

Tuesday, 4th February 2025

Years 4, 5 and 6 Swimming Lessons

Dear Parents,

I am pleased to inform you that, from **the week beginning Monday 24th February** our Swimming Programme will commence as one of your child's Physical Education lessons. Once a week the following classes will have a swimming lesson throughout the term:

Tuesdays at 0800 - Year 4 Gibbon
Thursdays at 0800 - Year 5 Rhino
Thursdays at 0830 - Year 6 Mantis

For swimming lessons children will require the following items;

- A **towel**
- Girls: **An all-in-one swimming costume/swimsuit.**
- Boys: **An all in one swimsuit or tight-fitting swim shorts** (no loose-fitting leisure shorts)
- Swimmers should all wear goggles as long as they are a good fit and they can put them on themselves.
- Because of the intensity of the sun here in Brunei, sunscreen should be applied at home. We highly recommend the use of a **sun top/rash vest.**
- Although not compulsory, we recommend a **swimming cap** (please practise putting these on with your child.)
- Long hair must be tied back.

We have some stock of swim wear which can be purchased from the School Office and official orange Hornbill School swim hats are also available. All items should be clearly named and kept in a separate bag to school books. To save time children may come to school with their swim wear underneath their uniform but please remember to pack underwear to change into!

Please be aware that pupils are not permitted to wear jewellery during swim lessons. Any pupils who attends a swimming lesson with jewellery that they are unable to remove will not be permitted to swim, unless parents have completed the religious exception form attached.

We strongly believe in the importance of acquiring and developing this life skill whilst here in Brunei, and rapid progress will be made as long as children consistently participate in lessons. Please note that swimming is a compulsory part of the National Curriculum and all children are expected to attend these lessons. If your child has to miss a lesson for a genuine medical reason, your child's class teacher should be notified.

Yours sincerely

Jamie Sherwin
PE Lead





Jewellery P.E and Swimming Parental Form

As part of school health and safety policy children are not permitted to wear jewellery whilst attending P.E or swimming lessons. However, we do understand that for some children there are religious reasons for the jewellery. For pupils to be able to wear jewellery parents need to complete this form and return it to Hornbill School.

Name of Child _____

Class _____

Reason for wearing jewellery-

Type of Jewellery- e.g. Necklace, bracelet etc

By signing this form, I accept that the school have requested that my child does not wear jewellery during PE or swimming sessions but due to the reasons above I request that permission is given. I will not hold the school liable for any injury or damage caused as a result of my child wearing the above-named jewellery.

Date - _____

Parent's Name - _____

Parent's Signature - _____

