



## Swimming Brochure

# Burnley Brow Community School

Dear Parents and Carers,

During their time in Year 4, your child will go to Chadderton Pool for swimming lessons. 4B will attend every Friday afternoon from September until February half-term. Every class swims for approximately 45 minutes each week. Children are accompanied by their class teacher and support teacher and arrive back to school in time for the end of the school day.

The children walk to and from the pool wearing hi-vis jackets and are accompanied by Burnley Brow staff at all times.

## Swimming Kit

Please ensure your child brings their swimming kit to school on their swimming day.



Swimming trunks should be close-fitting trunks, **not shorts**. Long, baggy shorts can be unsafe.



Swimming costumes should be one-piece costumes.

Swimming caps will be given to children that have long hair– these should then be brought in their kit and worn each week.

It is important that the children bring with them a towel large enough that they can dry themselves properly. Jewellery of any kind is removed before entering the pool. Children are not allowed to wear goggles.

We have a few swimming kits in school to lend in an emergency, but obviously it is better that children remember to bring their own kit, rather than borrowing one.

Children are only allowed to miss swimming due to a serious injury or an illness which prevents them from swimming– not colds or minor illnesses.

**Generally, if children are well enough to be in school, they are well enough to go swimming.**

Exercise is essential for growing children. It helps develop a healthy heart, lungs and bones.

Because the Government recognises that swimming is an excellent and extremely safe form of exercise for young people, it is law that swimming should be part of the school's Physical Education curriculum, and lessons are delivered by experienced, qualified, swimming teachers.

Children do not catch coughs, colds or chest infections by going in the water. These infections are caused by germs which live in the air.

Please encourage your child to be enthusiastic about swimming. It is an important skill that can save their life, and can be an extremely enjoyable part of their education.

If children appear to be tired after going swimming, this is a good sign, which shows they have worked hard during the lesson.

If you have any concerns about swimming lessons, please come into school and discuss them with your child's teacher.