Dear Parent/Guardian,

I am delighted to inform you that this year your child will take part in the London Borough of Enfield School Swimming Programme, which is part of the National Curriculum.

Our swimming programme teaches children how to be safe in and around water as well as teaching them how to swim. The National Curriculum states: “All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively such as front crawl, backstroke and breaststroke and perform safe self-rescue in different water-based situations.”

We believe that swimming lessons should not only teach children the key skills they need to stay safe in the water but should also inspire children to swim more often to help them stay fit and healthy.

Your children will attend a programme for 10 weeks with 45 minutes in the water each session and will be taught by a team of fully-qualified professional swim instructors.

To enable your child to gain the most from their swimming lessons we require your support.

ENFIELD Council

Schools Traded Services
Enfield Civic Centre
Silver Street
Enfield, EN1 3XA

www.traded.enfield.gov.uk/TheHub

## What Should be Packed in Their Swimming Bag?

Your child should have one of the below to wear in the water:

One piece swimming costume:





Or one-piece thin material swim outfit with long sleeves and legs**: NO WETSUIT MATERIAL PERMITTED**



Swimming trunks or short-fitted shorts above the knee:



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## Other things they need

- A swimming hat if their hair is long or goes in their eyes when wet.
- Verruca socks, if needed.
- Towel.
- A separate bag within your child's school bag for their wet clothes and towel.
- Comb or Hairbrush.

## Other housekeeping

- Jewellery is not permitted to be worn in the swimming pool and should be left at home.
- Please ensure your child's clothing is clearly labelled.
- The use of goggles is not recommended and actively discouraged. Part of the programme is teaching children how to be safe and confident in and under the water. By not using goggles, this allows your child to grow their confidence. When they are more confident swimmers then they are accepted, however your child must be able to use their goggles unaided and the goggles must conform to British Safety Standards. If your child needs to wear goggles you will need to provide the school with a goggle permission slip.

## Medical Conditions and Illness

Please make sure your child's class teacher is aware of any medical conditions and also

ensure your child has the correct medication in school to support the conditions if

required.

## How to Help Your Child

As a parent/carer, you play a vital role in encouraging your child to swim and learn

about water safety, survival and lifesaving. Here are some things you can do:

- Talk to them to grow their water confidence.
- Go along to family fun swimming pool sessions in leisure centres.
- Talk about water safety know-how.
- Ensure they have what they need to make the most of the lessons.

We hope your child will both enjoy and benefit from the swimming programme.

Yours sincerely,

Schools Traded Services