



BROOKSIDE PRIMARY SCHOOL

Rostherne Avenue, Great Sutton, Cheshire, CH66 2EE

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Headteacher – Mr D Orme BA (Hons) NPQH Deputy Head – Ms J Smith B Ed (Hons) NPQSL

"Happy and Successful in Everything we Do!"

Dear Parents/Carers

YEAR 4 SWIMMING - WEDNESDAY 7th DECEMBER 2022

As part of your child's swimming lessons in Year 4 we are holding a Pyjama Week. Whilst getting in the swimming pool whilst wearing pyjamas is great experience, it is more than just having fun.

Most water based accidents will happen while your child is fully clothed. Being fully clothed in water is a strange experience and one which makes swimming very difficult - your clothes weigh you down, they make it harder to move through the water.

By swimming in our pyjamas, we are normalising this for our children hopefully removing some of the unfamiliarity should they ever find themselves in water unexpectedly. Teaching them to swim in their clothes as part of a fun and familiar swimming lesson gives them a head start should the worst happen. Some children may also be taught what to do if they see someone else in trouble.

Children will need to wear short or long sleeve pyjamas over their swimming kits.

A top tip is to bring a plastic bag for the wet pyjamas as they make bags and towels VERY wet.

If you have any questions about the session, please feel free to contact me via the school office or by email c.kendal@brookside.cheshire.sch.uk

Yours sincerely

Ms C Kendal

