



Dear Parent / Guardian

They will be starting their swimming lessons at Waterworld Wrexham. The bus will be leaving school at around 10.15 and returning by lunch time.

Due to changes this year we will be asking for a contribution of **£9** for the 6 weeks (or weekly contribution of £1.50) towards the cost of the service.

Please read this leaflet to gain some valuable information regarding the lessons and what pupils will be expected to achieve by the end of primary school.

Swimming is a life skill. Being able to swim, allows your child to participate in a huge range of leisure activities throughout their life, encouraging a balanced and healthy lifestyle. In addition these, swimming skills could save their life as drowning is one of the leading causes of accidental death in the UK. Therefore it is imperative that you give your child the best opportunity to learn this valuable skill that they will have for the rest of their life.

### **What will my child be expected to achieve by the end of primary school?**

According to the National Curriculum:

‘Every child should be able to develop skills of water safety and swim unaided for a sustained period of time’

By assessing children against the criteria below, we are confident that every child in Wales will reach a minimum level of swimming, and will be safer if they ever get into difficulty in or around water.

### **Assessment Criteria**

- Being able to swim 25 metres wearing shorts and t-shirt, tread water for 30 seconds whilst demonstrating an action for getting help (shouting and waving) and then move into HELP (Heat Escape Lessening Position). All this must be performed without goggles.
- On a separate occasion, they will also be required to perform a shout and signal action in swimwear.

Children will be assessed against the criteria regardless of school year.

### How can I help my child?

- Ensure they attend the school swimming lessons
- Wear recommended swimwear:

<b>Boys</b>	<b>Girls</b>
<ul style="list-style-type: none"><li>• No long shorts (shorts to be above the knee)</li><li>• Tight swimming shorts are the easiest to swim in</li></ul>	<ul style="list-style-type: none"><li>• One piece costume – no bikini's / tankini's</li></ul>

- Remove any jewellery before school
- If they have long hair – tie it up, a “bun” would be best as it doesn't restrict their arm movement or fall over the face when they breathe. Alternatively they could wear a swim cap
- Go swimming during public sessions – over 8s are allowed in the pool with their friends. Look out for free swimming sessions
- Encourage them to swim without goggles – if they fell into a river would they be able to swim without them?
- Enrol them for swimming lessons at your local leisure centre

For more specific information on School Swimming please visit [www.nofioysgol.co.uk](http://www.nofioysgol.co.uk)

Mr Rhodri Jones