



28 November 2019

YEAR 5 PUPILS: CLASS: 5WH

Dear Parent/Carer

SCHOOL SWIMMING PROGRAMME 2019/20

We are delighted to inform you that this year your child will take part in the Oakdale Junior School Swimming programme as part of the Year 5 Physical Education curriculum. We hope that your child will enjoy the benefit from the swimming course. The programme operates for six weeks, starting on **Tuesday 7 January 2020**. The following sessions will be held on Tuesdays and your child will leave at 9.00 am and return by 10.30 am. The children will travel to Hamworthy Park Junior School by school minibus. The dates of the sessions are: 7, 14, 21, 28 January, 4, 11 February 2020.

There is a cost of £3.00 per session, which includes £2.50 for each session and 50 pence for transport to and from the venue. Please make payment of £18.00 preferably using the ScoPay account or make payment by cash. If paying by cash, it should be sent in an envelope clearly marked with the child's name, class and stating 'swimming lessons'. Please note it is not possible to pay by cheque.

The Oakdale Junior School swimming programme aims to achieve the following objectives for your child:

- To develop water confidence and water safety skills
- To master basic stroke techniques
- To participate in enjoyable social activity
- To participate in activities, which can help improve health and fitness
- To swim 25m unaided in a recognised stroke

For those pupils already able to swim 25m unaided, it aims to extend their competency in the stroke.

The clothing requirements for the programme are as follows:

- A one piece swimming costume (no bikinis please)
- A swimming hat
- A towel
- Goggles (properly fitted prior to swimming lesson)
- A pair of trunks/shorts (no Bermudas or long sports shorts please as these can be dangerous). Please see picture below.



- A swimming hat
- A towel
- Goggles (properly fitted prior to swimming lesson)

Headteacher: Mrs E Bissell BSc PGCE NPQH
 Oakdale Junior School School Lane Poole Dorset BH15 3JR
 Tel: 01202 685800 Fax: 01202 685247
 Website: www.oakdalejunior.co.uk



HARBOURSIDE
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The swimming costume, towel, goggles and hat should have a name tag clearly visible and be carried to school in a waterproof swim bag.

It remains the school policy that no jewellery should be worn in the swimming pool. All jewellery should be left at home, as the swimming instructors cannot take responsibility for these items.

MEDICAL CONDITIONS AND ILLNESS

Please inform both the class teacher and the swimming instructor if your child suffers from any medical condition that may need extra supervision. It is advisable not to go swimming if your child has a cold.

If your child has a newly formed verruca, they may still continue with their swimming, but will need to wear a plastic sock. These are available from most chemists or sports outfitters. Older verrucas will need specialised treatment and further medical advice should be obtained. Children with asthma should take their named inhalers onto the poolside and if necessary use them before the lesson. Swimming is one of the best forms of exercise for asthma as the air in the pool area contains high levels of moisture.

There are very few conditions which prevent children from swimming and provided everyone concerned with the swimming lesson is fully informed about the particular problem, much can be done to ensure that children learn to swim with confidence in a safe environment.

SAFETY AND HYGIENE

Please can you ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to all pool and school rules.

If you have any queries or concerns about your child's swimming lesson please contact the school. We hope your child enjoys the swimming experience and benefits from learning this essential life skill.

PARENT/CARER VOLUNTEER HELP

We will need parent/carer volunteers for swimming. If you are able to help for all weeks or part weeks of the six week sessions please contact the school office. You may be required to complete a DBS application online. **Please indicate on slip below if you are able to help.**

Yours sincerely

R DAVIES (MISS)
PE Co-ordinator

A WELCH (MRS)
Swimming Leader

E S BISSELL (MRS)
Headteacher

SCHOOL SWIMMING PROGRAMME 2019/2020

CHILD'S NAME **CLASS** 5WH

- My child can swim 25m or more
- My child can swim less than 25m
- My child cannot swim

VOLUNTEER

I am interested in helping as a parent/volunteer and understand that a DBS application may need to be completed online with Mrs Ball in the school office.

Payment

- I have made payment on ScoPay of £18.00 for all 6 sessions.
- I enclose a CASH payment of £18.00 for all 6 sessions Date _____

Signed by Parent/Carer Date.....