

St Mary's C.E. Primary School

Rectory Gardens, London N8 7QN Tel: 020 8340 4898 E-mail: office@stmarysn8.co.uk



9th July 2026

Dear Parents & Carers,

SWIMMING

We're delighted to let you know that all children in Y5 will begin swimming lessons on Thursdays from the beginning of September (we'll advise the date as soon as it's confirmed). It is a compulsory part of the PE curriculum for pupils to swim 25 metres at the end of KS2.

The sessions will take place every Thursday at Park Road Swimming Pool which is a short walk away. Lessons are taught by qualified swimming instructors and cater for all levels of swimmers.

Please make sure that children arrive punctually to school and also note that children **CANNOT** be dropped at the pool.

Children must bring the following in to school every Thursday in order to be able to participate in the lesson:

- Swimming costume (**no** bikinis or Bermuda shorts/PE shorts – labelled – see pg 2)
- Swimming cap (for boys and girls – these can be purchased at the pool for a few pounds). Ensure that swimming caps fit well especially for children with very long hair
- Towel
- Bag to put all their wet things in
- Goggles (optional but recommended)
- Any medication (medicated creams/inhalers etc.)
- Roll on deodorant (**no aerosol sprays** please as they can trigger asthma attacks)
- Children may bring with them a bottle of water and some fruit (**no cereal bars, sandwiches or crisps**)

Children are expected to attend every lesson. Pupils will only be excused from swimming if they have a genuine medical reason supported by a letter from the doctor. We assume that any child sent into school is well enough to go swimming as there is no provision for them otherwise. If a child is ill or late, a phone call is required to the office. Please also email or call if your child will miss swimming for any reason.

Regards,

Y5 Y6 Team

* costumes can be bought cheaply from Sports Direct and other similar retailers



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