



"Let your light shine"

St. Mary's CEVC Primary School
Oakfield Road
Bridgwater
Somerset
TA6 7LX

Tel: 01278 422691
office@stmarysbridgwater.co.uk
www.stmarysbridgwater.co.uk

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Dear Parents/Carers,

We are writing to let you know that we are exploring the possibility of a change to our school uniform, but we really need your input.

A number of schools across the country have introduced a more practical and flexible school uniform – one that supports children's comfort, movement and readiness for learning throughout the day. Pupils wear a smart, coordinated uniform that is suitable for both classroom learning and physical activity, without the need to have a separate PE kit.

This proposal is inspired by the Youth Sport Trust's 'Always Active' uniform scheme, which aims to remove barriers to physical activity caused by traditional schoolwear. Their recent national survey found:

- 74% of parents with children aged 4–11 would support their child's school adopting an Always Active Uniform policy 1.
- The majority of parents believe this more practical uniform would benefit their child's education and development.



Why St Mary's?

Over the past few years, St Mary's has seen a sharp increase in activity levels across the school:

- We have the highest participation rates for sporting events in the area, with high levels of success competitively too
- we have a higher percentage of active journeys to and from school compared to the national average
- we have 8% more 'active pupils' (pupils meeting or exceeding the recommended 60+ minutes of daily activity) than the national average
- We are seeing an increase in children's activity levels at break and lunchtimes on PE days, compared to when they wear normal uniform.

We want to remove the barrier of traditional uniforms impacting physical activity and to work towards all of our pupils meeting the recommended 60+ minutes a day. We believe that 'Always Active' uniforms could be the answer.

Why are we considering this change?

- **Comfort and focus:** Children learn best when they feel comfortable. A flexible uniform supports movement and reduces distractions caused by restrictive clothing.
- **Supports physical activity throughout the day:** Many children want to take part in active play at break and lunchtime, but traditional uniforms can feel restrictive or uncomfortable. A more practical uniform would help children feel confident, ready to move and not worry about getting too hot.
- **No more worries over PE kit days:** With a uniform suitable for all activities, there's no need to remember separate kits or worry about changing during the day.
- **Supports all learners:** This approach is especially beneficial for children with sensory needs or physical challenges, offering ease and adaptability. Why should clothing be a barrier?
- **Promotes healthy habits:** Encouraging movement throughout the day supports physical and mental wellbeing – something we know is more important than ever.

What would the uniform consist of?

Costs for current St Mary's uniform	Estimated costs for Always Active uniform
white St Mary's polo shirt - £7.90	yellow active t-shirt with St Mary's logo (£9)
yellow St Mary's sweatshirt/cardigan - £12.50/£13.95	yellow ¼ zip top with St Mary's logo (£16)
various trouser options - £13.50	plain black jogging bottoms (no logos) (£5)
OR full length leggings (no logos) (£2)	OR full length leggings (no logos) (£2)
OR grey skirt (no logos) (£9)/pinafore (£12.50)	OR black shorts / skirt (logo-ed) (£ unknown)
school shoes	black trainers
St Mary's PE t-shirt - £5.95	Parents/Carers at current 'Always Active' schools say that they spend less than they used to.
black shorts (no logos) (£2)	
black trainers	

*Costs have been compared using an online uniform supplier for St Mary's and an online supplier for a school that has adopted an Always Active uniform already

We understand that uniform is a key part of school life and we are committed to maintaining our usual high standards. This proposal is about enhancing pupils' experience without compromising on presentation or pride. If we were to make this change, we would be looking at introducing a phased approach for next year (2026-2027), with the option of wearing both the current uniform or the new uniform, and then commit to the new uniform from 2027-2028.

We'd love to hear your thoughts – whether you're enthusiastic, unsure, or have specific concerns. [Please take a few minutes to complete our short survey.](#) We will take into account the outcome of this survey when we make the final decision.

Yours sincerely,

Morwenna Dunstan Headteacher

Mr A Trudgeon, PE Lead



Headteacher: **Mrs Morwenna Dunstan (MEd Hons)**