

11 September 2026

Dear Parents and Carers

Co-Curricular Sport

We would like to take this opportunity to welcome your child back to Physical Education and Sport at Parmiter's. This letter aims to explain and reinforce the procedures we have in place for sporting activities.

Co-Curricular Clubs

We run a full programme of co-curricular opportunities and these clubs generally run either at lunchtime or after school. On occasion, we also hold before school activities. Students have been or shortly will be briefed about our current programme. An overview of the co-curricular activities for this year can be found on our school website under Parents or via this [link](#). Please also look out for a letter regarding the use of our SOCS website, where further details can be found.

Students are free to attend as many clubs as they wish. We try to offer an inclusive programme with opportunities for students to take part in any activity, regardless of whether they have been selected for our school teams, but please note that there will be some clubs that are by invitation only. This will be communicated to students in advance.

Lunchtime Clubs

Lunchtime sports clubs run from 1.35pm - 2.10pm. Students are expected to have their lunch prior to the start and ready for 1.35pm. Students are welcome to bring a packed lunch with them and eat this whilst getting changed. Depending on the sport of the club, students will be told what PE kit they require and where to get changed. All clubs are free of charge.

After School Clubs

Our after-school sports clubs run from 3.30pm - 4.45pm. Students should attend the relevant facility as soon as the school day has finished and get changed to begin at 3.30pm. Depending on the nature of the club, the PE kit required will be communicated to them. Students are not expected to sign up to clubs, they can simply turn up. Students will need to be collected from the school at 4.45pm. There will be no buses available.

For those who wish to play in our school teams, commitment to practice is paramount. We expect regular attendance if students wish to be considered for selection.

Inter-School Competitions

We run teams in over 20 sports, where students are given an opportunity to compete against other schools in friendlies, as well as district, county and national competitions.

We have a dedicated software system designed to provide information on our co-curricular programme for parents/carers. We have a published fixture list that is available on our dedicated [Sports website](#) and a link is also available on the school website. Please save this website address for easy access (<https://sports.parmiters.herts.sch.uk>). The fixture list is subject to change and there will also be additional fixtures added. Using the SOCS website will also allow you to see information relating to particular competitions, including venues, timings and who has been selected. The website has the facility to sync a selection of teams/sports to your calendar and provide notifications on newly arranged fixtures/events.

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Teams will be selected and the team sheets placed on the windows of our Sports Centre entrance, as well as on SOCS. Each team sheet will have the relevant information required, such as the date, venue, meet time and start time. This information should be communicated to you via your child, but can also be accessed from home if necessary. If your child requires further information, they should ask a member of the PE department who will be happy to help. The password to access the team sheets is **'Parmiter's'**.

Students who have been selected are expected to play in the relevant match. On the occasion that your child is unavailable to play, they should personally tell the member of staff who is managing the team. It is not acceptable to tell the Captain or to simply not turn up.

Team sheets will be put up at the earliest convenient time and students should inform a member of staff if they are unavailable as soon as possible, but at least 48 hours in advance. We must stress that if a student is unavailable to play, we will recruit another student in their place and this could affect their selection for future matches.

For all away matches, transport to and from Parmiter's will be provided via our minibuses. Estimated return time will be communicated where possible.

Matches all begin at different times. We endeavour to keep matches after school, but on some occasions matches may begin during the afternoon as the light starts to fade. Boys will play the majority of their rugby and football matches on a Saturday morning, with kick-off at 9.30am. These two sports are played during different times of the academic year and students will be able to participate in teams for both sports.

We encourage visitors to attend and support their children where possible, but to ensure our students are safe, we do have some safeguarding procedures in place to protect our students and staff. Please see the visitor rules [here](#).

There will be no formal letters sent home and parental consent is not required in writing. It is expected that students communicate the details to their parents/carers and seek clarification on anything further.

It is an honour and a privilege to represent Parmiter's at sport and continue our long tradition of success at the school. Should a student fail to meet our expectations of behaviour, respect and organisation, their place on our teams may be re-considered.

Please note, as some competitions progress, student playing time may not be as consistent. We will always ensure that during friendly and district matches, all members of the squad will be given adequate pitch/playing time. During county and national competitions, there may be occasions where we are unable to guarantee all members of the squad will be given adequate playing time. If this is an issue for your child, please communicate this with the teacher in charge who will be happy to discuss this further.

Inter-House Competitions

Students will also have the opportunity to represent their House in a range of activities throughout the year. Whilst there is no formal calendar for this, students will be given notice of these events. These are not compulsory, but we do recommend that students take part whenever possible.

Updates on fixtures and departmental news are broadcast through a number of channels, including our department Instagram site @parmiterspedept. Whilst we endeavour to keep them updated regularly, we cannot guarantee that a response will be given as a formal channel of communication. Should you wish to seek further advice or guidance, please contact a member of the department via email (admin@parmiters.herts.sch.uk) or the school telephone number (01923 671424).

Any postponements or re-arranging of fixtures and practices will be communicated to students via the school e-bulletin/notices and on SOCS, as well as through word of mouth and our social media pages.

We hope your child has a very positive year of sport at Parmiter's. Should you have any further questions, please do not hesitate to email (b.swaile@parmiters.herts.sch.uk) or telephone (01923 671424).

We look forward to seeing you supporting our teams over the coming years.

Yours sincerely

B Swaile

Mr B Swaile
Head of PE