



SUTTON ST JAMES C.P. SCHOOL
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Head Teacher: Miss Claire Willows



21st May 2018

Dear Parents,

Swimming Lessons—Term 6
Thursday 7th June – Thursday 12th July 2018

Next term your child, who is a Year 6 in Herons class, will be going swimming every Thursday morning, starting from Thursday 7th June. 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.

Along with attempting longer distance awards, your child will be learning some water survival skills in their swimming lessons. In order for them to do this please send in an old pair of shorts and T-shirt or an old pair of pyjamas which you are happy for them to swim in (they may fade due to the chlorine in the water). They will be learning to take these off in the water so they need to be loose and easy to get off and also how to keep warm and reserve energy.

The children will not be allowed to wear their PE kit as they need it to be in school for the following day when they have PE.

Please remember to also send in their normal swimming kit to be worn under their clothes when swimming.

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
Head Teacher