



Abbey Primary School

Stuart Avenue, Forest Town
NG19 0AB

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☎: 01623 481117

Headteacher: Mr Neil Harris



Tuesday 11th November 2025

Dear Parents/Carers,

Mrs Savage's Year 4 Swimming Lessons 2025–2026

We are pleased to inform you that Mrs Savage's class will be taking part in swimming lessons this academic year as part of the PE curriculum.

Swimming sessions for Mrs Savage's class will begin with an **initial assessment session on Thursday 11th December 2025**. Lessons will then continue **every Thursday from 8th January to 12th February 2026**, before resuming **on Wednesday 4th March to Wednesday 25th March 2026**.

Your child will need the following:

- Swimming bag
- Towel
- One-piece swimming costume (not bikinis or any cut-outs) for girls, and trunks/trunk shorts (not baggy shorts or those with pockets) for boys
- If your child has an inhaler, this must be taken poolside for your child to take part

Please see the attached additional guidance for your information. Goggles are allowed; however, the attached health and safety form must be signed and returned to school **before goggles can be worn**.

To support a timely start to the lesson, we ask that children attend school with their swimwear on underneath their school uniform and bring clean underwear and a towel in their swimming bag. Hair must be tied back, and earrings must be removed for the lesson.

To ensure your child's safety, a qualified member of pool safety staff will teach all lessons, supported by school staff. Please reassure your child that their current swimming ability — no matter how inexperienced or worried they may be — will be accommodated.

The purpose of school swimming lessons is to ensure all pupils can achieve the National Curriculum's standard in swimming, as well as to learn an invaluable life skill that keeps them safe in and around water.

As with all curriculum lessons, it is important that all children attend unless there is a significant medical reason preventing this. If your child is not able to take part in a swimming lesson for any reason, please email the class teacher in advance, explaining the reason, using y4@abbey.notts.sch.uk.

Yours sincerely,

Mrs Savage

Year 4 Class Teacher



Water



Air



Fire



Earth

