



High Street, Ivinghoe, Nr. Leighton Buzzard, Buckinghamshire, LU7 9EX

Telephone: 01296 668543

Email: office@brookmead.bucks.sch.uk

Website: www.brookmead.bucks.sch.uk

Headteacher: Esther Taylor

Wednesday 23 September 2026

Dear Year 5 Parents and Carers,

Educational Visit: School Swimming Programme

Purpose of the Visit

We are pleased to inform you that Year 5 will be starting their Statutory School Swimming Programme as part of National Curriculum Physical Education. This will be taking place at **Tring Sports Centre**, **daily from Monday 16th November to Friday 27th November**.

Swimming dates are:

Monday 16th November	Monday 23rd November
Tuesday 17th November	Tuesday 24th November
Wednesday 18th November	Wednesday 25th November
Thursday 19th November	Thursday 26th November
Friday 20th November	Friday 27th November

By the time a child is ready to leave primary school they should be able to swim, know how to get out of trouble if they fall into the water, know the dangers of water and understand how to stay safe when playing in and around it. This includes understanding and adhering to national and local water safety advice, being able to use appropriate survival and self-rescue skills if they unintentionally fall in or get into difficulty in the water, and knowing what to do if others get into trouble. The reasons we believe School Swimming to be so important include:

- It teaches pupils how to safely have fun in the water with family and friends
- Water safety is an essential life-saving skill
- Swimming provides numerous physical and mental health benefits throughout a pupil's life
- Knowing how to swim confidently provides access to many other water-related activities and careers
- Learning about water safety in different water environments and situations is vital to staying safe in and around water.

Swimming is effectively 'Wet PE'. As such, in addition to the above, our aim is for pupils to be physically active during their School Swimming lesson and have opportunities to:

- Engage in competitive situations (both against themselves and others) and co-operative physical activities
- Communicate, collaborate and compete with each other
- Develop an understanding of how to improve; learn how to evaluate and recognise their own success.

The teaching will be led by Qualified Swimming Coaches, supported by Brookmead staff who have undertaken training in National Curriculum Swimming. This enables our staff to work in partnership with the coaches, combining swimming specialism with their knowledge of the National Curriculum to provide high-quality lessons and ensure children receive the support they need to develop their swimming skills and confidence. Where appropriate, Brookmead staff may also enter the pool to provide additional support, including demonstrating techniques and helping children to develop their skills within the water.

The Swimming Coaches have asked us to share this google form: <https://forms.gle/D7x2w3dTNBuxRTGR9>

Please complete this google form to let us know about your child's current swimming experience and any medical conditions that could affect swimming. Please note: the information you share on this form will be shared with the instructors and school staff. The first swimming lesson will always include a full health and safety brief, where your son/daughter will be assessed in shallow water.

Trip Details

Destination: Tring Sports Centre, Mortimer Hill, Tring, Hertfordshire, HP23 5JU

Date: Each day from Monday 16th November to Friday 27th November

Departure from School: Will be slightly different each day, but will always be within school hours. Therefore, arrival and departure from school will be unaffected.

What Children Should Wear

Following the pool's policy and guidance, the children wear:

- Swimming costume (one piece) for girls and swimming trunks for boys (not long, loose legged swimming shorts)
- Swimming hat (boys and girls) - please provide your child with a swimming hat

This kit will be required in school daily for the 2 week period.

Whilst they are not considered to be essential, we recognise that children who swim frequently or whose eyes are susceptible to irritation may prefer to use goggles for swimming. They may help maintain the required body position and improve vision through the water. Therefore, parents may request that their child uses goggles during the lessons which you should provide. I should inform you that it is your responsibility as a parent, to teach your child to put on and take off goggles in the correct and safe fashion. Our advice would be to read the manufacturer's instructions for putting them on and taking them off. This is important to ensure protection of eyes from impact damage through stretching the eyepieces away from the face with wet fingers.

