



**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 this academic year. School swimming lessons will be on Monday afternoons. School staff will accompany the children to the pool and swim teach qualified staff and qualified swimming instructors from the pool will teach the children in groups appropriate to their current swimming confidence and competence. 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 £30.00 for the twelve weeks or on a weekly basis via ParentPay. We will notify you when this payment becomes available in the new school term.

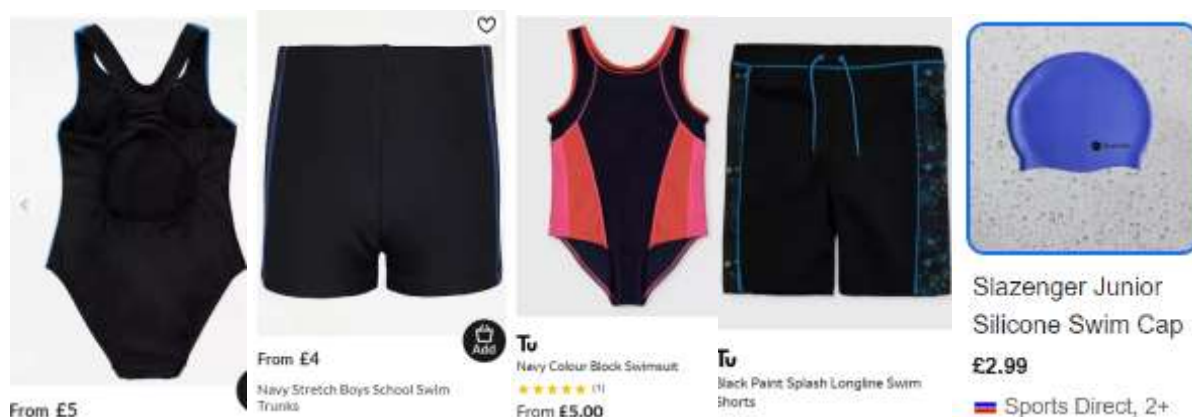
The children in Starling Class (Miss Law) will start their swimming weekly from Monday 9<sup>th</sup> September.

The pool have made some changes regarding swim hats this year. **All children are now required to wear a swimming hat during lessons. We will of course support children to put these on.** Please contact Miss Law or Mrs Hales via the enquiries email address with any questions about suitable swimwear, however some examples are included below.

#### **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 and under their swim hat.
- All boys should wear swimming trunks or tight shorts (not Bermuda style long shorts) and girls must wear a one-piece swimsuit – this is for their own safety and a requirement of the pool.

Please see below some examples currently available in Asda and Sainsburys. Swim hats can be purchased from the pool or online for example from Amazon, Sports Direct and other retailers.



- Swimming hats **MUST** be worn. These can be hard to put on so it would be a good idea to practice
- 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 the changing area. To assist with this process, it would be helpful if your child is not wearing tights
- Children will take their towel, underwear and drink to the swimming pool with them – these should be in a clearly named bag, towels should also be named please
- Goggles are optional

Swimming is a compulsory part of the national PE curriculum and we do expect children to take part in every swimming lesson. We aim that by the end of year 6, every child will leave school able to swim at least 25m. 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 to discuss if your child is unwell on a swimming day.

### **Swimming Lesson Dates**

These are the proposed dates for swimming, however please be aware that adverse weather or technical problems at the pool can sometimes result in swimming having to be cancelled and rearranged. We have left flex in the calendar to allow for this.

### **Miss Laws' Class** (Starlings)

Weekly from Monday 9<sup>th</sup> September. The lessons will take place on

Monday 9.9.24,

16.9.24,

23.9.24,

30.9.24,

7.10.24 and

14.10.24

Half term

No swimming first day back after half term

4.11.24,

11.11.24,

18.11.24,

25.11.24,

2.12.24,

9.12.24

When Starlings are swimming, Swifts will remain in school and participate in a PE lesson.

Thank you in advance for your understanding and support,

Kind regards,

Mrs Withers and Miss Law

