



Nightingale Primary School

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Headteacher: Mrs Hannah Beckett

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P.E. and Swimming Reminders

Dear Parents,

It has been wonderful to see so many children enjoying their swimming lessons and outdoor P.E. sessions this term. These have been made even more enjoyable for them during these gloriously sunny days.

While it is fantastic to be outside during the warmer months, it is really important that all children are adequately prepared and protected from the sun, at all times. Therefore, we would like to remind all parents to make sure that sun cream has been applied to their child before they come into school, each day. Children are more than welcome to bring in sun cream to reapply after lunch, but it is an expectation that all children arrive to school every day with sun cream already applied.

Additionally, please ensure that your child brings in a sunhat to wear during playtimes, lunchtimes and outdoor P.E. sessions, as well as a refillable water bottle that is filled with water only.

This is also a good time to remind parents of the P.E. and swimming uniform that all children are expected to wear during their swimming and sporting sessions, outlined in letters previously sent home.

Swimming

Your child will need a swimming kit which should be labelled with their name and class. The kit must include:

- One-piece swimming costume or trunks
- Towel
- Swimming hat (available to purchase from school for £1)
- A separate bag to keep the swimming kit in

P.E.

Your child will need to bring in their P.E. kit at the start of the term which should be clearly labelled with their name and class. In the event of P.E. kits being sent home to be washed, please ensure that these are washed and returned by the start of a new week.

The kit must include:

- Black shorts (black jogging bottoms in the winter months)
- A plain white t-shirt (no logos)
- Trainers (KS2) or plimsolls (KS1)

We ask that children do not wear jewellery on their swimming or P.E. day, or bring talcum powder or other toiletries into school. Children will be asked to remove all jewellery prior to their swimming/P.E. session if it is worn on the day. Please note that staff members are unable to help children with the removal of earrings, so if they are unable to do this independently, please do make sure that you have taken these out for them before they come into school that day.

Pupils will be expected to wear the appropriate attire for all swimming and P.E. sessions, in-line with our school uniform policy. Please do ensure that your child is equipped with the necessary and appropriate P.E. and swimming kits, prior to their next session.

Sincerely and with wishes of good health,



Mrs Hannah Beckett
Headteacher