



Raising Achievement through Partnership and Commitment

Lichfield Down, Walnut Tree, Milton Keynes MK7 7BW

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Dear Parents

Swimming Lessons – Wrens

I am delighted to inform you that your child will take part in swimming as part of their Year 3 Physical Education programme. We hope that she/he will enjoy and benefit from this opportunity.

Your child will be taken by coach to swim at Leon Pool, every Thursday morning for 10 weeks during the Autumn Term, from Thursday 29th September 2016 to 8th December 2016. Your child will need to bring with them the correct swimming clothing:

- **Girls:** One piece costume or tankini (no bikinis please)
- **Boys:** Trunks or swimming shorts (should be above the knee length)

- All children will be required to wear a swimming hat.
- A towel.
- A brush or comb.
- A plastic bag for wet costumes.

All items should be clearly labelled. No jewellery at all must be worn.

The use of goggles is not recommended, though if your child normally uses them when swimming they may do so, however they must know how to use them independently (take them on and off on their own) and take personal responsibility for them. Please make sure they are named.

Please note that as swimming sessions take place in the morning, children need to bring their swimming kit with them to school on Thursday mornings.

Medical Conditions & Illness

Please inform both the class teacher and the swimming instructor if your child suffers from any medical condition that may need extra supervision.

If your child has a newly formed verruca they may still continue with their swimming, but will need to wear a plastic sock. These are available from most chemists and sports outfitters. Older verruca's will need specialist treatment and further medical advice should be obtained.

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 contains high levels of moisture.

There are few conditions, which prevent children from swimming and provided everyone concerned with the swimming lesson is fully informed about the particular problem; much

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can be done to ensure that children learn to swim with confidence in a safe environment.

Safety and Hygiene

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

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

Yours sincerely
K Williams

Mrs K Williams
PE Co-ordinator

Please return class teacher.

Child's name Class

Please tick the statement that best suits your child's swimming ability:

1. My child has never been swimming and has a fear of water
2. My child has never been swimming before
3. My child has not had swimming lessons but can swim with a buoyancy aid e.g. a woggle or armbands
4. My child has had swimming lessons but cannot swim unaided
5. My child can swim up to 5m unaided.
6. My child can swim more than 5m unaided

Signed

Please PRINT name

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