



# UPLANDS MANOR PRIMARY SCHOOL

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Dear Parents & Carers

March 2026

## Swimming Lessons at Sandwell Aquatics Centre

**5P and 5I** will be returning to swimming after Easter. Both classes will swim throughout the summer term. We will be walking to the Sandwell Aquatics Centre to carry out our lessons. The trip is covered by your current consent forms so you will not need to complete a new form.

The sessions start on **Tuesday 28<sup>th</sup> of April** at the following times:

- 5P from 9.30am - 10.00am, accompanied by Ms Pereira, Mrs. Gillaizeau and Mrs. Dhanda
- 5I from 10.00am - 10:30am, accompanied by Ms James and Ms Ishtiaq

Swimming dates are confirmed as follows:

- Tuesday 5<sup>th</sup> May
- Tuesday 12<sup>th</sup> May
- Tuesday 19<sup>th</sup> May
- Tuesday 2<sup>nd</sup> June
- Tuesday 9<sup>th</sup> June
- Tuesday 16<sup>th</sup> June
- Tuesday 23<sup>rd</sup> June
- Tuesday 30<sup>th</sup> June
- Tuesday 7<sup>th</sup> July
- Tuesday 14<sup>th</sup> July

Tuesday 14<sup>th</sup> July will be their **final swimming session** of the school year for children in 5P and 5I.

### What your child must bring to school on swimming days:

- ✓ Bag for swimming items and a plastic bag for wet clothes.
- ✓ Trunks or swim shorts for boys – swim shorts should not be below the knee and swimsuit/costume for girls.
- ✓ Underwear.
- ✓ Towel.
- ✓ No jewellery and hair needs to be tied back.
- ✓ Coat in case of rain and appropriate PE kit shoes for the walk.
- ✓ Inhalers / epipens – including a completed form for **permission to administer medication off site**

*Children can bring swimming caps or goggles if they want to but they are not essential.*

Children should arrive at school in their **P.E kit with their swim wear** on underneath. This saves time and maximises the time that children will spend in the water. In the event of staff needing to enter the changing rooms, they will always knock and allow children time to ensure they are decent.

**Swimming lessons are compulsory, as swimming is part of the national curriculum, so all children will be expected to take part in swimming lessons.**

Thank you for your continued support.

Mrs L Monk  
Year 5 & 6 Assistant Headteacher

Achievement

Belief

Creativity

Determination

Enthusiasm



Artsmark  
Silver Award  
Awarded by Arts  
Council England

