



Oakwood

Primary School

Achieving Excellence Together

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Dear Parents

Countdown to Year 2 Swimming Programme

In June this year, all children in Year 2 will be swimming at Oaklands Pool as part of our PE curriculum. (All children also have further swimming lessons in Year 5.)

The programme is taught by qualified coaches and comprises five sessions over a month. It's also fully funded by the school, so there is no cost to you beyond making sure your children have swimming gear and a towel.

We will provide more details nearer the time.

Your child may already be very confident in water, but we are writing now so that you can consider taking your child swimming a few times before June. This could help them make the most of the school-based sessions if they are not so confident in water. (It also helps them get themselves changed and dried and dressed!)

[Oaklands Pool](#) offers cheap fun sessions for children as do many of the other local pools. We've also attached their price list for more formal lessons.

We don't want children to be worried or anxious, because being able to keep yourself safe in water is a vital life skill. A few fun sessions in advance of the swimming lessons in June could make all the difference.

Many thanks

Ian Taylor
Headteacher

PTO for information about the importance of **Learning to Swim**



Why your child should learn to swim

Reasons why your child should [learn to swim](#) are many and varied. You need to give your child the chance to learn to swim.

The most important reason is that swimming is the only sport which can save your child's life.

Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

Other reasons why your child should learn to swim:

Swimming is lots of fun for people of all ages and children especially love getting in the water and enjoying themselves.

But it is not just fun, swimming also provides lots of health benefits which can help to keep your children healthy and happy at the same time:

- Swimming keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture
- Another great thing about swimming is that children of any age or ability can take part and it is more accessible for children with additional needs than almost any other sport.
- Swimming provides challenges and rewards accomplishments, which helps children to become self-confident and believe in their abilities
- Your child will have plenty of opportunities to make friends and grow in confidence
- But health, fun, and confidence are not the only reasons why your child should learn to swim. Learning to swim also opens up the door to a range of other activities.

