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Woodlands Primary School

Reference: 37 / 2018

13 February 2018

Dear Parents/Guardians,

PRIMARY 3 SWIMSAFER PROGRAMME

Our school has been implementing the MCYS-MOE SwimSafer Programme for all Primary 3 pupils since 2010. The SwimSafer Programme was initiated by the National Water Safety Council, in collaboration with the Singapore Sports Council. The six-stage progressive programme will help children of all ages and abilities develop water safety and swimming skills at their own pace through a positive and fun learning experience.

2 All Primary 3 pupils without any SwimSafer Stage One certification are **strongly encouraged** to participate in this programme. The objectives of the SwimSafer Stage One Programme are for your child/ward to gain confidence and develop independence in the water, as well as learn general and deep-end water safety. Techniques taught include forward and backward movement, safe entry and exit, and introduction to personal water survival skills.

3 The 8 swimming lessons will commence according to the schedule (Annex A). The duration of each lesson is 90 minutes. It will be conducted outside the curriculum hours by qualified swimming coaches at Woodlands Swimming Complex. Below shows the itinerary of a swimming session:

2.30 pm	Attendance-taking in school
2.45 pm	Depart for Woodlands Swimming Complex
3.00 pm	Swimming lesson starts
4.30 pm	Swimming lesson ends
4.45 pm	Depart for Woodlands Primary School
5.00 pm	Dismiss from Woodlands Primary School

4 Teachers will accompany them to and fro the swimming complex. The swimming schedule (Annex A) is attached for your reference. Please refer to "Procedures and Things to Bring" (Annex B) for more information.

5 The cost of the programme including entrance and transport fees is fully subsidized by the school. Please ensure the attendance of your child/ward for all swimming lessons. Your child/ward will need to produce a medical certificate or a letter from parent/guardian to the teachers-in-charge on the following session in the event if he/she is sick and not able to turn up.

6 Should you need further information, contact Ms Chua Min Li at 6269 7410.

7 Please submit the completed **Reply Slip** and **Pupil's Activity Readiness Questionnaire** to the form teacher by 20 February 2018. We look forward to your child/ward's participation.

Yours sincerely,

Winnie Tan (Ms)
Principal

Annex A

PRIMARY 3 SWIMSAFER PROGRAMME – TERM 2 SCHEDULE

CLASSES	PAS 1 & PAS 2		
Term / Week	Date	Day	Lessons / Remarks
Term 2 / Week 2	26/03/18	Monday	Lesson 1
Term 2 / Week 3	02/04/18	Monday	Lesson 2
Term 2 / Week 4	09/04/18	Monday	Lesson 3
Term 2 / Week 5	16/04/18	Monday	Lesson 4
Term 2 / Week 6	23/04/18	Monday	Lesson 5
Term 2 / Week 7	30/04/18	Monday	Lesson 6
Term 2 / Week 8	07/05/18	Monday	No Lesson – SA 1 Exam
Term 2 / Week 9	14/05/18	Monday	Lesson 7
Term 2 / Week 10	21/05/18	Monday	Lesson 8

CLASSES	PAS 3 & PAS 4		
Term / Week	Date	Day	Lessons / Remarks
Term 2 / Week 1	22/03/18	Thursday	Lesson 1
Term 2 / Week 2	29/03/18	Thursday	Lesson 2
Term 2 / Week 3	05/04/18	Thursday	Lesson 3
Term 2 / Week 4	12/04/18	Thursday	Lesson 4
Term 2 / Week 5	19/04/18	Thursday	Lesson 5
Term 2 / Week 6	26/04/18	Thursday	Lesson 6
Term 2 / Week 7	03/05/18	Thursday	Lesson 7
Term 2 / Week 8	10/05/18	Thursday	No Lesson – SA 1 Exam
Term 2 / Week 9	17/05/18	Thursday	Lesson 8

PRIMARY 3 SWIMSAFER PROGRAMME – TERM 3 SCHEDULE

CLASSES	PAS 5, PAS 6A, PAS 6B		
Term / Week	Date	Day	Lessons / Remarks
Term 3 / Week 3	09/07/18	Monday	Lesson 1
Term 3 / Week 4	16/07/18	Monday	Lesson 2
Term 3 / Week 5	23/07/18	Monday	Lesson 3
Term 3 / Week 6	30/07/18	Monday	Lesson 4
Term 3 / Week 7	06/08/18	Monday	Lesson 5
Term 3 / Week 8	13/08/18	Monday	Lesson 6
Term 3 / Week 9	20/08/18	Monday	Lesson 7
Term 3 / Week 10	27/08/18	Monday	Lesson 8

Annex B

PROCEDURES AND THINGS TO BRING

This is to inform you the procedures and things to bring for swimming lessons.

