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April 2024

### **Year 3 (3J): Swimming Lessons 2024**

Dear Parents/Carers,

In line with the majority of schools across Wirral, Sacred Heart organises swimming lessons in an intensive one week block as part of the National Curriculum for Key Stage 2. The advice is that this is a more effective way to teach children to swim. **Therefore, the children in class 3J will go swimming each afternoon for 1 hour at Leasowe Leisure Centre from Tuesday 7<sup>th</sup> May to Friday 10<sup>th</sup> May (inclusive).**

The swimming times are Tuesday – Friday (1.30pm – 2:30pm).

#### **The following are needed for health and safety reasons:**

- Your child can choose to wear either trunks or a one piece swimsuit.
- Trunks should be worn (not shorts), as recommended by the swimming instructor.
- Earrings and other jewellery must not be worn.
- Long hair must be tied up and under a swimming cap.

If your child is suffering from a verruca or foot infection a foot sock (or socks) MUST be worn.

Goggles – If your child needs to wear goggles a written note is required (one note for the year will be sufficient).

Cosmetics – Hair gel, talc, shower gel, deodorant etc. should not be brought to these lessons.

If your child needs to be excused from the swimming lessons on medical grounds, a note must be forwarded to the class teacher on each occasion.

Thank you for your support and I hope your child enjoys their swimming lessons.

Yours faithfully,

Mrs Smith

P.E. Coordinator



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