



Thursday 31st March 2022

Dear Parent/Carer,

Year 6 Swimming lessons

Your child will begin swimming lessons on Monday 25th April and they will have a 45-minute session every Monday afternoon until the end of the Summer Term (there will be no swimming sessions on Monday 2nd May and Monday 11th July).

We have hired a coach to take your child to Montsaye pool and a Level 2 experienced swimming teacher to oversee the lesson structure but your child's teacher and teaching assistant will also be there teaching.

We ask for a voluntary contribution to our coach costs of £2.00 per week this can be paid via SchoolMoney or by debit/credit card at the School Office.

In preparation we have written a handy checklist at the bottom of the letter, you could practise the skills during the Easter holidays.

We will focus on water confidence, personal safety around water, some lifesaving skills and the ultimate goal of swimming 25m in three different strokes but only when your child is ready.

It would really benefit us to know in if your child is anxious around water, has never been to a swimming pool or is already a competent club swimmer. We will have 3 differently focused groups within the sessions; so every child will receive tuition to match their need.

We will be asking your child to arrive at school in school uniform with their swimming kit in a bag.

Montsaye pool require all children to wear a swim hat, which you can purchase from the school office. School policy states that children should swim without goggles but we can give permission for a few children to wear goggles if they have a medical reason and have sent in a medical request letter. No jewellery will be worn; earrings must be removed for the safety of other pool users. Even though the children will be wearing a hat; it may be easier to come to school with their hair already tied back as its easier to put a hat on. If your child has a verruca they can still swim. You can purchase a verruca sock from a pharmacy, some sports shops or an internet supplier.

Growing together on our learning journey

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Swimming bag hints.

The children have very little time for changing, we have found that it's easier for your child if they have bag that fully opens, a bag for life is brilliant, a tote bag or something with a zip. draw string bags can get tangled. Inside the bag should be a towel, a swimsuit and a hat. They won't be showering with shower gel. They might want a hair brush. They need an extra plastic bag to pop their dry clothes in whilst in the water, which is hung on a peg in the changing room and then their wet swimwear can be placed in there afterwards.

Handy tips for preparation...

1. Visit a swimming pool for a fun session.
2. Have some fun timing your child getting dressed after a shower, what their best time! it will help them to be independent in the short time available, they could also practise showering in their swimsuit, getting dressed afterwards into their school uniform and packing their swim bag! It will help them to remember what they need to do. The changing rooms are small and they will need to be very organised, teachers stand just outside the changing rooms and do not enter the room to help until all of the children are fully dressed.
3. Supervise your child blowing bubbles in the sink, they could try to put their whole face in the water with their eyes open.
4. Have the water running over their face in the shower.
5. Practise putting their hat on, its best to hold it open on the forehead and put it on front to back then gather in all of the dangling hair at the back.

If you need any further information, please speak with or contact the class teacher, enquire at the office or contact Mrs Johnson via email parents@loatlands.pfschools.org.uk

Kind Regards
Mrs Johnson
PE Lead

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