

# Dear Prep Families,

We are looking forward to the swimming program beginning on Monday 20<sup>th</sup> to Friday 24<sup>th</sup> November.

Here are some suggestions to help make this time run smoothly.

- We encourage the students to wear their bathers underneath their school uniform to school. Otherwise, students will be given time to change into their bathers in the school toilets as we do not have an opportunity to get changed at the pool before the lesson. They will be using the change rooms at the pool to get changed after the lesson.
- Students who wear a one-piece swimsuit may choose to wear this rolled down underneath their school uniform. They will be given an opportunity to pull their bathers up prior to departure.
- Practice buttons on uniforms, getting dressed by themselves, including putting on socks and shoes. \*\*We recommend that girls wear skirts / shorts and a polo, as they are easier to navigate than buttons on a dress.
- For this week, we also recommend velcro shoes, as they are easier to put on and off independently. Please note that slides, thongs and sandals are not permissible footwear at school.
- Please use a separate swimming bag. Repack the bag each night (with a dry towel!), so nothing is forgotten. This is good practice for the students to do themselves with your support.
- Please make sure all your child's belongings are named (including underwear) – all uniforms look the same!
- You may like to pack an additional pair of underwear and socks in your child's school bag, just in case!
- Swimming goggles can make or break a swimming lesson for those students who use them. Please pack them every day if they are needed. It's a good idea to make sure these are named too!
- Please pack lots of snacks, lots of drinks and remember to have lots of patience – this is very tiring work!
- Please note that students will have the option to rinse off pool water at the poolside showers (not the cubicles).

With thanks,

The Prep Team

