

1<sup>st</sup> December 2022

Dear Parents/Carers,

School trips and experiences support your child's learning both on the day of the trip/experience and back in the classroom. At Brentfield we expect all children to attend the trips/ activities to enhance their learning experiences.

As part of the compulsory curriculum, all children will be receiving swimming lessons at Willesden Sports Centre. **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 Wednesday afternoons, starting **on Wednesday 11<sup>th</sup> January 2023**. As we will be using public transport to travel to and from the pool, the pupils will be returning to school for 4pm.

#### **What will my child need?**

The children will need to bring a towel and a one-piece swimming costume (girls) or swimming trunks (boys) – these should not be baggy shorts. All boys and girls **must wear a swimming cap**, (*which can be brought from sports shops such as Sports Direct*). **Please note: underwear should not be worn under their costumes, Goggles, creams, Shower gel or body sprays are NOT allowed. All jewellery must be removed.** Please also ensure your child has a plastic bag to hold their wet items after the lesson.

#### **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. Many of us take holidays by the sea, and there are lakes, canals, rivers and reservoirs around us, therefore, it is important for safety that children learn to swim and be sensible and confident in and around water.

If you have any further questions, please feel free to ask any of the Year 5 Teachers.

Please complete the Google form link as soon as possible.

<https://forms.gle/BGb8N36mjKCvTKhd9>

Yours sincerely,

Mrs. Chisholm-Truesdell  
PSHE and Wellbeing Team Leader