



UXBRIDGE
HIGH SCHOOL

May 2025

Dear parent/carers

Sports Day 2025

Our annual sports day is taking place on Friday 23rd May 2025 at Hillingdon Athletics Track, 1 Gattling Way, Uxbridge, UB8 1ES. This letter is intended to give you all the details relating to how the day will run.

All students will be expected to meet at the track at 8am. Students will be greeted by their form tutor who will register them accordingly prior to the day commencing.

The event is expected to finish at approximately 1pm and students will be dismissed from the track. If you would prefer your child to be taken back to school for dismissal, please notify the school by completing this form by Friday 16th May 2025. <https://forms.office.com/e/8nPOgKiF5x>

Parents/carers are allowed to attend the event from 11am and watch as a spectator, however this will be from behind the fence to ensure students' safety. Please be aware that if you are driving and parking, you will need to use the pay and display parking meters, otherwise you will be liable to get a parking ticket. We also ask that your child/ren stay in their designated form group areas and do not stand and watch the event with you.

If your child is taking part in any athletics events, they need to ensure they are wearing full UHS PE kit including appropriate footwear for activities. They also need to ensure that they bring plenty of fluids, snacks, sun-cream and a hat for hot weather. Although there is an athletics stand, there may not be enough room for all form groups to sit in this area. For this reason, students will need to ensure that they are wearing hats, applying sun-cream and keeping up their fluid levels by drinking plenty of water. A packed lunch is required for the day. All students who are eligible for free school meals will be provided with a packed lunch. However, if possible, all other students should bring their own lunch and as previously mentioned, water is essential.

If your child suffers from asthma, or any other condition requiring medication, please ensure that they have their inhalers/medication with them on the day, even if they are not competing. If your child does not bring these with them, unfortunately they will not be able to participate in the day.

This will be a fantastic and enjoyable day providing all students adhere to and meet our expectations. Therefore, we expect all students to wear full UHS PE kit whenever they are competing. Any student who does not adhere to this will not be allowed to take part in the athletics event and will instead, will be asked to help with alternative activities at the Hillingdon Track. If your child does not sign themselves up for an athletics event, they will be given the opportunity to sign up for other engaging activities delivered to complement the sports events. If your child refuses to take part in these activities or does not attend in school PE kit, they will unfortunately be taken back to school to complete work in a classroom. We very much hope this won't be the case as the day has been designed to ensure all students benefit.

If I can be of any further assistance or you have any questions at all then please do not hesitate to contact me at the school on 01895 234 060 or email me via loconnor@uhs.org.uk

Yours sincerely

L O'Connor
PE Curriculum Leader

POSITIVE • RESPECTFUL • OPEN MINDED • UNIQUE • DETERMINED

Principal: Louisa Seymour BEd

The Greenway, Uxbridge, Middlesex UB8 2PR | T: 01895 234 060 | office@uhs.org.uk | www.uhs.org.uk

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