Please ensure that goggles are of a good quality. Goggles should be British Standard Institution (BSI) Goggles. Makes such as Speedo or Zoggs will include instructions on the package for the correct way to put them on and take them off. You should be aware that on occasions your child will be asked to remove their goggles in order to safely perform certain aquatic activities such as Water Safety or Water Polo.

If you would like your son/daughter to wear goggles please indicate so on the Google Form (<https://forms.gle/Bc8532uQRxoWiTZCA>).

Please ensure all clothing is clearly named.

Food and Drink

The booked pool time is slightly different each day. This means the lunch break may be slightly different from the normal time. Therefore, we recommend children should bring a packed lunch to school each day to allow timing flexibility.

- A packed lunch (nut free), if not ordered from Fresh Start (will be eaten in school)
- A refillable water bottle (which will be brought to the pool with them)
- A morning snack and a snack to eat straight after swimming

Fresh Start Packed Lunches

A packed lunch can be ordered through Fresh Start. To do this, parents should book a school meal in the usual way and ensure the meal replacement option has been selected on their child's account.

The deadline for ordering or amending meals is 9am on the Thursday immediately before the trip which is Thursday 12th November. Children without a Fresh Start packed lunch order will need to bring a packed lunch from home (nut free please).

Please Note: Fresh Start are unable to provide packed lunches on Mondays. Therefore you must provide a packed lunch from home (nut free please) on both Monday 16th November and Monday 23rd November.

What to Bring

Children should bring to school each day for the 2 week period:

- Small Backpack / bag for Swimming Kit
- Swimming costume (one piece) for girls and swimming trunks for boys (not long, loose legged swimming shorts)
- Swimming hat (boys and girls) - please provide your child with a swimming hat
- Goggles if required and if permission has been granted
- Food and drink as specified above

Please do not bring:

- Mobile phones

- Valuable items
 - **Location-tracking devices:** The school does not condone the use of Apple AirTags, GPS trackers or other location-tracking devices during school trips. If a parent/carer chooses to use such a device, the information received must not be shared with any other person or published in any way, including WhatsApp groups. Sharing location data that relates to other children or staff constitutes a breach of data protection requirements.
-

Medication and Medical Needs

If your child requires medication during the trip (for example inhalers, EpiPens or other prescribed medication), please ensure this is in school prior to the trip and in date.

Please inform the school of any changes to your child's medical needs before the visit.

Travel Sickness Medication: Any medication required for the outward journey should be given at home before school. If a further dose is needed for the return journey, it must be supplied in its original box/packaging (clearly labelled) and accompanied by a completed medication consent form (available from the office). Staff will only be able to administer medication where the appropriate form has been received. Please bring this into school in advance of the trip by Friday 13th November.

Cost and Payment

Brookmead School is funding the cost of the swimming lessons but we do require payment for the cost of the coach to and from Tring Sports Centre for the 10 sessions. The contribution requested for this visit is **£35.20** per child. This will be split into 2 payments to enable parents to spread the cost if required. The item is set up in Parentpay with the instalment plan.

The final payment should be made via **ParentPay** by **Friday 30th November**.

Whilst contributions are voluntary, educational visits can only take place if sufficient contributions are received. Unfortunately, if we do not receive enough contributions to cover the cost of the trip, we may have to cancel the visit.

If you are experiencing financial difficulty and would like to discuss support with the cost of the visit, please contact the school office in confidence.

Permission Required

To give permission for your child to attend, please complete the Google Form below:

<https://forms.gle/AuYy492AmVWeZJMX6>

Children cannot attend the trip without completed parental permission.

The deadline for completing the form is **Friday 30th October**.

If you have any questions regarding this visit, please contact Mrs Hope at pick up or drop off or via an email to the school office.

As well as meeting the needs of these children in the water, this experience also provides the opportunity for children to engage in an important life skill (managing themselves with independence in a different environment). We are very much looking forward to this exciting opportunity and hope the children will gain a great deal from the experience.

Kind regards,

Louise Hope

Year 5 Class Teacher