

8th September 2016

Dear Parents and Carers of 4HC,

As you may know, Year 4 will be swimming on a **Tuesday** as part of their physical education. We will be swimming at Forest Hill Pools. The first lesson will be on **Tuesday 13th September**.

Your child will need a swimming costume or trunks (**no bikinis or shorts below the knee**), a swimming cap, a towel and goggles. If your child does not have a cap, they will not be allowed to swim. Children are not permitted to wear earrings in the pool, so these will need to be left at home on swimming days.

We will need **two adults** to accompany us to the pool each week. If you are able to help, we ask that you be at school by **1pm**. The lesson will end at **2pm** and therefore we expect to **leave the pool at 2:15pm** and **aim to be back at school for 2:30pm**.

If you are able to help out, please return the reply slip with a tick next to the dates you are available as soon as possible. We will let you know if, and when, we need you to accompany us as soon as possible.

In addition, could you please ensure that you have completed and returned your child's School Swimming Assessment Form.

Many thanks,
Mr Chowdhury

Helper's Name: _____

Child's Name: _____

I will be able to help on: (please tick and return)

13th September
20th September
27th September

4th October
11th October
18th October

1st November
8th November
14th November
21st November