



Through God, We
Love, Laugh and
Learn.

ST. MICHAEL'S CE (VC) FIRST SCHOOL

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Thursday, 21 March 2024

Dear Parents and Carers

Re: Year 4 Swimming Lessons

Swimming for Year 4 will take place after the Easter break, as this is a statutory component of the PE curriculum. **Lessons will commence on Wednesday 10th April 2023.** The lessons will continue until the end of the academic year.

Swimming lessons will take place on Wednesday afternoons at Stone Leisure Centre and we will be walking to and from the venue.

Please ensure that your child has the correct kit on the days when lessons will take place. Kit should consist of the following:

Girls	Boys
One-piece swimming costume	Swimming <u>trunks</u> / shorts
Towel	
Swimming hat for all children	

If your child wears earrings, they will be unable to wear them during swimming lessons. It is therefore advisable that they remove their earrings on the morning of the swimming day, to avoid loss of earrings at the swimming pool. Staff are not allowed to remove earrings for children, they must be able to do it themselves.

Goggles are recommended as they will support aquatic breathing and get them confident in putting their face in the water, so there should be no restriction on if children want to wear goggles or not. Every so often the children will be asked to remove goggles, so they get used to swimming without them, and understand how to swim if they ever got into an emergency situation.

Nose pegs- we do not allow nose pegs, as this restricts aquatic breathing.

If your child has a verruca, they must wear a verruca sock if they are to take part in swimming lessons.

As we walk to the leisure centre alongside the canal, we would appreciate any help you are able to offer. If you are able to volunteer your time, please indicate this when giving consent for your child to swim and someone will get back to you with further details. Please note that a DBS check will be required.

Please complete the online form by Friday 22nd March. <https://forms.office.com/e/bFmvtNasTa>
If you have any further questions, please contact the office.

Yours sincerely
Miss A Whitney & Mrs L Gardiner
Year 4 Class Teachers

