



Long Sutton County Primary School
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Headteacher: Miss S Gray

Dear Parents and Carers,

Year 3 School Swimming

We are delighted to inform you that children in Year 3 will have the opportunity to attend school swimming lessons in the new year. School swimming lessons will be on Friday mornings for nine weeks per class and qualified school staff will accompany the children and be assisted by other qualified swimming instructors at the pool. Each year 3 class will be attending lessons separately to ensure that non-swimmers, as well as the more able swimmers, are taught in smaller groups with a higher adult: child ratio to maximise the children's progress.

Entrance to the pool is now charged to us but we will continue to pay the cost of instruction. A voluntary contribution of £2.50 each week is requested to offset the cost of the coaches and entrance to the pool. You can pay this as a lump sum of £22.50 for the nine weeks or on a weekly basis via ParentPay.

Health and Safety:

- **ALL** jewellery should be left at home please – earrings must be taken out; no tape can be worn in the pool and children will not be able to participate with earrings still in.
- Children with long hair/fringes should have it tied back securely.
- All boys should wear swimming trunks (not long shorts) and girls must wear a one-piece swimsuit – this is for their own safety.
- For ease of changing at the pool, children can wear their swimming costumes/trunks underneath their school uniform.
- At the pool the children are required to remove their footwear before entering changing area. To assist with this process, it would be helpful if your child is not wearing tights.
- Children will take their snack, towel and drink to the swimming pool with them.
- Goggles are optional but highly recommended as this allows your child to submerge their head underwater without water going in their eyes.

Swimming is a compulsory part of the national PE curriculum and as such we do expect children to take part in every swimming lesson. If you consider that your child is too unwell to swim then they are

probably not well enough to be in school, however if they are fit to attend but not swim, we will place them in another class with appropriate work. Please provide your child's class teacher with a note or call the school office.

Swimming Lesson Dates

Mr Whitehead's Class (Phoenix)

- Friday 6th January to Friday 10th March (excluding Friday 17th February = half term)

Miss Nichols' Class (Hydra)

- Friday 17th March – Friday 26th May (excluding Friday 7th and 14th April = Easter holidays)

As a result of these school swimming lessons taking place on Friday mornings, Year 3 will now have swimming on a Friday morning, as well as their PE lesson on a Friday afternoon, instead of their previous Wednesday morning PE lesson.

For the first nine weeks when Phoenix are swimming, Hydra will remain in school and participate in a PE lesson and for the second nine weeks when Hydra are swimming, Phoenix will remain in school and participate in their PE lesson.

Thank you in advance for your understanding.

Chloe Hannam

Year 6 Class Teacher and PE Lead