



## School Swimming at Lobley Hill Primary School Parent Update: 05.9.2022

### We're getting ready for school swimming

Your child will soon be attending school swimming and water safety lessons. We take school swimming seriously and hope that you'll join us in encouraging your child to take part. Together we can ensure it is an enjoyable, memorable and valuable learning experience, which will result in them gaining an essential life skill.

#### **Dates for your diary**

Swimming will begin on Friday 16 September and will run every week until further notice. We have a range of year groups to 'catch-up' with swimming, therefore your child may not swim for the whole year.

#### **Timings**

We will leave school after lunch and swimming lessons will commence at 1.00pm for 6A and 1.45pm for 6B. The lessons will last 45 minutes each. Your child will be back at school before the end of the school day. Children are expected to wear **full school uniform**.

#### **Pool location and transport**

Lessons will take place at Dunston Leisure Pool. We will travel to and from the pool by coach.

#### **What to pack**

Please make sure your child has the following with them for swimming lessons:

- Appropriate swimming costume and goggles
- Swimming cap (optional but advised, if not long hair **must** be tied back)
- Wet bag for costume
- Drink
- Towel

#### **Setting expectations for your child**

We're a member of the Swim England School Swimming Charter, using the Swim England School Swimming Awards which your child will be working towards achieving. There are eight levels in total and each has a certificate and sticker for their swimming passport.

### **Costumes, caps, goggles and jewellery**

You must provide your child with suitable swimwear. This should be a one-piece swimming costume for girls or swimming trunk or 'jammers' for boys. If wearing swimming shorts (not advised) these must be above the knee. If there are religious or medical reasons requiring your child to wear full body suits or rash vests then this is allowed as long as they are designed for swimming, but please let us know.

Your child does not need to wear a Latex swimming cap during school swimming, but the pool does encourage this. These caps are worn for hygiene and health and safety reasons and we advise that they should be worn. Your child can no longer borrow a school swimming cap.

Goggles may be worn when practicing swimming techniques, but the teacher may ask the pupil to remove them for water safety skills.

For both caps and goggles, please practice with your child how to put them on. You can search online for videos on how to do this. To make it easier to put the swimming cap on it is helpful to use talcum powder to dry it out after each lesson.

Jewellery (including body piercing), religious artefacts and watches should ideally not be worn during the swimming lessons due to the risk of injury. If this will be an issue, please discuss with school.

### **Should my child still attend private swimming lessons?**

Don't give up on your regular swimming lessons once your child starts swimming lessons with school.

The national curriculum framework is designed to build water confidence and safety, rather than stroke technique.

We recommend you continue with your regular private lessons at the same time as the school swimming lessons. This is because your child will be taught more in-depth skills and techniques in private lessons. School lessons are also often larger groups and more mixed ability.

The aim of school swimming and water safety lessons during physical education, are to teach your child to be safe in and around water, with the emphasis on water safety. Regular lessons progress way past the minimum national curriculum requirements and continue their aquatic education towards an active and healthy future.

### **Further information**

If you have any concerns or queries, please see me at school for a chat, email me at [andrewbeattie@gateshead.gov.uk](mailto:andrewbeattie@gateshead.gov.uk) or call me during school hours on 0191 433 4080.

**Andrew Beattie**  
**Deputy Headteacher**