Time	Activity	Remarks
2.30 p.m.	▪ Attendance-taking in school	▪ Pupils who do not return home prior to the swimming lessons will put their school bags in a classroom and bring along their swimming bags to the swimming pool. ▪ Pupils are allowed to wear their slippers and PE attire over their swimming attire. ▪ Pupils are not allowed to wear slippers during curriculum hours.
2.45 p.m.	▪ Depart for Woodlands Swimming Complex	▪ Pupils who are not taking transportation from school are to report at Woodlands Swimming Complex by 2.55 p.m.
3.00 p.m.	▪ Swimming lessons	▪ Pupils will swim for 90 minutes.
4.30 p.m.	▪ Shower	▪ Pupils will have a quick rinse after the swimming lessons.
4.45 p.m.	▪ Depart for Woodlands Primary School	▪ Pupils who are not taking transportation from Woodlands Swimming Complex will be dismissed at 4.45 p.m. after attendance is taken. However, pupils will be brought back to school if parent or guardian is late in fetching the child after the lesson.
5.00 p.m.	▪ Dismiss from Woodlands Primary School	▪ Pupils will return to school, collect their school bags and be dismissed from school.

Please pack the following items into **1 small bag**.

- Swimming attire
- Swimming cap (pupils will receive it in the first lesson)
- Goggles
- Towel
- Toiletries (shampoo, shower foam, etc)
- Comb
- Undergarments
- 1 plastic bag for all wet stuff
- Slippers
- Sunblock (to be applied prior to the lesson before departure)

Reply Slip – Part 1

(to be returned to the form teacher by 20 February 2018)

PRIMARY 3 SWIMSAFER PROGRAMME

I, parent/guardian* of _____ from P3 Passion _____, have taken note of the information given on the letter dated 13 February 2018.

1) Participation - Please tick only **one** option.

- My child/ward* **has not obtained** SwimSafer Stage One Certification. I **allow** my child/ward* to participate in the Primary 3 SwimSafer Programme.
- My child/ward* **has not obtained** SwimSafer Stage One Certification. I **do not allow** my child/ward* to participate in the Primary 3 SwimSafer Programme.
- My child/ward* **has obtained** SwimSafer Stage One Certification and he/she **will not be** participating in the Primary 3 SwimSafer Programme.

2) Transportation Arrangement – Please tick **one** option if your child/ward is taking part in the Primary 3 SwimSafer Programme

- My child/ward* will be taking the bus – both directions.
- My child/ward* will be taking the bus – single direction from school to Woodlands Swimming Complex. (Note: Pupil will be brought back to school if parent or guardian is late in fetching the child after the lesson.)
- My child/ward* will be taking the bus – single direction from Woodlands Swimming Complex to school.
- My child/ward* will not be taking the bus.

3) Volunteer as Parent Chaperon – Please tick if you wish to volunteer

- I would like to volunteer myself as a Parent Chaperon for the 8 swimming lessons which my child/ward* is participating in. (More information will be given at a later date.)

Name of Parent/Guardian* : _____
Signature : _____
Date : _____
Contact No. : _____ (Home)
 : _____ (Office)
 : _____ (HP)

**Please delete appropriately*

Pupil's Activity Readiness Questionnaire – Part 2

(to be returned to the form teacher by 20 February 2018
only if your child is participating in the P3 SwimSafer Programme)

Name of Pupil: _____

Class: 3 Passion _____

No.	Question	Please circle	<i>If yes, please specify condition</i>
1	Has your child/ward* ever had any injury, illness, back or joint condition that may be aggravated by vigorous exercises or activities?	Y / N	
2	Has your child/ward* ever had: Arthritis, Asthma, Diabetes, Epilepsy, Hernia, dizziness, or circulatory problems?	Y / N	
3	Has your child/ward* ever had a heart condition, high blood pressure, rheumatic fever, stroke, high cholesterol, palpitations, murmurs, pains in the chest?	Y / N	
4	Is your child/ward* currently taking any prescribed medication?	Y / N	
5	Is there any other condition that might be reason to modify/restrict your child/ward's participation in this programme?	Y / N	
6	Does your child/ward* have a special dietary requirement?	Y / N	

If you ticked 'YES' to any of the above, please check with your doctor before participating.

**Please delete appropriately*