

**Appleby Primary School has a uniform which all children are to wear, it consists of the following:-**

| <b>ITEM</b>                                       | <b>COLOUR</b>                     |
|---|-----------------------------------|
| School Trousers (long or short)                   | Grey, Black or Navy Blue          |
| School Skirt or Pinafore dress                    | Grey, Black or Navy Blue          |
| Polo Shirt, Blouse or Shirt                       | White or Pale Blue                |
| Gingham Checked Dress                             | Blue (worn during warmer weather) |
| School Sweatshirt or Cardigan                     | Royal Blue                        |
| <i>Or</i> Sweater or cardigan with no school logo | Royal Blue or Grey                |
| Socks or Tights                                   | Black, grey or white              |
| Flat Black Shoes                                  | Black                             |

Year 6 children wear a Red Sweater or Cardigan

**Open toe sandals are not suitable for school wear.**

PE Uniform

For Indoor PE lessons plain coloured shorts and t-shirt together with lightweight trainers

For outdoor PE a plain coloured t-shirt and tracksuit should be worn together with trainers suitable for outdoors.

If children have their ears pierced then only stud earrings are permitted, no other jewellery should be worn in school. The Health & Safety Management in Schools guidance states that for safety reasons the wearing of earrings, ear studs or other jewellery (metal or plastic) must not be permitted during sporting activities, PE or swimming. Following this advice we must ask that children have their earrings removed before coming to school on the days they have PE. If you are considering allowing your child to have their ears pierced I would urge you to, if at all possible, have them done at the start of a summer holiday so you are able to remove them for PE. The advice also states that earrings should not be covered by microporous tape, plasters or headbands.

School Sweatshirts and cardigans can be obtained from either:-

Lakeland Embroidery

4, Middlegate

Penrith

tel: 01768 899095

OR

Sam Scott's

Penrith

tel: 01768 890238

It is advisable to ring before going to ensure what you require is in stock.

*The following are not allowed in school:*

*Jeans, designer trainers, Bermuda or cycling shorts and football shirts.*