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Working Together in Partnership



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Dear Year 2 Parents

### Swimming Lessons

As per our email before the Christmas break, we are pleased to advise that some Year 2 children will be starting swimming lessons next Monday (12<sup>th</sup> January). The school are looking forward to taking your child to Oakland Hall Day Nursery Pool in Sproughton which is run by First Strokes swimming club. The sessions will be held on a Monday afternoon and will last just under 1 hour with the amenities being totally inclusive to our school for the duration of the lesson. Lessons commence on **Monday 12<sup>th</sup> January**. The children will be accompanied by Mrs Austin and Mrs Hicks. The children will be travelling to and from their lessons by minibus.

I would also like to remind you of Suffolk County Council's code of safe practice for swimming and in particular to draw your attention to the issues of wearing goggles, appropriate swimwear and jewellery.

#### Goggles

Below are the guidelines issued by Suffolk County Council:

- Goggles can be seen as a learning aid that may help pupils gain confidence to put their faces in the water, although there may be good educational reasons for ensuring that goggles are not worn at all during lessons. **In any case, there are times when swimming instructors/teachers may require goggles to be removed because of the greater risk that may be present if they are worn.** For example, in the initial stages of learning to dive a pupil may be expected to enter the water incorrectly. This may cause the goggles to dislodge or to injure the eye therefore it would be inappropriate for them to be worn under these circumstances.
- If goggles are worn they must be 'anti-chlorine' goggles, not larger snorkelling type goggles.
- Pupils should be taught the correct way to remove goggles by slipping them off the head rather than by stretching the retaining band.

#### Swimwear

Below are the guidelines issued by Suffolk County Council:

- Pupils should be encouraged to wear swimwear that is suitable to the activity being undertaken. In most cases this will be close fitting costumes e.g. one-piece costumes and trunks. When involved in learning strokes and swimming skills pupils should be discouraged from wearing long, baggy, lose fitting attire, which causes drag, hinders streamlining and presents a greater risk of entrapment. However, when involved in survival activities it may be appropriate to encourage the wearing of shorts/T-shirts. Such additional attire should be reasonably close fitting and pupils should be told of the additional dangers of wearing them.
- **Therefore, it is school policy that children must wear close fitting costumes.**



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## Jewellery

Below are the guidelines issued by Suffolk County Council:

- **All** jewellery, including earrings, **must** be removed. Medi-alert bracelets may be covered with a sweatband in order to reduce any risk to the wearer or other pool users.

## Swimming Hats

For Health and Safety reasons, children are required to wear swimming hats. Please ensure that your child always has a hat with them to enable them to be able to swim.

If you have any further questions please do let us know.

Yours sincerely

Mrs J Austin  
Head Teacher



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