Tel: 01763 243392

Email:admin@icknieldwalk.herts.sch.uk

Headteacher: Mrs Jane Sherwood Deputy Head: Mr James Taylor

5th March 2024

Dear Parents and Carers,

Dove Class Swimming Lessons

As part of the national curriculum, both Year 3 classes will have swimming lessons on a Thursday over the summer term at the Royston Leisure Centre. Dove class will swim on Thursday afternoons in April and May.

The children will have a total of 5 sessions which will be £11.60 (£1.90 per lesson plus £2.10 for a school swim cap).

Dates are as follows: 18th and 25th April, 2nd, 9th, 16th and 23rd May 2024.

Please pay via School Gateway and we would appreciate the whole amount in advance by **Friday 22nd March**. If you find it difficult to meet the full cost of these swimming sessions, please email: <u>finance@icknieldwalk.herts.sch.uk</u>.

The children will walk to the leisure centre and back after lunch and will need to have the following **every week**:

- a latex swimming cap for all children
- Swimming costume
 - Children will need a one-piece swimming costume (no bikinis or halter necks) or briefs/fitted trunks (no long, baggy board/sports shorts) and a fitted rash vest if they wish. Please see examples at the bottom of this letter.
- Towel and a bag to bring back wet things.
- Suitable clothing for the weather, especially a hat to cover wet hair in cold weather and a coat!
- No toiletries (i.e. shampoo) as the children do not shower afterwards.
- A fruit/vegetable for snack to eat when we return to school.
- Swim caps will be issued at the first swimming lesson by Mrs Walsh.



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Please ensure that if your child is using goggles they are of good quality. Please read the manufacturer's instructions for putting them on and taking them off. This is important to ensure the protection of eyes from impact damage from stretching the eyepieces away from the face with wet fingers. You should be aware that on occasions your child will be asked to remove their goggles to safely perform certain aquatic activities.

As stated in our first letter, Year 3 swimming lessons are a taster ready for Year 4 swimming lessons. Children will be placed in a group with children of similar ability. The groups are not fixed. Children may move up or down as the swimming teacher feels is appropriate to the child's ability. Children may swim in a different part of the pool to where they would have their out-of-school swimming lesson.

Mrs Jacklin and Mrs Walsh will also be in attendance with the pool's instructors, so whatever the present level of your child's ability we will be able to add to their progress. Please complete the form at the end of this letter with your opinion of your child's current swimming level and return it to the school office by **Friday 22nd March**.

Please note if your child forgets their kit, they will still walk to the leisure centre with their class. Pupils will not be excluded from swimming because of verrucae or similar foot infections.

If your child has eczema, they will be given the opportunity to shower and apply any **prescribed** medical creams or lotions before and after swimming as necessary. Please indicate what is necessary overleaf.

Yours sincerely

Jave Shenrow

Mrs J. Sherwood Headteacher

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Dove - Swimming

I understand my child will attend the Royston Leisure Centre Pool as part of the school's P.E. curriculum. My child:

Please tick one	Ability	Current ASA level (if known)
	-is a non swimmer (arm bands, no confidence)	
	-is a beginner (woggle, lacks confidence, can put face and ears in the water))	
	-can swim at least 5m unaided front or back	
	-is comfortable and confident on front and back -is comfortable and confident on front and back for 15m in deep water unaided.	
	-is comfortable in the water and can swim 25m on front and back	
	-is very confident and can swim in different styles over 50/75m continuously	

My child has eczema and needs to shower and apply prescribed creams or lotions:

Before swimming	
After swimming	

Signed _____

Child's Name _____ Class Dove



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ATINUM

2022/23 - 2023



