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# Capel St. Mary Church of England VC Primary School

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Headteacher: Mr Andrew Frolish

*"A Place to Learn and Achieve"*



*With faith as small as a mustard seed, you can move mountains. – Matthew 13 verses 31- 35*

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July 2026

Dear Parents/ Carers,

We are still enjoying the summer term but we thought you might appreciate so advance notice of the swimming lessons for year 5 from September.

As part of the Physical Education National Curriculum, all primary schools must provide swimming and water safety lessons. This is part of the PE curriculum and does not come with an option to opt out.

From **the week beginning 7<sup>th</sup> September**, the children in year 5 will travel to Hadleigh pool to swim. This will happen **every week** though the Autumn Term until Christmas. The day of the week is still to be confirmed.

Your child will need to bring:

One piece costume for girls/

Swimming trunks/tight shorts (not wide fitting shorts) for boys

Swim hat

Towel

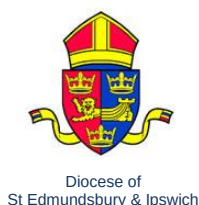
Please ensure each item is named and in an appropriate bag.

The children may wear their costume under their clothes coming to school, if they are comfortable, as this speeds up the changing process but don't forget to pack some underwear.

Any queries, please feel free to get in touch with us.

The Unit 3 Team.

Mrs vanGameren, Ms Fisher, Mr Parry-Jones and the Unit 3 Team



**Suffolk County Council**

Julia Grainger – Interim Assistant Director for  
Education Skills and Learning