

Thursday 19th December 2024

Dear Parents/Carers,

School Trip to	Willesden Sports Centre
Relating to our topic	PE - Swimming Lessons
Year Group	Pre-Secondary
Date of Trip	Every Thursday from 9th January 2025
Children will leave school at	12:30pm
Children will return back to school at	3:15pm -3:45pm (depending on traffic)
The cost of the trip is	Free
Travel arrangements	206 bus

All children must take part in swimming lessons, which are taught by fully qualified instructors. The lessons are free of charge and will take place on Thursday afternoons, starting on **Thursday 9th January.**

What will my child need?

The children will need to bring:

- towel
- one-piece swimming costume (girls) or swimming trunks (boys)
- **swimming cap** (which can be brought from sports shops such as Sports Direct).
- a plastic bag to hold their wet items after the lesson.

Please note: underwear should not be worn under their costumes, creams, Shower gel or body sprays are NOT allowed. All jewellery must be removed.

Why is swimming important?

Swimming is an enjoyable sport. It is also the only sport that exercises all the major muscles in the body as well as working the heart and lungs. Knowing how to swim can be important for your child's safety.

Please complete this permission link: <https://forms.office.com/e/jCALXnhqzc>

If you have any further questions, please feel free to ask any of the Pre-Secondary teachers.

Yours sincerely,

Pre-Secondary Team