



29th November 2023

Year 3 & Year 4 Swimming Lessons

Dear Parents/Carers,

Swimming lessons begin at The Reef Leisure Centre in Sheringham on **Wednesday 10th January 2024**. During the Spring term, Year 3 and 4 will swim for 10 weeks.

Swimming lessons are part of the school curriculum. Children are taught by a swimming instructor and supported by school staff. It is school policy that children attend swimming lessons with their class. We apologise that parents and family are not able to watch lessons as this compromises our safeguarding policy.

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.

We have been in regular contact with the leisure centre and coach company, we have received their risk assessments and are confident with the procedures in place and that Government guidance is being followed.

Please could you send your child to school with their swimming costume/trunks on under their school uniform. We ask for a **contribution of £20 to cover the cost of ten lessons**. This is a contribution towards the cost of transport, the swimming instructor and lifeguard.

The school is able to offer swimming lessons to children eligible for Pupil Premium Grant funding at 50% of the cost. The rest of the payment will be funded from the Pupil Premium Grant fund. If you are eligible for Pupil Premium Grant funding the total cost being £10.00 for 10 lessons.

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, especially on medical grounds. If you would like your child to wear goggles, please ensure they are packed inside of their swimming bag.

Medical conditions and illnesses

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.

Kind regards,



Mr Elcock
Headteacher