Our Lady of Peace Catholic Primary and Nursery School
'With Christ in our hearts, together we grow'
Headteacher: Mrs J O'Keeffe

Derwent Drive, Slough
Berkshire, SL1 6HW
Tel: 01628 661886

14th November 2018

Dear Parents/Carers,

SWIMMING LESSONS – YEAR 4

The National Curriculum for Physical Education requires children of Key Stage 2 to incorporate aspects of swimming into their programmes of work. We have liaised with the Montem Pool in Slough to provide this facility during the spring term.

Qualified coaches have been booked to teach your child swimming skills. There is a planned programme for non-swimmers and improvers as follows:

* Going in and out of the pool
* Moving in water
* Activities to keep off the bottom
* Submerging
* Breathing in water; driving the body through water
* Floating and support positions
* Stroke development, gliding, front and back strokes
* Stamina building exercises
* Elementary personal survival skills; treading water, retention of body heat, removal of clothing in water
* Skills such as sculling, straddle jump, plunge diving will be taught
* Water safety will feature alongside simple games

The following classes will be attending swimming on the dates below:

Class	Dates	Pick up from school	Collect from Montem
4BS St Blaise	*08/01/2019-05/02/2019*	*10:00*	*11:45*
4 RS St Columba	*10/01/2019-07/02/2019*	*09:00*	*10:45*
4 St Paul	*26/02/2019-26/03/2019*	*10:00*	*11:45*

The swimming course will last for 5 (one hour) sessions.

Children are expected to take part in the full course of lessons and there is **not** an option for any child to remain behind in school. If a medical problem prevents your child from swimming, we will require a doctor's certificate explaining the reason.

Payment

The cost of the hire of the swimming pool, lessons and coach has been calculated at £65 per child. Please note that the duration of each swimming lesson is one hour.

This voluntary contribution can be paid by cash or cheque made payable to Our Lady of Peace Catholic Primary and Nursery School.

Swimming Equipment ~

1 waterproof plastic (or other) bag - with child's name
1 costume or trunks (clearly and indelibly labelled)
1 towel " " "
1 swimming cap
Goggles are optional

May we remind parents that no talcum powder is to be brought on the swimming course. We recommend watches and ear studs are left at home on swimming days. A swimming cap is to be worn by all children regardless of gender or hair length. ALL children are encouraged to wear a **school or plain tracksuit** to school on swimming day to make changing easier and quicker.

Please sign the consent form to enable your child to go swimming. It should be returned to school as soon as possible.

Yours sincerely,



Mrs J Holden
Deputy Headteacher

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SWIMMING YEAR 4

Name of Child ..... Class.....

Consent form to take part in swimming lessons

I give consent for my child ..... to take part in the arranged swimming lessons. I understand that my child will be transported to and from the pool by coach.

I enclose a voluntary contribution of £65 for the 5 week course of swimming lessons. ☐

Signed ……