



# Riverside Primary School

Ferry Road, Hullbridge, Hockley, Essex, SS5 6ND

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Dear Parents and Carers,

As we dive back into our swimming term, we want to ensure every child feels confident, safe, and independent during their time at the pool. Following some feedback from our Swimming Governor, we are focusing on fostering a greater sense of independence and pool-side etiquette.

## 1. Developing Independence in the Changing Rooms

At this stage in their school journey, it is important that children take ownership of their personal routines. We are encouraging all pupils to:

- **Dress and undress themselves independently:** This includes managing buttons, zips, and turning clothes the right way out.
- **Respecting personal space:** We are teaching the children the importance of maintaining their own personal space and dignity while changing. This includes staying organised within their designated area and being mindful of those around them.
- **Foster autonomy:** To encourage self-reliance and follow safeguarding best practices, adults will not typically be present inside the changing cubicles/rooms.

## 2. The "No Hat, No Swim" Policy

A quick reminder that **swimming hats are mandatory** for all lessons. Not only do hats keep hair out of children's eyes (helping them focus on their stroke), but they are also a requirement for pool hygiene.

- Please ensure a hat is tucked into your child's swim kit every week.
- If your child struggles to put their hat on, practicing this at home can significantly reduce "pre-pool" nerves!

## 3. Conduct and Safety

We take great pride in our pupils' behaviour, and the pool is no exception. We are reminding children that the pool environment requires:

- **Active Listening:** Following the instructor's and parent volunteers' directions immediately.
- **Safety First:** No running on wet tiles and being mindful of others' space in the water.
- **Respect:** Treating the adults and facilities with the same care they show at school.

Thank you for your continued partnership in helping our swimming run curriculum smoothly.

Warm regards,  
Mrs Byrne – PE Lead

