

The British School - Muscat

'An Outstanding School' - Inspectors 2009

Founded under Royal Charter, 1973



To: All Reception Children

5th October 2009

Dear Parents

Reception Swimming Lessons

The Reception children will be starting their swimming lessons on Monday 12th October. The Reception swimming programme aims to develop confidence in the water and stroke technique. Alongside this we focus on safety in the pool and developing independence in dressing and undressing.

The children will need to bring the following items:-

- One-piece swimming costume, not a bikini (girls)
- Swimming trunks or swimming shorts which are not of the 'Bermuda' type (boys)
- 'Zootz' suits (protective suits) are **not required** as the pool is now fully shaded.
- A towel
- Crocs, beach shoes or flip flops – footwear that is quick to put on after the lesson or in the event of a fire.

All items should be named and brought to school in a clearly named bag.

We request that children in Reception do not bring goggles to their swimming lessons as we like to encourage the children to open their eyes under the water. We also request that your child does not bring armbands, as we want to develop their confidence in the water and we have plenty of adult supervision. Please also remember that no jewellery is allowed to be worn for swimming or PE. If your child's ears are pierced, earrings must be removed for swimming and PE, or if they are unable to be removed they must be covered with plasters. Please also ensure that if your child's hair is going to get in their eyes whilst swimming or when taking part in PE Lessons, that it is tied back or clipped out of the way.

We are very much looking forward to meeting your child at swimming on Monday. If you have any concerns or questions related to your child's swimming or PE Lessons then please do not hesitate to contact Mrs. Reeves in the PE Department.

Sincerely,

Mrs Jenny Reeves
Primary PE Coordinator