



# SS. PETER & PAUL CATHOLIC PRIMARY SCHOOL

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**Mission Statement:** 'With Jesus as our guide, we learn, pray and live together in a safe and happy way.'

6<sup>th</sup> April 2022

Dear Parent / Person with parental responsibility

## Swimming Y5/6

Your child will be starting swimming lessons on Monday 25<sup>th</sup> April for 9 weeks. This letter provides you with details of the swimming lesson routine. It is also important that you read the safety rules and return the "goggles" slip if desired. Children with a verruca are allowed to swim providing they wear a verruca sock, which can be purchased from the swimming teacher or the Friary Grange.

Children leave school by coach with at least two adults and travel to Friary School Swimming pool. At the pool we are allocated areas in the changing rooms, which are supervised by school staff at all times. The swimming lesson lasts for 30 minutes. On the first visit the children are placed in ability groups; non-swimmers in the shallow end using aids such as armbands, floats and rubber rings to capable swimmers in the deep end. Each group is taught by an adult following a School Swimming Services lesson plan, overseen by the County swimming teacher who is based at the Friary and teaches all schools in the area.

**Please note following:-**

**Swimming Hats** - to be worn by all pupils. These can be purchased from the swimming teacher.

**Swim wear** - This should be a one-piece costume for girls and traditional trunks for the boys. The Bermuda-type shorts and long cycling shorts are not recommended for swimming lessons - even though many shops sell them. The really loose-fitting trunks can be dangerous and impede the swimmer.

**Jewellery** - For safety reasons, 'Safe Practice in Physical Education' states that, "watches, rings, chains, bracelets and other adornments must be removed before the physical education lesson." - **This includes earrings.**

**Goggles** - Goggles can be dangerous if worn incorrectly. Goggles are generally a nuisance and the wearing of them is dissuaded. If you insist that your child needs to wear goggles due to genuinely sensitive eyes, please read and sign the parental consent form below.

Yours sincerely



Mrs C Faulkner  
Headteacher

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**Parental Consent for Pupil's Use of Swimming Goggles**

Swimming goggles, if worn or used incorrectly, have been known to cause injury to the wearer and to other swimmers. Whilst to Swimming Instructor will take every possible care, no guarantee can be given that the goggles will not cause injury to the pupil.

Pupil's Name..... School.....

I understand the problems that may be caused by my child wearing swimming goggles during school swimming lessons. I have explained these to my son/daughter and give permission for him/her to wear goggles.

Signed..... Date.....  
(Person with Parental responsibility)