

National Teaching School  
designated by



Department  
for Education

National Support School  
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National College for  
Teaching & Leadership

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**Head Teacher: Mr D Barrow**

10<sup>th</sup> October 2018

Dear Parents/Carers,

## SWIMMING LESSONS: HINTS, TIPS AND REMINDERS

Now that 4P and 3B have been swimming a few times, I thought it would be useful to send home some useful hints, tips and reminders.

Earrings should be removed before school on Tuesdays.

Similarly, children should not wear watches to school on Tuesdays.

Long hair must be tied back please. Now that the weather is becoming colder, it would also be worth considering using a swimming cap to keep hair drier.

Please can girls wear socks rather than tights on Tuesdays? Alternatively, they could bring a pair of socks to change into after swimming.

Children must bring a coat please.

Please remind your child to put all of their belongings into their swimming bag when they change into their swimwear. In turn, hopefully essentials item won't then go missing!

Thank you for your support.

Kind regards,

**Mrs S Pollard**