



# Wantage CE Primary School

Newbury Street, Wantage, Oxon, OX12 8DJ



Excellence for All  
'Life in abundance'  
John 10:10

Dear Parents / Carers

## Pyjama Week at Swimming

On Monday 26<sup>th</sup> November 2018 we are very excited to be teaching the children survival techniques in the water, and how they can keep themselves safe, as well as others. This will be taught at the level appropriate for your child's swimming ability.

For this we ask them to bring pyjamas to their swimming lesson as it is an easy way for them to experience 'clothes on' in the water.

The children will not be able to wear goggles for this session as they would not have goggles if they fell into a river!

No onesies, these are too heavy, also no shorts and vest style pyjamas as these do not allow the children the full experience.

Please make sure your child still brings their swimming costume with them on the day to wear under their Pyjamas.

We will also be discussing the water safety code SAFE: Spot the dangers, Advice from the experts, Friends should stick together, Emergency call '999'. Also attached is the Water Safety Code at the back of the letter, it would be helpful if the children could be familiar with this before the day.

Thank you for your help with this, if you have any questions please come and see me.

Yours sincerely

Elaine Brew  
Sports Co-ordinator



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## **The Water Safety Code**

### **1. Spot The Dangers**

Whenever you're near water always take extra care:

- Never fool around or run beside water - you might trip and fall in
- Take care on the riverbank - it may be slippery and can crumble
- Keep away from the edge of canals - the water is often very deep
- Beware of locks and weirs - the water flows very quickly

### **2. Take Safety Advice**

To be safe, choose a swimming pool or beach where there are lifeguards:

- Always follow the advice of a lifeguard - find out where and when it is safe to swim
- Look for signs or flags which tell you it is safe to swim
- Never swim where a sign or flag tell you not to

### **3. Do Not Go Alone**

If you're alone there will be no-one to help you if you get into trouble in then water:

- Never go swimming, fishing or boating on your own
- Go with a friend who can help you if you're in trouble in difficult water - even if they cannot help you out they can get help
- Always make sure a grown-up knows where you are going and when you will be back

### **4. Learn How To Help**

If you see someone in trouble in the water, here's how you can help:

- Keep calm - always think before you act
- Try and get help - shout 'help, help' as loud as you can
- Reach out with a stick, pole, a towel or clothing to pull the person to the waters edge - always lie down when you are trying to pull someone to the side so that you don't get pulled in
- If you can't reach the person and no-one comes when you shout for help, telephone 999 or 112 and ask for help

**NEVER JUMP INTO THE WATER YOURSELF!**