



Head: Mrs Jennifer Roberts
BA (Hons) Pri Ed, NPQH.

Friday 12th September 2025

Dear Parents and Carers,

I hope our year 1-6 children have had a wonderful time during their first swimming lesson of the academic year at Rayleigh Primary School. As was the case in the last academic year, the aim is for all children from year 1 to year 6 to swim weekly. The sessions are held in our heated pool, with warm and comfortable changing facilities. Swimming is a vital life skill and a statutory element of the National Curriculum in England. Participation is compulsory, just like any other subject, unless your child has a legitimate reason not to participate.

Legitimate Reasons a Child May Be Excused

To ensure consistency, a child will only be excused from swimming if:

- They have a medical condition supported by a note from a doctor.
- They are recovering from a contagious illness (e.g., chickenpox).
- They have sustained an injury that prevents safe participation (e.g., a broken limb).

Please note that minor issues such as a cough, a mild cold, or a grazed knee are generally not sufficient reasons to excuse your child from swimming.

Common Myths and Facts About Swimming

We'd also like to address some common myths that may discourage participation:

- **Asthma:** Many people believe asthma is a reason to avoid swimming, but research shows swimming is one of the best activities for children with asthma. The warm, humid air around the pool can help improve lung function.
- **Colds:** Swimming does not worsen minor colds. In fact, regular exercise, including swimming, supports overall health and strengthens the immune system.
- **Temperature Concerns:** Our pool is heated to a comfortable temperature year-round, making swimming safe even during colder months.



Love Lane, Rayleigh Essex SS6 7DD Tel: 01268 775712

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This valuable initiative aims to enhance our pupils' water safety skills and overall fitness, in accordance with the National Curriculum expectations. We are passionate that swimming is a vital part of the curriculum for several reasons:

- **Safety:** Knowing how to swim can save lives.
- **Health:** Swimming is excellent exercise, promoting physical fitness and overall well-being.
- **Skills:** It helps in developing coordination, balance, and strength.
- **Confidence:** Learning to swim can boost a child's confidence and self-esteem.

Staffing

We have two swimming teachers, Mrs Pollard and Miss Letch, who will be guiding our children through their lessons. This initiative is part of our commitment to: **Preparing learners for the world that awaits.**

Facilities

We want to assure you that the air temperature, as well as the pool itself, is heated. Therefore, despite the time of year, our children swim comfortably. For those who may feel a bit nervous in the water, rest assured that our dedicated swimming teachers are right there with them, providing support and encouragement to help boost their confidence. Please check out our new [video of the pool](#) which is on our school website.

Swimming attire

Please ensure that your child has the appropriate swimming attire ready for the lessons. This must include a swimming costume (shorts or costume- two piece allowed) and a swim hat, which can be purchased from the school office, and a towel. Goggles are optional; please send a pair if your child wishes to wear them. We recommend that all items are clearly labelled with your child's name to prevent any mix-ups. If there are any problems sourcing a kit, please let us know and we will do our best to support you.



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Earrings

If your child has their ears pierced please ensure earrings are removed before they swim. If this is not possible a waiver form will need to be completed which can be obtained from the school office.

Voluntary Contribution

To support the ongoing costs of maintaining the pool, we ask for a **voluntary contribution of £12.00 a term per child**. Payment can be made via School Money. This is a modest fee that ensures we can continue to offer this valuable activity to our students on our site. We aim to swim as much as possible.

Swimming Days:

Year 1	Jet	Thursday
Year 1	Diamond	Friday
Year 2	Sapphire	Thursday
Year 2	Emerald	Friday
Year 3	Jade	Wednesday
Year 3	Opal	Wednesday
Year 4	Amber	Tuesday
Year 4	Moonstone	Tuesday
Year 5	Onyx	Monday
Year 5	Aquamarine	Monday
Year 6	Amethyst	Friday
Year 6	Beryl	Thursday



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Our pupils will still have two PE lessons and these can be found on our [school website](#).

We look forward to a successful swimming term and appreciate your involvement in enriching your child's educational experience.

Warm regards,

Mr Leeman

Assistant Head Teacher



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