your symptoms worse, book an extra catch-up with your doctor **or** asthma nurse.

Keep inhalers in a cool place out of direct sunlight so they continue to work well. Try keeping your reliever in a cool bag when you're out and about on a hot day. Don't add any ice to the bag though because your inhaler needs to be kept dry.

Keep an eye on pollen forecasts and find out more about why staying on top of your hay fever symptoms with antihistamines is good for your asthma too.

Plan any outdoor activities for earlier in the day when the air quality tends to be better, including exercise.

Tips if you have hay fever.

Your local high street pharmacy can help with advice and over the counter medicine around hay fever.

Wear wraparound sunglasses to stop pollen getting into your eyes.

Shower and change your clothes after you have been outside to wash pollen off

Stay indoors whenever possible and keep windows and doors shut as much as possible.

Vacuum regularly and dust with a damp cloth.

Do not cut grass or walk on grass or keep fresh flowers in the house.

Thank you for your continued support.

Mr M Harvey

Assistant Headteacher