



Holy Souls RC Primary School

Wilworth Crescent, Blackburn

Lancashire BB1 8QN

Tel: (01254) 249892

Email: office@holysouls.blackburn.sch.uk

Website: www.holysouls.co.uk

Facebook: Holy Souls RC Primary School



Headteacher: Mrs Danielle Ellison

Chair of Governors: Miss Margaret Wells

Dear Parents/Carers,

YEAR 5 SWIMMING

In Year 5, the children will take part in a weekly swimming session. This session will take place every Friday morning, starting this week (13th September). Transport to and from school will be by coach.

As part of the PE curriculum, children at KS2 are required to achieve the following objectives:

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

CLOTHING REQUIREMENTS:

Girls: A one-piece swimming costume, a swimming hat and a towel put in a swimming bag.

Boys: A pair of swimming trunks/shorts (no long sports shorts please as these can be dangerous), a swimming hat for long hair, a towel, put in a swimming bag.

The swimming costume, towel, etc, should have a name tag clearly visible.

(It remains the policy that no jewellery should be worn in the swimming pool)

The use of goggles is not recommended; though they may be necessary on medical grounds. A form is available, if you require one, should your child need to wear goggles. The form should be given to me so that I can give it to the swimming instructor at the start of the swimming programme.

MEDICAL CONDITIONS AND ILLNESS

Please inform both the class teacher and the school office if your child suffers from any medical condition that may need extra supervision so that we can inform the swimming instructor.

If your child has a newly formed verruca, they may continue with their swimming but will need to wear a plastic sock. These are available from most chemists or sports outfitters. Older verrucas will need specialised treatment and further medical advice should be obtained.

Holy Souls School is a Roman Catholic Primary School in the Diocese of Salford and the Borough of Blackburn with Darwen





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Children with asthma will 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.

There are very few conditions, which prevent children from swimming and provided everyone concerned with the swimming lesson is fully informed about the problem; much can be done to ensure that children learn to swim with confidence in a safe environment.

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 the school office.

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

Yours sincerely

Miss N Smith

Year 5 Teacher

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