



## Prep Swimming Handy Tips



29<sup>th</sup> November 2017

Dear Parents,

Next week, the Preps will partake in our Swimming Program. We have had numerous queries relating to the logistics or activities within the program and hope that this note will provide you with more information and allay any concerns you may still have, as well as some helpful tips.

**\*\* All students need to wear their school uniform and school shoes to school BUT should *wear their bathers underneath.* \*\***

### What to Bring Each Day:

- A water proof bag (not a schoolbag)
- **Underwear**
- Swimming Cap and Goggles (if you have them)
- Towel
- Hairbrush (if you wish)
- Pack a spare set of socks in child's school bag ( not swimming bag) as socks somehow tend to get soaked in the changing process.

**\*\*\* IMPORTANT!!! Please name EVERYTHING if you would like it returned to you!**

- It is a legal requirement that all children travel to and from the pools on the school bus.
- If your child is in 001, 002 or 005, we will be leaving on the buses **promptly** at 9am. Please aim to **arrive at school no later than 8:50am** and bring/send your child to their classroom so their teacher can mark the roll etc. and get them on the bus ready to go.
- Change Rooms: while we would normally love all hands on deck, the only parents that we can allow into the change rooms will be those that have a current Working With Children's Check on file at school and have returned their helper note and have been allocated a specific day/time to assist.
- Girls should wear their hair tied back in a plait (to save tears from knots).

### Other helpful hints:

- Pack the swimming bag with your child so they know its contents well, and encourage them to practise dressing and undressing themselves as quickly as possible.
- *It is normal for some children to be experiencing some nerves about getting in the pool.* However, please reassure your child that their swimming instructor is extremely experienced, the depth of the water will be only chest height, and of course, their teacher will be there to watch out for them, support and cheer them on 😊.
- *Your child will be exhausted!* Try cutting down on after school activities if possible, and encourage early nights.

We hope this information helps the week ahead to go 'swimmingly' for you and your child 😊, and look forward to a fun-filled, exciting week.

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**Principal**

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