



All Saints Primary School Swimming September 2020



Dear Parents & Carers,

SWIMMING 2020

I am usually writing this letter in the Spring, in preparation for our much loved summer daily swimming lessons. Unfortunately, we had a very different summer term this year which meant our normal swimming couldn't take place, however I am VERY pleased to say that our swimming pool will be open, for this half term, to our children in Years 1 – 6 who will have missed out on their daily swimming learning last term. I am sure, like us, your child/children have been missing the water during the Covid-19 enforced closure of swimming pools.

We truly believe at All Saints that it is essential that every child learns to swim, especially to be water-safe. We believe that we should introduce our children to swimming early on so that they have the skill for their whole lives. This can help improve their overall physical and mental health too. The Government also recognises the importance of swimming and therefore, swimming is a compulsory element of the national curriculum. We are so thrilled to offer those children who missed out on this opportunity last half term to still have an opportunity to swim in school, even if it is only once a week.

We aim for every child to swim **once a week** within our school (in the final summer half term, we will revert back to ensuring all our children, including Reception class, swim daily), starting on **Monday 14th September 2020** and the last swimming lesson will be on **Thursday 22nd October 2020**. Please ensure you see below, when each class is swimming and what they will need in school for that day.

Covid-19

Despite being on the national curriculum, around one in five children leave primary school unable to swim. It is therefore incredibly important that children do not miss out on School Swimming and Water Safety lessons as a result of Covid-19. Rest assured, we have followed strict guidelines by Swim England to ensure the safety of all our children and staff at All Saints whilst using our swimming pool.

Voluntary Contribution

We will continue to ask for a voluntary contribution to ensure our pool remains open at All Saints in the summer term, however for this half term, we are **NOT** asking for a voluntary contribution and therefore your child will be swimming at no extra cost for our families.

Swimming Days

MONDAY – Years 5 and 6
TUESDAY – Years 1 and 2
THURSDAY – Years 3 and 4

Items

What your child will need in school on their swimming day:

- ◆ A one piece swimming costume or swimming trunks
- ◆ Swim hat (Swimming hats MUST be worn by all children)
- ◆ A towel
- ◆ A pair of flip flops (appropriate footwear MUST be worn on poolside)
- ◆ A waterproof plastic bag in which to carry this kit

Children who cannot yet swim will be provided with armbands.
Please ensure that all kit and items of clothing are clearly named.

Goggles

Swimming goggles SHOULD NOT be worn for school swimming by children in Years 1, 2, 3 and 4. Children are normally in the pool for a short period of time and we check the chlorine levels daily to ensure good water quality. Goggles can often distract children from the lesson. Also, it is essential that children become confident to put their faces underwater without them. Stronger swimmers in Years 5 and 6 can be expected to practise more sustained swimming as part of their lesson and goggles may be worn by these children if they wish. However, they are not an essential item and most children will not need them. The school cannot be responsible if goggles get damaged or lost. **If your child has a medical condition (any year group) and needs to wear goggles or ear plugs, please put this in writing to Mrs Regan and hand to your child's class teacher.**

Many thanks for taking the time to read this letter. If you do have any queries, please do not hesitate to ask Mr Roberts or myself. I certainly can't wait to see all the children in the pool next week – I am always so proud of the progress they make.

Yours sincerely,

Lisa Regan

Some statistics published by Swim England:

As assumed, the lockdown was incredibly disruptive for children and their physical activity – they are very reliant on places and spaces to be active. Below includes some key statistics highlighting the effects that the lockdown has had on their physical activity:

- 31% were less active than usual, 13% more active.
- 'Active' children dropped from 46.8% pre Covid-19 to 19% in lockdown.
- Just 19% of children under 16 were doing an hour or more (meeting CMO guidelines) of physical activity on a typical day.
- 'Less active' children rose from 29% to 43%.
- Around 43% of children under the age of 16 were reported to have been doing less than half an hour of physical activity a day".
- Most worryingly, 1 in 14 (7%) of children and young people were doing nothing at all to stay active in lockdown.