Dear Parents,

YEAR 3 SWIMMING 2017

This year Amethyst Class will be having swimming lessons in the summer term. There will be an eleven week course taking place at Brambletye School in Forest Row, with the sessions taking place on Thursday afternoons. Due to the distance between the two schools the children will be transported by coach.

Lesson objectives

The lessons aim to achieve the following for every child:

- to develop water confidence and water safety skills;
- to master basic stroke techniques;
- to pace themselves in floating and swimming challenges related to speed, distance and personal survival;
- to swim unaided for a sustained period of time over a distance of at least 25 metres;
- to participate in activities that promote healthy attitudes and high levels of fitness and stamina.

In addition, we recognise that many of our children are already accomplished swimmers who would benefit from further challenge and extension to their existing swimming skills. These children will receive alternative, challenging activities, in a separate group, to develop further their competencies in the water.

Clothing requirements and other things to bring

Girls:
A one piece black or black and red swimming costume (no bikinis, please)
A swimming hat
A towel
Boys:
Black or black and red swimming trunks (no beach shorts, please)
A swimming hat for long hair
A towel

All items should be clearly labelled and carried to school in a waterproof or plastic bag.

Swimming hats in school house colours, with the Dormansland logo, will be available to buy from the school office at £1.20 each.

Jewellery

It remains our policy that no jewellery should be worn in the swimming pool, as for all our PE lessons in school. Your child should not bring any valuable items to the pool as we cannot take responsibility for these during the children’s time at the pool.

Medical conditions and illness

Please inform your child’s class teacher of any medical condition that you feel may require additional supervision for your child while the class are in the pool. It is advisable for your child not to go swimming if they have a cold.

If your child has a newly-formed verruca, s/he may still continue with the swimming lesson, but will need to wear a plastic sock. These are available from most chemists or sports outfitters. Older verrucas may need specialised treatment and further medical advice should be obtained.

Children with asthma must have an inhaler in school, which will be taken by the class teacher to the poolside for the duration of each session. Swimming is one of the best forms of exercise for asthma as the air in the pool area contains such high levels of moisture.

There are very few conditions which prevent children from swimming and, provided your child’s class teacher is made fully aware of any particular concerns you may have, much can be done to ensure that all the children learn to swim with confidence and enjoyment in a safely supervised environment.

Swimming costs

The cost of this provision is £33.00 per child, however, school will subsidise the cost, including our qualified instructor. Therefore, I am asking parents for a voluntary contribution of £10.00 towards the cost of the coach to transport the children safely to the pool and back. You can pay this either at the school office or via our Scopay system.
If any parents feel that they are unable to meet the cost of this donation, please contact either me directly or Mrs Lowe in the office, and we will be happy to discuss other funding possibilities for your child. I want all of our children to swim and, therefore, a smaller contribution would still be appreciated.

If you have any further questions or concerns about your child’s swimming provision, please contact me and I will try to help you as best I can. As in previous years, we will continue to monitor the quality and effectiveness of our provision and further changes may be made next year.

I hope that your child enjoys the swimming experience we provide next term and benefits from developing this essential life skill. All significant achievements that the children make in their swimming development will be celebrated accordingly.

Yours sincerely,

Mrs S. Stokes  
Head Teacher

DATES WE WILL BE SWIMMING

<table>
<thead>
<tr>
<th>Month</th>
<th>Dates</th>
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<tbody>
<tr>
<td>April</td>
<td>27th</td>
</tr>
<tr>
<td>May</td>
<td>4th 11th 18th 25th</td>
</tr>
<tr>
<td>June</td>
<td>8th 15th 22nd 29th</td>
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<tr>
<td>July</td>
<td>6th (final assessment) 13th (splash session)</td>
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SWIMMING

Please complete the following:

CAN YOUR SON/DAUGHTER SWIM?  YES/NO

HOW FAR?  .................

DOES HE/SHE ALREADY HAVE SWIMMING LESSONS?  YES/NO

HAS HE/SHE ANY DISTANCE BADGES?  YES/NO

IF 'YES' WHAT DISTANCE?  .................

IS HE/SHE COMPETENT IN THE DEEP END?  YES/NO

I give permission for…………………………………………..to travel by coach to and from Brambletye School each week and am prepared to contribute £10.00 towards the cost of the sessions.

Signed……………………………………………………..

Mrs S Stokes
Headteacher