



SUTTON ST JAMES C.P. SCHOOL
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Headteacher: Miss Claire Willows



12th December 2016

Dear Parents,

Swimming Lessons—Term 3 & 4

This term your child, who is in Year 5 (Herons class), will be going swimming every Thursday morning, starting from Thursday 5th January and finishing on Thursday 23rd March. These are additional lessons to help them to become more confident in their swimming and to improve their stroke – hopefully they may also gain the next distance award! The activity will take place during school hours and the cost is £3.50 to cover the cost of the swimming lesson and the coach to and back from Spalding Swimming Pool. Please send in swimming money in an envelope clearly labelled with your child's name, the amount and what it is for (swimming), which your child should then place in the class box to be sent to the office where it will be checked.

Swimming does form part of the National Curriculum for PE, hence it is important that your child attends these lessons. Your child will learn new skills and refine techniques regardless of their current level of ability. If your child is unable to take part in the swimming lesson due to medical reasons they will still go to the pool to conduct a PE observation which again forms part of the PE curriculum.

Children will need a towel and suitable swimwear—a **one piece swimming costume** for the girls and **tight swimming trunks (not shorts)** for the boys. It is also advantageous for children, especially those with hair that goes into their eyes when wet, to wear a swimming cap. All children with long hair should make sure that it is tied back if they choose not to wear a swimming cap. All earrings must also be removed for swimming. These are rules insisted on by the swimming teachers for safety, and optimising your child's chances of reaching their maximum swimming potential.

Yours sincerely,

Miss C Willows
Headteacher