



# Cedarbank School

**HEAD TEACHER: Ms Ann M. O'Hagan**

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Dear Parents / Carers,

I am delighted to inform you that Cedarbank School pupils will continue to have blocks of swimming in Inveralmond Community High School's swimming pool this year. Below are the dates the pupils in each year group will attend:

S3 – September 2nd, 9th, 23rd, 30th, October 7th, 28th

S2 – November 4th, 11th, 18th, 25th, December 2nd, 9th

S1 – January 20th, 27th, February 3rd, 10th, 24th, March 2<sup>nd</sup>

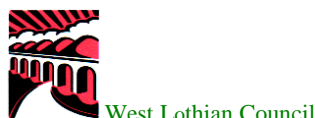
Pupils will walk from Cedarbank School to Inveralmond Community High School on Monday mornings to use the swimming facilities from 9:30am – 10:30am.

I do expect all pupils to participate in these blocks as it is 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 if they are body conscious.

Yours sincerely,

Mr A Cox  
Physical Education Teacher



INVESTOR IN PEOPLE