



18<sup>th</sup> October 2021

### **School Swimming Lessons**

Dear Parents / Carers,

I am delighted to inform you that this year your child will be able to take part in the school swimming programme as part of our Healthy Living Curriculum.

Please read through the information below and return the signed consent slip to school by Thursday 21<sup>st</sup> October 2021.

At Riverside Bridge School, we understand the importance of learning how to swim as this is the only physical activity which can save your life.

In primary school (year 1 to year 6), all children are required to have a block of swimming lessons; this is a statutory requirement within the National Curriculum. However if for any medical reasons or if stated in your child's EHCP, your child will be unable to take part in these lessons, please complete the form below as appropriate.

In secondary school (year 7 to year 11), swimming lessons are not statutory so parents/carers have the choice to opt out of this part of the curriculum. We would ask parents/carers to think carefully before doing so. However if for any medical reasons or if stated in your child's EHCP, you feel your child will be unable to take part in these lessons, please complete the form below as appropriate.

#### **The 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 an enjoyable social activity;
- to participate in activities, which can help improve health and fitness.

As a parent/ carer you play a vital role in encouraging your child to swim and to help them learn about water safety, survival and lifesaving. There are several ways you could support your child:

- go swimming as a family;
- growing their water confidence will mean they progress quicker to gain skills that could save their life;
- get them to put their face in water and blow bubbles whilst in the bath or shower;
- talk about water safety with your child and tell them how important it is;
- make sure your child has everything they need to take part in their swimming lessons. Try everything on to make sure it fits and is comfy;
- sign your child up for additional lessons at a local facility if possible;
- continue to swim after school even during the period that they are swimming with school. The more they swim the better they will get.



More information can be found here: <https://www.swimming.org/schools/parents-and-pupils/>

Swimming being a curriculum activity, the school will be subsidising the cost of these school swimming lessons and the transport to the Barking Abbey Leisure Centre by minibus.

Lessons will be taught by trained swimming instructors from the leisure centre and Riverside Bridge School staff will also be supporting in the pool with a ratio in the water of 1 adult for 4 pupils.

**Clothing/equipment checklist:**

- swimming clothing
  - \* Girls: a one piece swimming costume (no bikinis)
  - \* Boys: a pair of trunks/shorts (no bermudas or long shorts)
- a swimming hat
- hair bands/ties and a hairbrush (Long hair must be tied back)
- hygiene products (shower gel, roll-on deodorant – No aerosol sprays)
- a towel

Religious beliefs can be catered for and children may wear clothing that covers their legs and arms however this MUST be tight fitting and ideally a lycra-type material – swimming costumes must still be worn underneath.

Please ensure all clothing is clearly labelled and in a suitable bag.

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

**Swimming lessons for *Pink 1 (year 10) and Pink 4 (year 11)* pupils will take place on Wednesdays (1st session being Wednesday 3rd November 2021, then every Wednesday until and including 8th December 2022).**

**Venue: Barking Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7LX**

Kind regards,

Mr N Luxmoore

PE Lead



### Swimming Consent Form

Please indicate the most appropriate statement for your child:

My child is:	Yes or No
a non-swimmer	
can swim a width	
can swim a length	
confident in deep water	

#### **Intimate Care:**

Intimate care is **any assistance that involves touching a child while carrying out a procedure that most children are able to do for themselves**, but some are unable to manage without help.

Please complete the following table to indicate what support your child may need:

My child will:	Yes or No
need support with dressing/undressing	
need support using a towel to dry themselves	
Need support with showering	

#### **Consent**

I agree for my child ..... to travel by minibus and participate in swimming lessons at Abbey Swimming Pool starting from Thursday 4<sup>th</sup> of November 2021 for a duration of 6 weeks.

#### **Do not consent**

I don't agree for my child ..... to participate in swimming lessons at Abbey Swimming Pool from Thursday 4<sup>th</sup> of November 2021 for a duration of 6 weeks. As a result, I understand my child will be working in a different class for these lessons.

Parents/Carers' Signature: \_\_\_\_\_

Date: \_\_\_\_\_