



Cedarbank School

HEAD TEACHER: Ms Ann M. O'Hagan

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AC/JW

28th February 2019

Dear Parents / Carers,

I am delighted to inform you that after working collaboratively with local schools, Cedarbank School pupils will soon have blocks of swimming in Inveralmond Community High School's swimming pool for the remainder of this term and next term. Below are the dates the pupils in each year group will attend.

S3 - March 4th, 11th, 18th, 25th

S2 - April 1st, 29th, May 13th, 20th

S1 - June 3rd, 10th, 17th, 24th

Pupils will walk from Cedarbank School to Inveralmond Community High School on Monday mornings to use the swimming facilities from 9:30am – 10:30am.

I do expect all pupils to participate in these blocks as it is now part of our Physical Education Curriculum as well as a life skill that will benefit them in the future. Some of the benefits of swimming include taking impact stress off the body, building endurance, muscle strength and cardiovascular fitness.

Pupils will need to make sure that they have brought appropriate kit to be in the water during their swimming block. This will include swimming attire, a towel, body wash/shampoo and a hairdryer if needed. I am happy for pupils to wear shorts and dark coloured t-shirts on top of their swimming costumes.

Yours sincerely,

Mr A Cox
Physical Education Teacher



West Lothian Council

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