

25th November 2025

Subject: Swimming Lessons - Year 4

Dear Parent/Carer(s),

Year 4 classes will be having their swimming lessons twice a week for the Spring term. These lessons will take place at Lewsey Farm Leisure Centre. The children will be walking the short distance both to and from the pool with school staff and the lessons will be provided by qualified swimming instructors. Swimming lessons will commence on **Thursday 8th January 2025 and will take place every Thursday and Friday until the end of term.**

Tawny Owl will have lessons on a Thursday and Kestrel class lessons will be on a Friday.

On the above dates your child will need to bring to school their **one-piece** swimming costume or swimming trunks (**no bikinis**) together with a towel. Please remember to put your child's name on all their belongings. The Leisure Centre has informed us that no goggles are permitted and all children with long hair will need a hat and a suitable hair band to tie it back. **All earrings must be removed at home before the lesson.**

We are asking for a small voluntary contribution of **£20.00 in total** to help cover some of the costs of hiring the pool, swimming instructors and lifeguards. If you are experiencing financial difficulty, please discuss this with us. Further information concerning assistance available is detailed in BEST's Charging & Remission Policy, which can be found on the academy website or hard copies are available from the academy.

The lessons will form part of the PE lesson each week. The National Curriculum states that: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Swimming lessons are statutory and are part of the school PE curriculum. Every child is expected to attend, as they would all other school lessons. If your child is unable to participate in the lessons a letter from the GP must be provided. Should a kit be forgotten then a spare kit will be available.

Please complete the permission slip and questionnaire attached and return to your child's class teacher or to the office via the school post box at the main reception. Paper copies of the letter and consent form can be obtained at the front office. Payment can be made by cash or if you prefer to pay by bank transfer please use the following: **St Christophers Fund Account A/C no 81050962 sort code 30-99-83.** Please return all forms and money **by Friday 05th December.**

It is essential that we receive your completed paperwork so that lessons can commence without delay.

Yours sincerely
Miss M Hayes
Head Teacher

PARENTAL CONSENT FORM

Details of Visit: Year 4 Swimming Lessons

Place: Lewsey Swimming Pool

Date: Thursday and Friday afternoons from 08/01/2025 for Spring Term

Activities to be undertaken: Walking to and from the swimming pool and the swimming lessons for the spring term.

Before signing this Consent Form, it is important that you understand:

- 1 That whilst the supervisory adults in charge of the group will take all reasonable care of the young person, neither they, nor the Authority, can necessarily be held liable in respect of loss of or damage to the property or injury suffered by the young person arising out of the educational visit or journey, unless such loss, damage or injury results from the negligence of St Christophers Academy, its employees or official volunteers, and
- 2 The extent and limitations of the insurance cover provided see Statement of Insurance (available as a separate document)
- 3 I agree to my child receiving medication as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present. In all cases every effort will be made to contact parents in the first instance so long as time allows.

CONSENT

Having read all the information provided, I agree to my child taking part in any or all of the activities described.

Name: _____ in class _____

may take part in swimming lessons at Lewsey swimming pool

on: _____

Signed: _____ Date: _____
Parent/Carer

Name of child: _____ Year Group: _____

Has your child been swimming before?	Yes/ No
Can your child swim unaided (without any floatation device)	Yes/No
If yes..... How often does your child swim? Circle as appropriate Annual Holiday / Regular social swimming / Weekly Lessons	
If your child attends lessons where do they attend?	
If yes what level?	
Can your child 'tread water'	Yes/No
Can they swim up to 10m?	Yes/ No
Can they swim up to 25m?	Yes/ No

Can they swim more than 25m?	Yes/ No
Can your child perform safe self-rescue in different water-based situations?	Yes/ No