



# White Meadows Primary Academy

Whitelea Road, Littlehampton, West Sussex, BN17 7JL  
Tel: 01903 731774, email: office@whitemeadows.w-sussex.sch.uk

Executive Headteacher: Mrs. L. Gould  
Head of School: Mrs. Y. Kidd

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Friday 12<sup>th</sup> January 2018

Dear Parents/Carers,

At White Meadows we are very fortunate to have a facility that very few other schools have on site: a swimming pool. Whereas the majority of primary schools have to take their pupils off site to swim, incurring extra costs, we are able to provide high quality swimming lessons at no cost to parents or carers. Furthermore, where in some schools swimming is only offered to specific year groups, your children are able to access swimming every single year that they attend White Meadows.

We have recently seen an increase in children either without swimming kit on the appropriate days, or being withdrawn from swimming altogether. We would like to remind you that swimming forms part of the National Curriculum, as well as your child's PE entitlement, and therefore parents and carers do not have the right to withdraw their child from swimming lessons without the discretion of the Executive Headteacher or Head of School.

As well as being part of the curriculum, swimming has the following positive benefits for children:

## 1. Safety

Drowning is the second ranked cause of death or injury for infants and children. Swimming lessons teach children how to float and enhance their chances of surviving an accidental fall in.

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## "Laying the Foundations for Life"



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## 2. Health

Swimming assists in increasing overall strength and helps your child's developing body understand and increase balance. Children who go on to become great athletes in all types of games have often started out with swim lessons and regular year-round swimming.

## 3. Psychological Benefits

Studies show that swimmers often report instant mood improvement (Centres for Disease Control and the National Institute for Health) and over time they can also benefit from new relationships that are formed by being a member of a pool, swim class or swim team. Research from Australia found that children who start swim lessons at an early age develop physical milestones, language skills, and confidence sooner than those who do not. It also increases blood flow to the brain.

We look forward to seeing an ever increasing number of children enjoying the benefits of swimming at White Meadows over the coming months.

Many thanks for your continued support,

Best Wishes,

*Y. Kidd*

Yvonne Kidd  
Head of School

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