



NOTTINGHAM
FREE SCHOOL

22 November 2016

Dear Parent(s)/Carer(s),

**Year 7 Swimming lessons
South Glade Leisure Centre (20th February 2017 – 31st March 2017)**

Nottingham Free School is very proud to announce we have been able to secure swimming lessons at South Glade Leisure Centre for your daughter.

This is an exciting addition to the PE curriculum and will be taking place every week in their PE lesson from **20th February 2017 – 31st March 2017**. The lessons will be taken by two qualified swimming instructors and will provide a high quality experience for your daughter. Monday group's students will be collected from Nottingham Free School at 8.30am by coach, escorted by their PE teacher and will return back to school for 10.45am. Wednesday group's students will be collected at 1.20pm from Nottingham Free School and will return back to school for 3.35pm. All sessions are for female students only.

School kit requirements:

- A one piece swimming suit (no bikinis)
- If required for religious purposes, lycra/polyester leggings and a lycra/polyester t-shirt (recommended for swimming) may be worn.
- A towel
- Goggles, if desired (parents must write a note in the planner which gives students permission to wear these)
- A separate swimming bag
- Water bottle
- Necessary medications (inhalers)
- Verruca socks or plasters if necessary

If there are any concerns regarding the above school kit requirements then please do not hesitate to contact me at school or email (ksingleton-jones@nottinghamfreeschool.co.uk).

In addition to this, if your daughter is unable to swim one particular week due to her period then please write a note in her planner to explain this. **It is important to note, students are still expected to bring their PE kit (shorts and school t-shirt) even if they are not taking part.** They will still be used as coaches on the poolside and we do not want their school uniform getting wet. Nottingham Free School has paid for 6 lessons for your daughter and it is expected they swim every lesson unless it is their period. **If more than 1 lesson is missed, then we will consider asking your daughter to repeat some lessons with the boys which are taking place after February half term, unless this is not allowed due to religious reasons.**

If you have any further questions, please contact me at school.

Yours faithfully

K Singleton-Jones
Lead Teacher of PE