

Wednesday 3rd September 2025

Dear Parents/Carers,

School Trip to	Willesden Sports Centre
Relating to our topic	PE – Swimming Lessons
Year Group	5
Date of Trip	Every week from Monday 15th September
Children will leave school at	9:30am
Children will return to school at	11am
The cost of the trip is	Free
Travel arrangements	Bus: 206

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 Monday mornings. Lessons will begin on **Monday 15th September 2025**.

What will my child need?

The children will need to bring:

- A 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.

If you have any further questions, please feel free to ask any of the Year 5 teachers at the end of the school day.

Yours sincerely,

Ms Fatania
Year 5 Phase Leader