

Infant & Nursery School
 School Lane, Chalfont St Giles,
 Buckinghamshire, HP8 4JJ.
 Tel: 01494 872160
infantoffice@csgvillageschool.org



Junior School
 Parsonage Rd, Chalfont St. Giles,
 Buckinghamshire HP8 4JW
 Tel: 01494 873090
junioroffice@csgvillageschool.org

Chalfont St Giles Village School

Headteacher: Mr A Haywood
 Website: www.csgvillageschool.org

26th January 2026

Dear Parent/Carer,

In the Spring term, Maple Class will be taking part in the Statutory School Swimming Programme as part of National Curriculum Physical Education. 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.

Swimming is effectively 'Wet PE'. As such, in addition to the above, our aim is for pupils to be physically active during their School Swimming lesson and have opportunities to:

- Engage in competitive situations (both against themselves and others) and co-operative physical activities,
- Communicate, collaborate and compete with each other,
- Develop an understanding of how to improve; learn how to evaluate and recognise their own success.

Maple class will swim for thirty minutes every Wednesday afternoon for fifteen weeks, commencing 4th March 2026. Please find the dates below. School Staff will be accompanying your son/daughter to their School Swimming lesson at the Chiltern Lifestyle Centre, Amersham. They will be travelling by coach to these lessons.

	Date	Notes
1	4 th Mar 2026	Maple Class
2	11 th Mar 2026	Maple Class
3	18 th Mar 2026	Maple Class
4	26 th Mar 2026	Maple Class
5	15 th Apr 2026	Maple Class
6	22 nd Apr 2026	Maple Class
7	29 th Apr 2026	Maple Class
8	6 th May 2026	Maple Class
9	13 th May 2026	Maple Class
10	20 th May 2026	Maple Class
11	3 rd June 2026	Maple Class
12	10 th June 2026	Maple Class
13	17 th June 2026	Maple Class
14	24 th June 2026	Maple Class
15	1 st July 2026	Maple Class

*Due to the costs involved we are asking for a voluntary contribution of **£128.20** per child from parents. This is the total cost of the 15 week programme and equates to a charge of £8.55 per week. Unfortunately refunds for weeks when children are unable to swim will not be possible.*

Please pay and give consent by the school's online payment system at the start of the Autumn term. There will be an option to pay in two instalments, one instalment by 25th February and the second payment by 24th April. If you are unable to access



online payment system, please complete the consent below and return to the School Office with your contribution of £128.20 as one payment in cash or cheque payable to "Chalfont St Giles Junior School".

Level 2 Swimming Teachers from Everyone Active 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.

Your son/daughter will be taught the following skills and strokes in different water-related contexts:

- how to enter and exit the water,
- floatation,
- submerging,
- rotating from back to front and front to back and regaining an upright position,
- pushing and gliding and an understanding of streamlining,
- aquatic breathing,
- moving effectively and efficiently through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl, breaststroke, side stroke,
- swimming longer distances and for increasing amounts of time,
- using swimming skills and strokes for different purposes such as water polo and synchronised swimming,
- survival and self-rescue skills: treading water, Heat Escape Lessening Position (HELP) and Huddle positions, floating and resting in the water, attracting attention, sculling and swimming in clothes/buoyancy aids,
- water safety: knowledge and understanding of different water environments, how to stay safe when playing in and around water including recognising flags and warning signs and understanding national and local water safety advice,
- what to do if others get into difficulties: stay safe: shout, signal; throw, do not go into the water; raising the alarm 999,
- play competitive games such as water polo and apply basic principles suitable for attacking and defending.

Within a class or year group, 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.

Please provide your son/daughter with a waterproof kit bag with the following items:

- Suitable swimwear
- Towel
- Swim cap (for those with longer hair –Chiltern Lifestyle Centre guidelines)

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. They may help maintain the required body position and improve vision through the water. Therefore, parents may request that their child uses goggles during the lessons. I should inform you that it is your responsibility as a parent, to teach your child to put on and take off goggles in the correct and safe fashion. Our advice would be to read the manufacturer's instructions for putting them on and taking them off. This is important to ensure protection of eyes from impact damage through stretching the eyepieces away from the face with wet fingers.

Please ensure that goggles are of a good quality. Goggles should be British Standard Institution (BSI) Goggles which includes makes such as Speedo or Zoggs, which will include instruction on the package for the correct way to put them on and take them off. You should be aware that on occasions your child will be asked to remove their goggles in order to safely perform certain aquatic activities such as Water Safety or Water Polo.

If you would like your son/daughter to wear goggles please complete the attached form. This also requests any information you may be able to provide us with regarding previous swimming experience. The first swimming lesson will always include a full health and safety brief, where your son/daughter will be assessed in shallow water.

I hope your son/daughter enjoys their School Swimming lessons.

Yours faithfully,



Mr A Haywood
Headteacher



Parental School Swimming Information & Consent Form

PLEASE RETURN THE CONSENT AND INFORMATION FORM TO THE SCHOOL OFFICE BY
Wednesday 25th February 2026 LATEST

I give my permission forof Maple Class to attend the swimming sessions at the Chiltern Lifestyle Centre during the Spring term and enclose a contribution (*cash or chq*) of £128.20 towards the costs of the pool hire, lessons and the coach.

Signed: Date:

Parent/Guardian

Parental School Swimming Information

Please complete and return this brief survey before your child's swimming lessons start.

Pupil's Name		
My son/daughter is currently having swimming lessons	Yes	No
My son/daughter has previously had swimming lessons	Yes	No
My son/daughter swims regularly	Yes	No
Swimming ability: please provide details about how far your son/daughter can currently swim (in metres). If they have lessons, please let us know which stage they are currently swim at?	Metres: Stage:	
Please indicate here if your son/daughter is a non-swimmer or lacks confidence in the water	Non-swimmer	Lacks confidence
Please indicate if you give permission for your son/daughter to wear goggles. By giving consent you are agreeing to the terms stated in the accompanying letter	Sign for permission	
If any medical conditions have changed, please include details below:		

