

Dear Parent/Carer,

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 weekly 45 minutes in the water each week and will be taught by fully-qualified professional swim instructors.

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

What Should be Packed in Their Swimming Bag?

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

- One-piece swim suit with racer back



- One-piece swim outfit with long sleeves and legs



- Swimming trunks or short fitted shorts above the knee



- Racer Back Tankini



### 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 Hair brush

### Other House Keeping:

- 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.

### **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*

### **Cheryl Headon**

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