

9th July 2018



Yr5 Swimming Booster Lessons 2018
Yr4 Children going into Yr5 in September 2018



Dear Parents/Carers of a Year 4 child,

As you may be aware, children are expected to go swimming as part of the Physical Education Curriculum. Your child will have already completed a year of swimming lessons while in Year 3, however we are providing booster lessons for those who are yet to meet the expected standard of swimming at least 25 metres on their front and back. These booster lessons will take place in September, October, November and December in Year 5 and they will be **free of charge**.

We require **ALL** parents to please click [here](#) to confirm your child's swimming ability. It is **essential** that all parents complete the form even if their child can swim 25 metres as we will need exact numbers to finalise arrangements.

We will notify you via email to let you know if your child is participating in the booster swimming lessons or PE in lessons in school by the end of the academic school year.

When are the booster swimming lessons?

These lessons will take place on Thursday afternoon, starting on **Thursday 13th September** at Easton Leisure Centre. In total, there will be **13 sessions** during term 1 and term 2 (up to the Christmas Holiday).

What does my child need?

Children should bring a swimming costume, towel, bag and a coat to each session. Please make sure that your child comes into school with **NO jewellery - including earrings**. If you cannot remove their earrings, provide some tape to cover them. If your child has long hair, it **must** be tied back with a suitable hairband.

Girls should have a one-piece swimming costume (no bikini style swimwear please). Boys must wear trunks or swimming shorts, but shorts must stop above the knee.

Goggles and swimming caps are not necessary but your child may bring them if they wish. It is important that their swimming kit is brought into school with them at the beginning of the day; **we cannot call home for forgotten kits**.

What should my child wear on a swimming day?

Children should not wear tights or shirts with lots of buttons on swimming days as we are always pressed for time in changing and returning to the coach. We don't leave for swimming until 1:00pm so it is best **not** to wear swim wear under clothes.

What will my child do if they are not going swimming?

If your child is not going swimming they will be taking part in a PE lesson in school with a Begbrook teacher.

Yours sincerely,
Mrs. Shaw
Assistant Principal



Year 5 Booster Swimming Sessions

Your child will need a swimming kit on the following days:

Autumn Terms
Thursday 6 th September - NO SWIMMING
Thursday 13 th September
Thursday 20 th September
Thursday 27 th September
Thursday 4 th October
Thursday 11 th October
Thursday 18 th October
Thursday 25 th October - NO SWIMMING
HALF TERM HOLIDAY
Thursday 8 th November
Thursday 15 th November
Thursday 22 nd November
Thursday 29 th November
Thursday 6 th December
Thursday 13 th December
Thursday 20 th December
CHRISTMAS HOLIDAYS

HELPING WITH SWIMMING

We always hugely appreciate any help with swimming, as it can be quite a challenge to keep to the time restrictions considering the amount of children who attend.

What do we need help with?

1) General Help

We need help with:

- Getting children safely onto the coach
- Putting on seatbelts
- Ensuring good behaviour during the journey
- Getting children into the leisure centre
- Lining children up after changing

Any parents or helpers are most welcome to ask us about helping with this aspect of swimming, as the more helpers we have the better the experience is for the children.

We would be particularly interested in parents who are able to help **regularly**.

2) Helping with changing children.

Extra support in the changing rooms is fantastic, as children often need help with shoes, socks and finding missing items of clothing. Parents can only help in the changing rooms if they have a valid DBS. If you do not have an up to date DBS check through the **Cabot Learning Federation** you will need to speak with Miss McCormick in the office.

If you are able to help in any way or have any questions, please do not hesitate to get in touch via email: info@bpa.cabot.ac.uk