

# Colmers Farm Primary School

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22<sup>nd</sup> September 2017.

Dear Parents / Carers,

I am pleased to let you know that children in Year 4 will be going swimming every Thursday from 28<sup>th</sup> September 2017. Swimming is part of the National Curriculum for all pupils. The National Curriculum for PE says:

### **“Swimming and water safety**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively such as front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations.”

Children will be taken to The Dolphin Centre on a coach, accompanied by school staff. Sessions will be led by qualified swimming teachers, employed by The Dolphin Centre, with the support of school staff.

All children will need to wear appropriate swimwear. Girls should wear an all in one swimming costume and not a bikini. Boys should wear trunks, not long “Bermuda” shorts. For safety reasons trunks must not go below the knee. **NO JEWELLERY** of any kind is allowed in the swimming baths, therefore, please make sure all earrings are removed **BEFORE** your child comes to school. Long hair **MUST** be tied back or a swimming cap worn.

Your child will need a towel, swimming costume, underwear (it is preferable for girls to wear their costume to school) in a named waterproof bag. Children will also need a coat or jacket for when they come out of the swimming baths.

Children will be briefed on safety aspects of swimming at the beginning of each session and behaviour will be managed in line with the school’s behaviour policy. Any child whose behaviour is deemed to be unsafe will be returned to school immediately.

Please complete the attached consent form and return it to school by Wednesday 27<sup>th</sup> September.

**Children will be unable to go swimming without signed consent forms.**

With Thanks,

Miss Mattiello and Miss Ivory,

Mrs Wheale, Educational Visits Co-ordinator.

Name of child: \_\_\_\_\_ Class: \_\_\_\_\_

I/We give permission for my child to go to The Dolphin Centre on a coach for weekly swimming lessons.

Signed: \_\_\_\_\_

On Thursday mornings it is best to contact:

Emergency Contact 1:

Name \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Emergency Contact 2:

Name \_\_\_\_\_

Telephone Number: \_\_\_\_\_