



St Monica's Catholic Primary School

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Wednesday 3rd September, 2026

RE: Year 4 Swimming Lessons

Dear Parents/Carers,

We are pleased to inform you that swimming lessons for Year 4 will commence on Monday, 7th September, and will take place every Monday afternoon. Children will arrive back in school before the end of the school day. All levels of skill are catered for and an initial baseline is conducted by expert instructors.

We kindly ask that:

- All children arrive at school wearing their PE kit (please refer to our Uniform Policy available on our website).
- Swimming costumes are not to be worn under their PE kit to avoid the risk of forgetting essential undergarments. They can also be uncomfortable.
- No deodorants, creams, oils or talcum powder is brought with pupils.

What to Bring:

Children will need to bring the following items in their bag each Monday:

- **Swimming cap:** Swimming caps must be worn. Caps are no longer available from the school office. Children may also wear cloth caps.
- **Swimming costume or trunks:** Costumes should be one-piece (e.g. no bikinis or long beach shorts).
- **Goggles:** Goggles must be worn.
- **Towel:** For drying off after the lesson.

Please ensure that all items are clearly labelled with your child's name to avoid any loss of belongings.

Important Jewellery Policy

As per Sefton Aquatics' safety guidelines, no earrings or items of jewellery are allowed during swimming lessons. Jewellery poses an unnecessary risk and must be avoided entirely.

For ear piercings, please note:

- Earrings must be removed, regardless of how recently the ears were pierced.
- If earrings cannot be removed, your child will unfortunately not be allowed to participate.
- We recommend scheduling new piercings during the summer holidays to allow sufficient healing time.

Thank you for your understanding and cooperation in this matter.

If you have the time, why not take your child to the swimming baths so they can rehearse changing themselves, drying themselves properly after swimming and tying shoelaces. This can help with developing independence and resilience.

If you have any questions, please do not hesitate to contact us.

Yours sincerely,

The Year 4 team