Dear Parents,

Wednesday, 6th April, 2016

Swimming classes will begin from Monday, 18th April, 2016. Your child will have swimming lessons as per the schedule that is uploaded to the Student Web Portal.

The following clearly labeled items must be brought to school in a sports bag on swimming days:

- Boys: swimming trunks / Girls: one piece swimsuit
- Clean Towel
- Swimming cap
- Slippers
- Goggles

Children in diapers will NOT be allowed to swim unless a swimming diaper is sent with them.

We educate students about hygiene, and you may also discuss some basic guidelines with your child before they begin their swimming lessons:

- Shower before and after swimming
- Wash hands frequently and with soap after using the bathroom
- Avoid swallowing pool water
- Avoid swimming with any fresh cut, scrape or abrasion
- Avoid swimming with any skin or eye infection
- Do not swim if feeling sick, e.g. nausea, vomiting, cramps, fever etc.

Swimming is a mandatory sports activity; however, if your child cannot swim for any medical reason, kindly submit a written application to the School Office and do not send in any swimming gear on that day as an indication that they will not swim.

Regards,

Ayesha Khan
Vice Principal