15 February 2016

Dear Parents/Guardians of Secondary 1 Students

**Secondary 1 Physical Education Swimming Programme**

We are pleased to inform you that the school will be organising a Swimming Programme for your child/ward as part of the new Physical Education syllabus. The swimming programme aims to help your child/ward gain water confidence, develop independence in the water, as well as learn general and deep-end water safety and enable them to swim in any stroke. The two programmes which we hope to offer are the SwimSafer Stage 1-6 and the Life Saver 1-2.

The SwimSafer Programme is a national water safety programme introduced by the National Water Safety Council (NWSC) in July 2010 which combines both the National Survival Swimming Award (NASSA) and the Learn-To-Swim Programme (LTSP) into a progressive six-stage programme.

Lifesaver 1-2 programme provides an introduction to lifesaving and develops an initial appreciation of water safety, rescue and resuscitation skills. It aims to improve one’s knowledge and skills in lifesaving.

The programme will be conducted during the curriculum hours as part of school’s Physical Education programme and will be carried out at the ACJC Pool. The PE Department has conducted a risk assessment as part of the safety measures that have been put in place to ensure that the activities are conducted in a safe environment. Students will be closely monitored and given ample water breaks to ensure the well-being of every student is taken care of. Students will also be required to put on sun-block lotion to protect themselves from the hot weather.

Your child/ward will be grouped according to his/her proficiency and the programme will be suited to their needs. Your child/ward can expect to receive a certificate or badge at the end of the swimming programme.

The programme will be conducted by qualified swimming coaches certified by the Sport Singapore. The programme consists of 8 sessions of 1.5hr per session and will commence starting from Term 1 Week 9 onwards (29 February onwards). Two teachers will be accompanying the students at all times during the programme. They are also equipped with first aid skills.

Kindly return the response slip to us through your child’s/ward’s form teacher by 22 February 2016.

Please refer to the table below for the list of *compulsory* items your child/ward has to bring for the programme.
<table>
<thead>
<tr>
<th>No.</th>
<th>Item</th>
<th>Quantity</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Swimming Attire</td>
<td>01</td>
<td>Preferred: 1pc suit or long swim briefs for boys; 1pc suit for girls</td>
</tr>
<tr>
<td>2.</td>
<td>Small Towel</td>
<td>01</td>
<td>To dry off after lesson</td>
</tr>
<tr>
<td>3.</td>
<td>Plastic Bag/ Ziploc Bag</td>
<td>01</td>
<td>To keep wet items</td>
</tr>
<tr>
<td>4.</td>
<td>Goggles</td>
<td>01</td>
<td>For use during lesson</td>
</tr>
<tr>
<td>5.</td>
<td>Sunblock lotion</td>
<td>01</td>
<td>For personal use</td>
</tr>
<tr>
<td>6.</td>
<td>Medication (e.g. inhaler) if needed</td>
<td>01</td>
<td>For personal use if needed</td>
</tr>
<tr>
<td>7.</td>
<td>Water Bottle</td>
<td>01</td>
<td>For hydration</td>
</tr>
<tr>
<td>8.</td>
<td>Vendor issued Swimming Cap (Colour determined by vendor to differentiate swimming abilities for safety precaution)</td>
<td>01</td>
<td>FOC provided by vendor at Lesson 1. If misplaced or if student fails to bring for subsequent lesson, your child/ward is required to purchase a new one immediately from the vendor at $2.</td>
</tr>
</tbody>
</table>

Should you have any queries, you may email me at jason.fmss@fairfieldsec.org or call me at 67706231. Alternatively, you may leave me a message at the General Office at 67788702.

Thank you.

Yours sincerely,

Jason Lum
Mr Jason Lum
SH PE/CCA

cc: Ms Audrey Chen, Principal
RESPONSE SLIP

Section A: Participation

Please put a tick (√ ) in the relevant boxes below:

☐ I consent to my child’s/ward’s participation in the swimming programme in 2016.

☐ I do not consent to my child’s/ward’s participation in the swimming programme because of

a. Medical Reasons: ________________________________
   ________________________________
   ________________________________

b. Others: ________________________________
   ________________________________

Section B: Swimming Proficiency

1. Has your child/ ward attended swimming lessons before?
   *YES/NO* (*Please delete where applicable)

2. If your answer to (1) is YES, please state the level: ________________________________

3. Swimming Certificate(s) Attained: ________________________________
   (Kindly attach a photocopy of the certificate together with this response slip)

Name of Parent/Guardian: ________________________________

Name of Child/Ward: ________________________________ Class: _______

Please submit this response slip to the Form teacher by 22 February 2016.