



ST. PATRICK'S CATHOLIC VOLUNTARY ACADEMY.

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Headteacher: Mrs T Lane

Wednesday 20th November 2019

Dear Parents and Carers,

SWIMMING FOR CLASS 5

Class 5 will be having swimming lessons at Portland Swimming Pool during the first half term after Christmas.

Swimming lessons form an important part of the National Physical Education Curriculum and we are delighted to offer the children in Class 5 these weekly lessons. It is expected that all children will take part in the swimming lessons, exemptions are not permitted unless we receive a Doctor's note confirming that due to health reasons, the child is unfit to take part in the swimming lessons until further notice.

Therefore, please ensure that your child brings his/her swimming costume and towel in a separate bag every Thursday.

The Nottingham Schools' Swimming Programme, of which we are part, have strict regulations regarding the safety of pupils during school swimming sessions. Please read these health and safety reminders carefully to allow us to keep your child safe during their swimming lessons.

Swimming Attire - *It is the responsibility of the school to ensure girls wear a one-piece swimming costume and boys wear swimming trunks or swimming shorts that are above the knee with no pockets.*

Jewellery - *Nottingham School Swimming operates a strict no jewellery policy.*

Goggles - *we recommend that pupils are taught to swim without the use of goggles. Children who swim frequently or whose eyes are susceptible to irritation may use their own goggles for swimming. Parents should hand in a signed consent letter to the school before the child uses their goggles in swimming lessons.*

Long hair – *this should either be tied back or worn under a hat. This is the same for boys and girls*

Medical Conditions – *please complete the attached form to inform us of any medical conditions (including asthma). Please note if your child uses an asthma reliever inhaler, they will not be allowed to go swimming unless they have it with them.*

Further information on these matters can be found in the Nottingham School Swimming - Safe Practice in School Swimming document, which is available at school on request

Please complete the attached consent form and return to your class teacher or the office no later than Friday 13th December 2019.

Thank you for your continuing support

Mr L Siddall
Year 5 Teacher