



St. Paulinus Catholic Primary School

Inspiring all to live, learn and love in the light of Jesus.
(cf John 8:12)



Directorate for Children & Young People, Learning & Skills

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Dear Parent/Guardian

Year 5 - Kirklees School Swimming Service

We are pleased to inform you that your child will shortly be starting school swimming with the Kirklees School Swimming Service. The first swimming will be on **Friday 18th February from 9am – 10:30am**. Please ensure your child has a coat to wear on their swimming day.

We are keen that your child finds the lessons an enjoyable experience as well as improving their swimming ability. We feel it is important to share the following information:

Swimwear

For safety, swimwear must be suitable for purpose. It should be sufficiently tight fitting to allow freedom of body and limb movement without causing unsafe water resistance. Therefore boys are required to wear trunks or lycra shorts (**NOT** Bermuda/gym/football/ leisure type shorts), girls are required to wear a one-piece swimming costume (no bikinis/tankinis). Swimming caps are required for health and safety reasons. A towel will be required. Any additional clothing worn must be suitable for swimming.

Goggles

The use of goggles should be discouraged and only worn in exceptional circumstances, as eye injuries can occur with their misuse. If goggles do need to be worn they need to be made of unbreakable plastic and be of BS standards. Children should already be aware of how to wear them safely. In order to wear goggles, your child will need to be given permission from Kirklees swimming services. This is rare because if the child fell in the water they would not have Goggle on.

Jewellery

Health and safety guidelines insist that all jewellery and religious adornments must be removed. It is therefore advisable that you do not allow your child to have ears pierced until the summer holidays.

Medical Issues/Exclusions

If your child has any medical conditions, please ensure the school informs the swimming teachers prior to the class starting swimming. Inhalers must accompany children to the pool. Swimming is a life-saving skill and therefore Kirklees School Swimming Service will only allow exclusions on medical grounds that are supported by a medical certificate.

Armbands/Discs

The wearing of armbands/discs are not always a sign of a non-swimmer. At times aids may be used to improve technique for a particular stroke or skill.

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Teaching Groups

The aim of the School Swimming Service is to promote good technique with early emphasis on breaststroke. Breaststroke is the foundation for most swimming disciplines ie:

- Personal survival
- Life-saving
- Water polo
- Synchronised swimming
- Leisure swimming
- Competitive swimming

Therefore the emphasis will initially be on developing good breaststroke technique. An initial assessment is made on each child based on their ability and safety. Monitoring of children's progress is continuous and the group your child is placed in may change during the year.

Travel

Children will travel by coach to the swimming pool please remind them they must wear the seat belt.

The philosophy of the School Swimming Service is that all children will reach their full potential within a positive and fun learning environment. We hope your child will enjoy their time attending school swimming lessons and would encourage any feedback via

the school, swimming teacher or the swimming co-ordinator.

Frequently Asked Questions:

Q Can I swim with a verruca?

A Yes

Q Does my child have to swim?

A Yes (only medical exclusions are allowed if accompanied by a doctor's letter)

Q Do I need to provide my own armbands?

A All swimming aids will be provided by the School Swimming Service.

Q My child can already swim, do they need to attend?

A Yes. An advanced swimming programme will be provided for any pupils who are at a higher level.

Q Do children get changed separately?

A Yes, as the children will be swimming on the Friday morning, they can come to school with their swimming gear under their School PE kit. Once arriving at the pool, boys and girls go into separate changing areas.

Q Do I need to send shampoo or body wash

A No, the children get a quick shower at the end of the swim and can have a full shower at home. This is to minimise potential reactions if other children have allergies to the wash products. This is also the case for deodorants, please do not send any deodorant sprays due to children having asthma within the cohort.

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