14 September 2018

Dear Parents

NON-STOP SPONSORED SWIM – October 2018

Between Wednesday 17th and Friday 19th October, every child in the school from Nursery upwards (who wishes to be involved) will take part in a non-stop sponsored swim to help raise money to support the School Astro-pitch fundraising project.

This will be the fifth Sponsored Swim we have organised at Copthorne, (although the last one was held in 2014) so some older children may already have an understanding of the challenge they are being asked to undertake!

There is no time limit for each child, but rather a **maximum** distance limit as follows: -

Nursery & Reception	¼ mile	(24 lengths or 48 widths, with aids if appropriate)
Years 1 and 2	½ mile	(48 lengths) (with aids if appropriate)
Years 3 and 4	1 mile	(96 lengths)
Years 5 and 6	2 miles	(192 lengths)
Years 7 and 8	3 miles	(288 lengths)

This is the **maximum** distance children can swim. It does set a demanding challenge (a little like asking parents to run a marathon!) but there is no obligation or pressure put on anyone to complete more than they wish. Equally, any child who does not want to take part can opt out totally.

Swimming at a steady non-stop pace, one mile per hour is a realistic target although many experienced swimmers will swim much faster. To cover three miles means a child could be in the water for three hours or more so swimming goggles are probably essential!

The lifeguards and supervising adults will stop any child from continuing if they feel he or she is struggling.

Parents are encouraged to come and support their children whenever they are swimming. For some (Years 7 & 8 in particular), this is likely to be late evening/overnight/early morning, and certain children will be allowed to board if they wish to on Wednesday/Thursday night if they are swimming at an unsociable hour.

From experience at Copthorne and other schools, (Minnie & I have organised over 10 of these events in previous schools) parents do throw themselves wholeheartedly into supporting their children, coming to watch/count lengths with picnics/liquid refreshments etc. whatever time their children are swimming. Some will even swim themselves – which I am actively encouraging!

Tea/coffee/refreshments etc. will be available throughout the day for supporters, and children will receive hot chocolate and a chocolate bar (if appropriate) on the completion of their swim to boost their energy levels. Depending on the end time and the distance swum,

children may be able to go home with parents after their swim, and enjoy a late start time the following day if necessary.

A timetable with start times is enclosed, although please note that changes can be made to accommodate parental wishes. Please simply email me (cjones@copthorneprep.co.uk) with your requests.

Obviously, there will be considerable disruption to the normal school day, with swimmers missing lessons when they are in the pool. Teachers will be encouraged to bring classes to support and encourage their peers if they feel this is appropriate, and some children will assist in counting lengths on a rota system. Children not swimming can visit the pool at break/after school to encourage their friends and staff will be very relaxed about work/prep missed.

The timing of the event has been carefully planned to coincide with the period towards the end of the first half or term, so all children and staff can enjoy a good rest afterwards.

I hope that you will support this exciting event by helping your child to get as much sponsorship money pledged as possible, and by visiting school to see the event in action if this is appropriate.

Any parent who wishes to join in the swim should let me know, and I will willingly find them a suitable start time! I hope your children will all look forward to the challenge, and I look forward to seeing as many of you as possible supporting the event.

I have attached a Sponsor Form so that children can begin to talk about this to as many people as possible.

If you have any questions or concerns, please do raise them with me.

Yours sincerely

Chris Jones
Headmaster

COPTHORNE
PREPARATORY SCHOOL

NON-STOP SPONSORED SWIM
17th – 19th OCTOBER 2018

NAME OF SWIMMER……

YEAR GROUP…… TARGET DISTANCE……

The swimmer named above will be taking part in a Sponsored Swim starting on Wednesday 17th October 2018 to raise funds for the school "Astro-pitch appeal".

The event is likely to go on over two/three days. There is no set time limit for each swimmer, rather a distance limit depending on age as follows:

Nursery & Reception	¼ mile	(24 lengths or widths, with aids if appropriate)
Years 1 and 2	½ mile	(48 lengths) (with aids if appropriate)
Years 3 and 4	1 mile	(96 lengths)
Years 5 and 6	2 miles	(192 lengths)
Years 7 and 8	3 miles	(288 lengths)

From experience, children usually exceed their own expectations. If you sponsor them for £1 per length, they may swim 100 or more! I recommend sponsors complete the maximum amount pledged box as a safeguard.

Also, if you are a UK taxpayer, please tick the "gift-aid" box, which will allow us to claim 25p from HM Revenue & Customs for every £1 that you donate. You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that Copthorne Preparatory School will reclaim on your donations in the appropriate tax year (currently 25p for each £1 you give).

Thank you in advance for your support.

Chris Jones
(Headmaster)

Headmaster - Chris Jones B.Ed (Hons)
Copthorne Preparatory School, Effingham Lane, Copthorne, West Sussex RH10 3HR
01342 712311 office@copthorneprep.co.uk www.copthorneprep.co.uk
Registered Charity Number 270757 Company Registration Number 1239211

COPTHORNE
PREPARATORY SCHOOL

Name	Address (including post code)	Amount per width/ length /mile	Max Amount Pledged	Amount collected	giftaid it Please tick the box if you are a UK tax payer and would like Copthorne Preparatory School to claim an **extra 25%**
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