



St. Nicholas Church School
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Year 6 Swimming – Terms 1&2

Dear Parents/Carers,

This year your child will be attending school swimming lessons in terms 1 and 2 to enable them to reach the national curriculum requirements for year 6 pupils. These are: 'to be able to swim competently, confidently and proficiently over a distance of at least 25 meters. Use a range of strokes effectively and perform safe self-rescue in different water-based situations.'

The sessions will commence on Friday 13th September at the Dragonfly Leisure Centre, Midsomer Norton from 11:30 – 12pm.

St Nicholas pays for the swimming pool hire, instructors and the lifeguards from the school budget. We also subsidise the coach travel. However, we do request parents/carers make a voluntary contribution of £2.00 per week to cover the cost of the transport.

There will be 12 sessions in Terms 1&2 and on the following dates:

Friday 13 th September	Friday 20 th September	No swimming due to Heatree on 27 th Sept	Friday 4 th October
Friday 11 th October	Friday 18 th October	Friday 25 th October	

Friday 8 th November	Friday 15 th November	Friday 22 nd November	Friday 29 th November
Friday 6 th December	Friday 13 th December		

For terms 1&2 we ask that you make a voluntary contribution of £24 towards the cost of transport. Please log on to Parent Pay to do so.

Please log onto Parent Pay by Friday 13th September to give permission for your child to attend swimming and record their current swimming ability.

Each Friday, your child will need to arrive in school with the following kit:

Swimming Bag

Their swimming bag should be able to hold all of their uniform and a towel as they will be kept poolside during the lessons.

Swimming kit

Please make sure your child has a towel and close-fitting swimwear.

- One piece swimming costumes, no bikinis to be worn.
- Shorts should be above the knee. No long or baggy shorts.

Long or baggy beach shorts are unsuitable, because:

- They cause drag and limit the pupil's progress or they can inflate and create unnatural buoyancy, or both at differing degrees and times, which is a safety issue for beginners and can lead to unnecessary fatigue for advanced swimmers.

Executive Headteacher: Mr Joe Beament
Co Headteachers: Mrs Kirsty Biss and Mr Will Low

- They could lead to a modesty or decency issue, as they are loose around the leg and generally only have a net brief inside (e.g. containing holes).

Therefore, proper swimming costumes or trunks should be worn. Full body swimwear is allowed but it must be close fitting.

Goggles

Goggles are permitted, but there will be instances and activities where goggles will need to be removed for safety reasons.

Pupils will be shown how to wear and remove goggles safely.

Please note: swimming teachers cannot be responsible for the adjustments, maintenance and repair of swimming goggles. It would be worth trying/adjusting the goggles at home first

Long hair

If a pupils' hair is long enough that when swimming it covers their eyes and/or mouth, then it should be tied back, or a swimming cap should be worn. This will aid your child's progress.

Jewellery

Stud earrings are permitted, but all other items of jewellery i.e. earrings, bracelets, necklaces, watches etc. should not be worn as they can cause injury to the wearer or others.

Medical

- Pupils are not permitted to swim if they have open sores, wounds or infectious diseases. Pupils with verrucas or athletes foot, can swim, but should consider covering the verruca with waterproof plaster, wearing a verruca sock or using one of the many treatments on the market to cover it.
- Written permission with a declaration of fitness to swim must be received from parents or guardians of pupils who have epilepsy, diabetes or any form of ear ailment.
- If your child has asthma, their self-administered medication should be labelled clearly with their name, taken to the pool, kept poolside, and should be administered as required. If your child's asthma inhaler is not available poolside they will not be permitted to swim.
- If your child has suffered from a bout of sickness or diarrhoea, then they should not swim until 24 hours have passed since the last bout of illness.

Please log onto Parent Pay to make payment and to give permission by Friday 13th September.

Please get in touch with any questions,

Miss Sampson