



The Firs

Lower School

Date 26/5/23

## Swimming At The Firs!

Dear Parents/carers,

We are very excited to be able to offer swimming sessions, run by 'Sporty Scholars' to children after half term. This is a great opportunity for your child/children to learn and develop their swimming skills, which we believe is a fundamental life skill.

### Key information:

- The temporary pool will be set up for 4 weeks after half term, under an awning on the KS2 playground and will be heated / covered.
- Swimming sessions will be offered to children YR - Y4 with taster sessions also offered to Saplings pupils attending on the days where Saplings sessions take place.
- Sessions will last half an hour.
- There will be a qualified Sporty Scholars instructor in the pool with the children and a Sporty Scholars lifeguard poolside.
- The school has devised a rota to provide staff / DBS checked parent volunteer support for changing and during swimming lessons.
- The school has worked with Sporty Scholars to ensure all appropriate health and safety arrangements are in place, as part of the risk assessment process.
- If your child has a verruca, then please ensure that they are properly covered, otherwise they will be unable to take part in the swimming lesson. If your child has a contagious skin condition or there is any other reason for which your child cannot take part in the swimming programme, then please notify the school beforehand.
- At the end of the swimming programme, your child will take part in a swimming assessment to measure their level of competence against our swimming pathway, equivalent to the government's swimming scheme.

Adam J.G Campbell (Headteacher)

The Firs Lower School • Station Road, Ampthill, Bedford MK45 2QR  
Telephone: (01525) 402735

Email: [office@firslower.org](mailto:office@firslower.org) • Web [www.firslower.co.uk](http://www.firslower.co.uk)



### **What children will need for sessions**

All swimming safety equipment will be provided; however, we require that all children please bring the following items:

- Fitted swimming shorts or trunks for boys
- Fitted one piece swimming costumes for girls
- Towel
- Dressing gown
- Swimming footwear (sliders, pool shoes, flip flops etc.)
- Swimming hat (please put a small amount of talcum powder inside the swimming hat if you wish, as this makes it easier to put the hat on)
- Swimming goggles (optional)

### **Behaviour**

To ensure children's safety, appropriate behaviour is critical. We shared the expectations of their behaviour with the children in an assembly on Wednesday. The expectations we have shared are:

- **Listen to instructions**
- **Be safe getting changed**
- **Be safe on the poolside**
- **Be safe in the water**
- **Use respectful behaviour at all times**

Please remind your child about these expectations and the fact that, as we shared with them on Wednesday, that if they break these rules, there will be a warning and if they repeat this behaviour in the next session, they will miss the next session.

### **When will my child's sessions be?**

We have devised a rota for the 4 weeks of swimming. Please see the swimming programme sent home with your child.

Yours sincerely,



Adam J.G. Campbell  
Headteacher