



Dear Year 5 Parents

July 2019

### **School Swim Programme Year 5 Autumn Term 2019**

I am delighted to inform you that this year your child will take part in the school swim programme as part of their Year 5 Physical Education entitlement. All children are required to have a block of swimming lessons; this is a statutory requirement within the national curriculum.

Please read through the information below and return the signed consent slip to school on the first day of term (Tuesday 10<sup>th</sup> September). The school will be subsidising the cost of swimming and transport to the pool but **we would ask that parents contribute £10 towards this** (payment through ParentPay).

Day: Monday (1<sup>st</sup> session Monday 16<sup>th</sup> September 2019, then every Monday until and including Monday 16<sup>th</sup> December 2019 – **GIRLS** only

Day: Monday (1<sup>st</sup> session Monday 6<sup>th</sup> January 2020, then every Monday until and including Monday 30<sup>th</sup> March 2020 – **BOYS** only

Swimming Time: 11:30am-12:00pm

Venue: Queens Leisure Centre, Derby (the children will be taken to and from the leisure centre by coach).

#### The programme aims to achieve the following objectives for your child:

- *To develop water confidence and water safety skills*
- *To master basic stroke techniques*
- *To participate in enjoyable social activity*
- *To participate in activities, which can help improve health and fitness*

#### **The clothing requirements for the programme are as follow:**

##### **Girls:**

- *A one piece swimming costume (no bikinis)*
- *A swimming hat for long hair*
- *A towel*

##### **Boys:**

- *A pair of trunks/shorts (no Bermudas or long shorts please as these can be dangerous)*
- *A swimming hat for long hair*
- *A towel*

Religious beliefs can be catered for and children may wear clothing that covers their legs and arms however this **MUST** be tight fitting and ideally a lycra type material – swimming costumes must still be worn underneath

The swimming costume, towel etc should have a name tag clearly visible and carried to school in a waterproof or plastic bag.

#### **Jewellery**

It remains our policy that no jewellery should be worn in the swimming pool. If possible all jewellery should be left at home, as the swimming instructors cannot take responsibility for these items.

### Goggles

The use of goggles is not recommended; though they may be necessary on medical grounds. Written parental consent is required if you would like your child to wear goggles. The letter should be given to the class teacher, at the start of the swimming programme who will record the note and respond accordingly.

### MEDICAL CONDITIONS AND ILLNESS

Please inform the class teacher if your child suffers from any medical condition that may need extra supervision. It is advisable not to go swimming if your child has a cold.

- If your child has a **verruca** they may still continue with their swimming, but will need to wear a plastic sock. These are available from most chemists or sports outfitters.
- Children with **asthma** should take their named inhalers onto the poolside and if necessary use them before the lesson. Swimming is one of the best forms of exercise for asthma as the air in the pool area contains high levels of moisture.

There are very few conditions, which prevent children from swimming and provided everyone concerned with the swimming lesson is fully informed about the particular problem; much can be done to ensure that children learn to swim with confidence in a safe environment.

### SAFETY

Please can you ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to all pool and school rules.

If you have any queries or concerns about your child's swimming lessons please contact your child's class teacher.

I hope your child enjoys the swimming experience and benefits from learning this essential life-skill.

Yours sincerely



Mrs Amy Turner  
Headteacher

**Parental Consent for coach travel to and from Queen's Leisure Centre September 2019**

I give consent for my child \_\_\_\_\_ to travel by coach to and from Queen's Leisure Centre during school time for swimming lessons.

Parent Sign \_\_\_\_\_

Parent Print \_\_\_\_\_

Date \_\_\_\_\_

Please list any medical conditions

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My child \_\_\_\_\_ needs to wear goggles

YES

NO

The need to wear goggles is due to:

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