



ST MATTHEW'S CE PRIMARY SCHOOL



28th January 2026

Dear Parents/Carers,

This term, Year 3 and Year 5 will have weekly swimming lessons for 12 weeks. This is part of the National Curriculum. Swimming lessons will take place every Tuesday afternoon, from **Tuesday 3rd February 2025**.

All children will need to bring a waterproof swimming bag containing appropriate swimwear (one piece costumes for girls – no bikinis) and a towel. Children may bring a swimming cap and wear goggles if they wish. Arm bands will be provided on site.

Health and Safety

- No jewellery should be worn in the swimming pool. If possible all jewellery should be left at home, as the swimming instructors cannot take responsibility for these items.
- Children with longer hair must wear a swimming cap.
- If your child has a newly formed verruca they may still continue with their swimming, but will need to wear a plastic sock. These are available from most chemists or sports outfitters. Older verruca's will need specialised treatment and further medical advice should be obtained.
- Children with asthma should take their named inhalers onto the poolside and if necessary use them before the lesson. They may take their inhalers stored in school or you may wish to send them with a spare inhaler in their swimming bag.
- Children with other medical conditions that require medication will take their medication currently stored in school. Please make sure this is in school before the first swimming lesson and is not out-of-date.
- There are very few conditions which prevent children from swimming and provided everyone concerned with the swimming lesson is fully informed about the particular condition; much can be done to ensure that children learn to swim with confidence in a safe environment.
- Please can you ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to all pool and school rules.

Please find an additional letter, 'Getting Ready for Swimming Lessons!' to share with your children which helps prepare them for swimming lessons.

If you have any queries or concerns about your child's swimming lessons, please do not hesitate to contact myself or Mrs Cropper. I hope your child enjoys the swimming experience and benefits from learning this essential life skill.

Miss Tyrer and Mrs Cropper

Year 5 class teacher / Willows Class Teacher

Let Your Light Shine

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