

Dear Parents

It has been brought to my attention that a number of children are not participating in swimming lessons, citing the colder weather as justification.

The following comments on the matter were offered by the school nurse:

Whilst the temperature has recently plummeted to 17 degrees centigrade, this can in no way be considered prohibitive. In addition, the water in the pool is heated and as the pool area and classrooms are also heated, children are not exposed to vast changes in temperatures.

Swimming is an excellent form of exercise as it involves the use of all muscle groups without the risk of strain to muscles and joints. It also encourages deep breathing and subsequently an improvement in lung capacity.

However, children who are suffering from ear infections or sinusitis should not swim until the infections have cleared.

Please ensure that any notes excusing children from swimming lessons are supported by an appropriate 'doctor's note'. Children without such a note will be provided with a swimming kit to enable them to participate in lessons.

Thank you for your cooperation in this matter.

Yours sincerely

Graham McInroy

Deputy Headteacher