

SWIMMING AT EASTBROOK PRIMARY ACADEMY - 2023/24



Dear Parents and Carers

We are writing to let you know the arrangements for swimming lessons this year. Swimming for Years 2 - 6 will start week commencing **Monday 11th September** and will continue for six weeks, before resuming again during the Summer Term.

If you would like your child to receive weekly swimming lessons, **initial payments will need to be received before Friday 29th September**. Whilst payments can be made by cash at the office, **we would prefer payment by Parent Pay where possible**. If you have any difficulty in paying this amount, please speak to the school office about paying by instalments or contact Mr Clark in confidence before the first swimming lesson to avoid your child missing any sessions.

The cost for swimming lessons in Years 2 - 6 will be £12 for the first half term until October 2023. This equates to £2.00 per swim. We hope you agree that this is still good value (other schools charge about £7 a swim because transport costs need to be added in). Swimming is an important life skill, particularly as we live so close to the sea. **If a lesson is cancelled we will endeavour to offer an alternative but due to time and instructor availability this may not always be possible**. Your payment will support the increasing costs required to maintain the pool.

Swimming is part of the National Curriculum so in addition to the extra opportunities to swim in Y1 - Y6 we ensure that all pupils in Y4 cover the curriculum requirements listed below.

For your information the curriculum requirements are:

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 [for example, front crawl, backstroke and breaststroke]*
- perform safe self-rescue in different water-based situations.*

Unfortunately, if we have not received payment for children to join swimming lessons this term, they will not be allowed to join lessons and will be set alternative written work. However, warnings will be given prior to this action

We really hope everyone will support the school and continue with the swimming lessons as they certainly help to make Eastbrook special.

Swimming Autumn term 2023

Child's name Class.....

☐ I have paid on Parent pay £12 for the half term by Parent pay

Signed _____

Parent/Carer

Date _____

Please return this slip to the office

Russell Clough and his team will continue as our Swimming teacher and he will be supervising the lessons. Please see the Autumn Term timetable below. We have included some further details about the swimming lessons and the kit your child will need. If you have any questions, please don't hesitate to ask a teacher or the office.

Swimming timetable Autumn term

Day	Year
Monday	Year 6
Tuesday	Year 5
Wednesday	Year 2
Thursday	Year 4
Friday	Year 3

Y1 children start swimming in the Summer term.

Additional Information: Swimming at Eastbrook Primary Academy

We have taught swimming for many years and believe that it not only develops the children physically but also develops their self-confidence and self-esteem.

Your child will need: -

- A one piece swimming costume, not bikini for girls or fitted shorts, not Bermudas for boys
- A swimming hat, boys & girls (this is a requirement under Health & Safety Regulations). These can be purchased in house colours from the office for £1.20
- A large towel
- A pair of flip flops or plastic shoes (these will be worn from the changing rooms into the pool area)
- A water proof bag to carry the kit

Please name **all the kit**. We suggest naming the swimming hat on the outside at the front in large letters in waterproof pen.

Goggles and armbands may be used during swimming lessons but must be adjusted to fit your child before bringing them into school. Floats are provided by school.

No jewellery is allowed (Health & Safety Regulations). This includes earrings. As teachers are not allowed to remove or tape earrings, please remove these at home on the morning your child will swim ready for swimming lessons. Unfortunately, if your child comes to school wearing earrings they will not be allowed to swim, unless they can remove them themselves. Additionally, please be aware that nail varnish and false nails cannot be worn in the pool. Please also be aware that certain hair dyes may be inappropriate.

Children change in the changing rooms. Teachers and classroom assistants will be in the changing rooms to ensure that your child dresses him/herself but adults are not allowed to help dry the children (this is due to Child Protection).

All clothes need to be named including underwear.

Unless there are overriding medical reasons all children are required to take part in swimming lessons. We would ask for your co-operation to provide the necessary kit in the morning on the days that your child swims as we do not have spare kit at school. **We do however, have lots of lost property from the Summer term at the office.**

Yours sincerely

Mr M Clark
Headteacher