



# Pendle Community High School & College

[www.pchs.lancs.sch.uk](http://www.pchs.lancs.sch.uk)

Oxford Road, Nelson,  
Lancashire. BB9 8LF  
Tel: 01282 682260  
Email: [reception@pchs.lancs.sch.uk](mailto:reception@pchs.lancs.sch.uk)

Headteacher: Dr C Lingard (Mrs)  
Deputy Headteacher: Miss J Bayliss  
Asst. Headteacher: Miss D Grogan

11<sup>th</sup> October 2018

Dear Parent/ Carer

As part of the PE Curriculum at Pendle Community High School and College, good personal hygiene is ongoing practice. As a community we encourage all our students to consider the social as well as the physical health benefits of practising good hygiene habits, for both themselves and others.

Students will appreciate that by keeping themselves clean and tidy they are not only improving the likelihood of maintaining good physical health but also improving the likelihood of making and maintaining a wide range of friendships, including being accepted in a range of social situations.

Maintaining good personal hygiene practice obviously helps reduce the risks of various health problems, but it also affects social and psychological aspects of our lives. It helps to prevent the development and spread of infection, disease and unpleasant body odours, but also, it helps us to take pride in our presentation.

We aim to encourage all our pupils/ students to reflect on the way that we take care of ourselves, and how to stay healthy, including showering after sport, and changing our clothes. Practising good personal hygiene helps us feel good about our self, which is also important for our mental health.

Wherever possible, all pupils/ students are expected to take a shower after participating in a Physical Development lesson. We realise that all our pupils are individuals, with individual needs, but we aim to support their needs by offering additional support, such as encouraging them to wear swim wear if they wish, or by managing a private shower when possible.

I appreciate your support in encouraging your child to take care of their personal hygiene needs, please contact me to discuss any issues you feel would arise for your child.

Yours sincerely

*N Dean*

Ms N. Dean  
Physical Development Lead

