

# Women Can Do Anything!

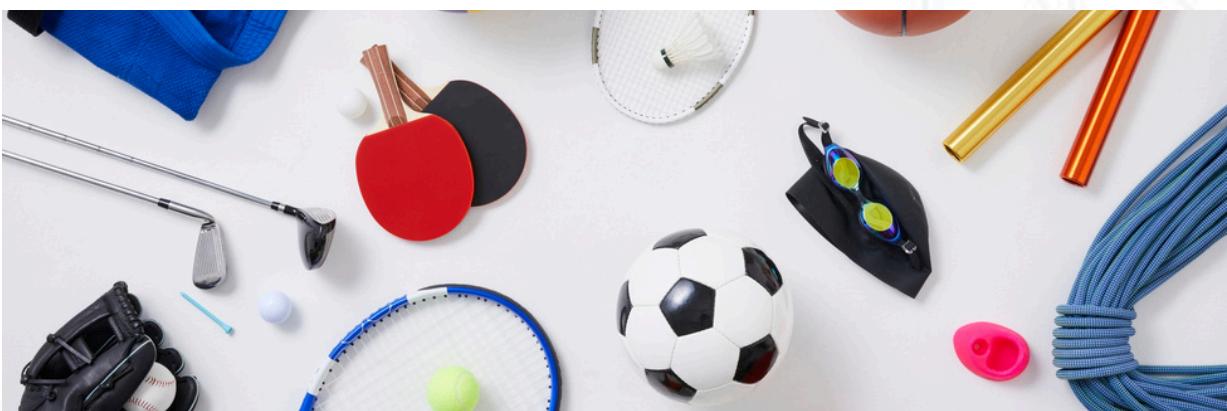
## Staying Cool and Safe During PE and Sport Lessons: The Importance of Appropriate Clothing and Hydration

As the warmer months approach, it's important for both parents and students to understand the significance of wearing suitable clothing and staying hydrated during school days, especially during physical education (PE) and sport lessons.

### Why Wearing Appropriate Clothing Matters

Summer in NSW can bring high temperatures and strong sun exposure. Wearing lightweight, breathable clothing helps regulate body temperature and allows for better airflow, reducing the risk of overheating. Light-coloured, loose-fitting clothes made from natural fibres like cotton are ideal choices. Conversely, winter-weight clothing, such as heavy jackets or thick sweatshirts, can trap heat and prevent sweat from evaporating, increasing the likelihood of heat exhaustion or heat stress.

During PE and sport lessons, students are physically active, generating additional body heat. Wearing inappropriate heavy clothing can lead to discomfort, reduced performance, and in severe cases, heat-related illnesses which can require medical attention. It is vital that students come prepared in summer-appropriate sportswear such as the Beverly hills Girls High School PE/ Sports uniform consisting of shorts/ long pants, polo-shirts (short or long sleeve), and hats to protect themselves from the sun and heat. Beverly Hills Girls High School students are not to wear the winter woolen jumpers or heavy jackets during their PE / Sport lessons. They are to wear the PE/ Sport uniform. The uniform shop sells a long sleeve sport top for those students who require it. All students in years 7-10 are to wear the Beverly Hills Girls High School short or long sleeve sport top, shorts or long sport shorts only during their PE/ Sport lessons in the summer months.



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## The Importance of Hydration

Hydration is another critical factor in maintaining health and wellbeing during summer activities. Students should be encouraged to drink water before, during, and after physical activity. Dehydration can cause fatigue, dizziness, headaches, and impair concentration and physical performance. Schools often have water fountains and encourage students to bring their own water bottles to keep hydrated throughout the day.

## Tips for Parents and Students

Choose lightweight, breathable, and light-coloured clothing for school and PE lessons.

Always wear a sun hat and apply sunscreen before coming to school.

Bring a refillable water bottle to stay hydrated.

Avoid wearing heavy winter-weight clothing during summer, especially in PE/sport lessons.

Encourage children to take regular water breaks during activity.

By taking these simple steps together, we can ensure that students stay safe, comfortable, and focused all summer long. Let's all work together to beat the heat and enjoy a healthy, active school season!

If you have any questions or need guidance on appropriate clothing and hydration practices, please don't hesitate to contact the PDHPE faculty.

