Haydon Abbey School and Pre-School
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16th November 2026

Dear Parents and Carers

4EW Swimming Lessons
Monday 11th January – Monday 22nd March 2027

We're excited to announce that your child will be participating in a swimming program in the Spring Term. We believe this is a valuable opportunity for all our students.

Why Should My Child Swim?

Learning to swim is an essential life skill. Beyond the obvious safety benefits, swimming provides excellent physical exercise, improving cardiovascular health, strength, and coordination. It's also a fantastic way for children to build confidence and develop discipline in a fun and supportive environment. This program aligns with the National Curriculum, ensuring your child receives a comprehensive and safe introduction to swimming.

By the time a child is ready to leave primary school they should be able to swim, know how to get out of trouble if they fall into the water, know the dangers of water and understand how to stay safe when playing in and around it. This includes understanding and adhering to national and local water safety advice, being able to use appropriate survival and self-rescue skills if they unintentionally fall in or get into difficulty in the water, and knowing what to do if others get into trouble. The reasons we believe School Swimming to be so important include:

- It teaches pupils how to safely have fun in the water with family and friends.
- Water safety is an essential life-saving skill.
- Swimming provides numerous physical and mental health benefits throughout a pupil's life.
- Knowing how to swim confidently provides access to many other water-related activities and careers.
- Learning about water safety in different water environments and situations is vital to staying safe in and around water.

Where Are They Going?

Your child will be attending a **10 week swimming program every Monday afternoon, of 1 hour lessons, commencing Monday 11th January to Monday 22nd March**. School staff will be accompanying your child to their School Swimming lesson at **Aquavale**. We will be travelling by coach and happy to confirm that Haydon Abbey are in a fortunate position of being able to fully subsidise these lessons.

Level 2 Swimming Teachers from Aquavale will be taking the lessons. In addition to Level 2 Swimming Teachers, accompanying School Staff have also undertaken training in National Curriculum Swimming so they are able to work in partnership and support the School Swimming lessons – this enables high quality lessons through Swimming Specialism alongside National Curriculum knowledge.

Within a class, pupils are likely to hold a range of abilities in these areas. Regardless of prior swimming experience, it is important to ensure all pupils are offered the same lessons initially to provide consistency. This is particularly important with regard to the water safety lessons as this is an area which can never be over-taught. Swim England have launched a Water Safety Code.

Why Do We Have to Pay?

To help cover the increasing costs associated with transporting students to and from the swimming centre, there will be a small charge of **£3 per child** each week to help with transportation costs. This contribution is vital in allowing us to continue offering this important activity. We strive to keep costs as low as possible for families, and this small fee helps us manage the rising expenses of fuel and coach hire. This payment must be made via your **Eduspot App, School Money, Payments, 4EW Swimming Coach Fees.**

What Should They Wear?

Please provide your child with a waterproof kit bag containing the following items:

- **Suitable swimwear**
- **Towel**
- **Swim hat with their name written on it** (a Sharpie or any other alternative permanent pen will do)
- **Plastic bag** for wet clothes to be placed in

Whilst they are not considered to be essential, we recognise that children who swim frequently or whose eyes are susceptible to irritation may prefer to use goggles for swimming. We strongly recommend that you read the manufacturer's instructions for putting them on and taking them off to ensure proper protection of eyes from impact damage. Please ensure that goggles are of a good quality. Goggles should be British Standard Institution (BSI) Goggles which include makes such as Speedo or Zoggs. Instructions on the package will advise on the correct way to put them on and take them off. Please note that on occasions your child will be asked to remove their goggles in order to safely perform certain aquatic activities such as Water Safety.

If you would like your child to wear goggles, please indicate this on the attached Google Form:

https://forms.gle/AKHyf1b9CxPCwsKo6

The children **must wear a swimming hat during the sessions**. These can be purchased from the school for £2.20. Please indicate on the form if you wish to purchase one, or alternatively, you can provide one yourself. Hats will be issued on the day of their first lesson.

We ask everyone to complete the Google Form by **this Friday, 20th November.**

We hope your child enjoys their School Swimming lessons.

Yours faithfully

Miss Ferdinand

Headteacher