

4<sup>th</sup> September 2023

Dear Hadley Year 4 Parent

## **NEWCASTLE SWIMMING LESSONS – YEAR 4**

I am delighted to inform you that your child will be taking part in the London Borough of Enfield School Swimming Programme as part of their statutory Physical Education entitlement. The swimming sessions will run for 10 weeks with 45 minutes in the water each week and will be taught by a fully qualified professional swimming instructor starting Friday, 22<sup>nd</sup> September 2023 and the last session will be on Friday, 1<sup>st</sup> December 2023.

### **Newcastle University will be on Fridays from 12:45 – 2:45pm**

To enable your child to gain the most out of their swimming sessions, it is important their swim wear is safe and will not hinder their ability to learn.

Children should wear:

- A one-piece swimming costume OR
- A one-piece burkini (make sure material does not go see-through when wet)

OR

- Swimming trunks or short shorts above the knee
- A swimming hat if hair is long or goes in their eyes when wet
- Verucca socks if needed
- Bring a small towel (showers will not be available)

**Children should NOT wear:**

- **Two separate items such as bikinis or tankinis**
- **Burkinis that have long skirts attached**
- **Leggings and t-shirts unless covered with a swimming costume to prevent them coming apart**
- **Long loose football, PE shorts or board shorts**
- **Underwear or wetsuits**
- **Outdoor footwear such as flip flops, crocks or reef shoes.**
- **Jewellery**

Please can you ensure that your child **comes to school wearing their swimming costume underneath their full school uniform on their swimming days (no underwear)**. Children can also change into their swimming costume at school if you would prefer.

Children will need to bring a small, labelled towel with clean underwear in a waterproof or plastic bag. Normal lunch time arrangements will not be affected on their swimming days.

All jewellery should be left at home as the swimming instructors cannot take responsibility for these items.

The use of goggles is not recommended as they can be dangerous. Written parental consent is required if you would like your child to wear them. This letter should be given to the swimming instructor at the start of the swimming programme. The instructor will make sure the goggles are safe to wear. **Diving and snorkelling masks are not allowed.**

Please ensure that your child is aware of the importance of adhering to the pool and school rules.

### **Medical conditions and illness**

Please make sure that the class teacher and the swimming instructor are aware of any medical conditions. All medication including asthma pumps, diabetic kits etc, must be brought to each swimming lesson and marked with your child's name and school. If your child has a serious medical condition a care plan and a doctor's letter are usually required to allow your child to take part.

### **Extra requirements for COVID 19**

The pools have safety measures in place to help prevent the spread of Covid 19. These are:

- If your child is coming swimming by bus the requirement is that they must wear a mask while on the bus
- Children are being asked to arrive at the pool in their swim wear
- One-way systems to avoid contact with other groups
- No use of showers or hair dryers (these areas are shut)
- Face masks cannot be worn in the water
- Sole use of the area for your pupils' class
- Areas to be cleaned between groups
- Children to be taught in their class bubbles
- Swimming instructors to wear PPE

### **DO NOT SEND YOUR CHILD SWIMMING IF THEY ARE FEELING UNWELL OR SUFFERING FROM:**

- **FEVER**
- **NEW PERSISTENT DRY COUGH**
- **LOSS OF TASTE OR SMELL**
- **OR ANYONE IN YOUR FAMILY HAS BEEN ASKED TO SELF ISOLATE**

I hope your child will both enjoy and benefit from the swimming lessons.

Yours sincerely,



Oliver Kelly  
Deputy Principal Phase 1