

Walton Priory Middle School

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3rd September 2024

Year 5 Swimming Information

Dear Parents/Carers

I am delighted to inform you that your child will be taking swimming lessons as part of their Year 5 Physical Education entitlement. Year 5 swimming takes place on a Monday during our 'Year 5 Competitive sports' afternoon. Two classes will travel each afternoon. They will leave school at 13:35 and start their lesson at Stone Leisure Centre at 14:05. The lesson finishes at 14:35 and we will return back to school before the end of the day. We will be walking to and from school to attend the swimming lessons. When your child's form is not on swimming, they will be taking part in the Games or Forest School (see separate letter). Swimming will start this Monday (9th September). The first two classes swimming are 5KW and 5RK.

Class Timetable:

Classes	Dates
5KW and 5RK	09.09.24 – 03.02.25
5EF and 5SC	10.02.25 – 14.07.25

The course aims to achieve the following objectives for your child:

- To develop water confidence and water safety skills
- To master basic stroke techniques
- To participate in enjoyable social activity
- To participate in activities, which can help improve health and fitness

The clothing requirements for the programme are as follow:

Girls: A one-piece swimming costume (no bikinis please), a swimming hat (optional) and a towel

Boys: A pair of trunks/shorts (no Bermuda or long sports shorts please as these can be dangerous), a swimming hat (optional) for long hair and a towel.

- The swimming costume, towel etc. should have a name tag clearly visible and be carried to school in a waterproof or plastic bag.
- No jewellery should be worn in the swimming pool. If possible, all jewellery should be left at home, as the swimming instructors cannot take responsibility for these items.
- The use of goggles is not recommended; though they may be necessary on medical grounds. Written parental consent is required if you would like your child to wear goggles.
- Pupils are to come to school in their PE kit on swimming lesson days.

MEDICAL CONDITIONS AND ILLNESS

- Please inform both the class teacher and the swimming instructor if your child suffers from any medical condition that may need extra supervision. It is advisable not to go swimming if your child has any contagious illness.
- If your child has a verruca they may still continue with their swimming, but will need to wear a plastic sock. These are available from most chemists or sports outfitters.
- Children with asthma should take their named inhalers onto the poolside and if necessary use them before the lesson. Swimming is one of the best forms of exercise for asthma as the air in the pool area contains high levels of moisture.

SAFETY AND HYGIENE

- Please can you ensure that your child is aware that the swimming pool can be a potentially dangerous area and the importance of adhering to all pool and school rules.
- If you have any queries or concerns about your child's swimming lessons please contact me and I will try and help you the best I can.

I hope that your child enjoys the swimming experience and benefits from learning this essential life skill.

Yours sincerely



Miss Woolliscroft
Head of Physical Education / Head of Year 7
Trips & Events Lead & Education Visits Coordinator