



# CATALYST

## Somers Heath

Foyle Drive, South Ockendon, Essex RM15 5LX  
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Friday 5<sup>th</sup> December 2025

### Swimming Lessons – Year 4 – Class 4A

Dear Parents/Carers,

The National Curriculum for P.E. includes an element of instruction and competence in swimming. At Somers Heath, lessons take place during Key Stage 2.

During the first half of the Autumn Term, we have arranged for swimming sessions for 4A on Tuesday afternoons at Belhus Impulse Leisure Centre. Swimming lessons for your child will begin on **Tuesday 6<sup>th</sup> January 2026 and finish on Tuesday 10<sup>th</sup> February 2026**. Each week the children will walk the short distance to and from Belhus Impulse Leisure Centre.

The children are taught by qualified instructors at the pool. These are swimming lessons and not recreational activities. We encourage all children to take part in these lessons as this will be a significant part of their weekly PE allocation.

To cover the cost of access to the swimming pool and instructors, it is necessary to request a **contribution of £5.50 per session, for 6 weeks, total £33**. Payment and consent have been set up on Arbor in the trip section.

**Please note** Belhus Leisure Centre request that that **every child MUST wear a swimming hat**. These can be purchased from the school, via the Arbor shop at a cost of £3.50 if needed. Girls can only wear swimming suits, as bikinis are not allowed.

Yours sincerely,

Mrs H.Nye

Deputy Headteacher

