17 November 2023

Dear Parents and Carers,

In weeks 8 and 9 we will be running a **free** learn to swim program. The program will be delivered by FitXP, it aims to develop water confidence and provide students with basic skills in water safety and survival. For those students who can swim confidently there will be a focus on stroke development and fitness. The class teachers will supervise and support students throughout the lessons.

The program will be conducted over six sessions, each session will run for 45 minutes. Different grades will attend throughout the morning from 10am.

Dates and Times:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Day/Date | 10:00am | 11:00am | 12:00pm |
| Week 8 | Monday 27 November  Tuesday 28 November  Thursday 30 November | Kindergarten (Kindergarten students from K/1M, KJ and KE) | Year 1 (Year 1 students from K/1M, 1R and 1K) | Year 2 (2P and 2H) |
| Week 9 | Monday 4 December  Tuesday 5 December  Thursday 7 December | Kindergarten (Kindergarten students from K/1M, KJ and KE) | Year 1 (Year 1 students from K/1M, 1R and 1K) | Year 2 (2P and 2H) |

Each child should bring the following items in a separate bag to their school bag. All items including clothing must be clearly labelled, including the bag.

* Swimming costume (if students wear their swim wear to school, they will need to remember to pack underwear.)
* Towel
* Water bottle
* Swimming goggles
* A swimming cap is preferred to keep long hair out of eyes and caught in goggles. Long hair needs to be tied back.

Students will all be assessed at the start of the swim and water safety program, and we will use the beginner shallow pool for those students who cannot swim.

Regards,



Rebecca Ingram - Principal

*Please return the attached permission slip to your child’s class teacher by* ***Friday 24 November*** *and indicate the level of swimming and water proficiency your child has. If your child has a fear of water and will require specific support and encouragement to participate, please indicate in your response.*

**SCHOOL SWIMMING AND WATER SAFETY PROGRAM CONSENT FORM**

I hereby consent to the attendance of my son/daughter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Name of student)

at the School Swimming Program. Classes will be held at Peakhurst West PS Swimming Pool on:

Monday 27 November, Tuesday 28 November, Thursday 30 November

Monday 4 December, Tuesday 5 December, Thursday 7 December

Declarations by parent/carer

1. In relation to the proposed swimming activities, I advise that my child is a (mark 1 box only):

**Non-swimmer**: My child is not able to swim.

**Weak swimmer**: My child is not a confident swimmer or is not comfortable in the water.

**Average swimmer**: My child is a reasonable swimmer but not confident in deep water. 

**Strong swimmer**: My child is a strong swimmer and is very confident in deep water. 

2. I have completed the above information regarding swimming activities.

(Mark one box only and leave the other one blank.)

I consent to my child participating in the swimming activities.

I do not consent to my child participating in the swimming activities.

My child has special needs that you should be aware of (e.g. allergies, sensory impairment, anxiety, fear of water). These are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In the event of injury or illness, I also authorise (on my behalf) the seeking of such medical

assistance that my child may require.

Parent’s signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_