

KIS EY SWIM PROGRAMME

At KIS we view swimming as an essential life skill, it is built into the physical education curriculum for all students in the primary school. The aim is to create confidence in the water, develop swimming skills, promote physical fitness and enhance student self help skills and agency. All students participate in the programme with a view to further enhancing overall well-being. Here are the answers to the questions asked at our swim meeting earlier this month.

What does the transition to swimming and from swimming look like in the Early Years?

The organisation and preparation for changing into and out of our swimming costumes ready for our weekly swimming session is very important for our youngest learners to experience. When they are actively involved in this process they are demonstrating **Learner Agency** and understand what this is like for each of them. Throughout these meaningful and valuable **Self-Management** experiences each learner has the

opportunity to self reflect on what they are able to do by themselves and what their next goal to work towards will be. They begin by getting their bags; finding a space in the designated area; removing their swimming costumes, towel, goggles etc from their bag and laying them out next to each other so they are able to see what they have. They



then remove their school uniform; fold it up and place it in a pile next to their bag and begin putting their swimming costume on. Once they have worked through this step by step procedure they refer to their success criteria to ensure that they have not accidentally missed out any steps which lets them know whether they are ready for swimming or if they have something else to do in order to be ready. They then organise themselves into their class A or B groups and make their way to the swimming pool with members of the teaching team. Once swimming is finished they work back through the step by step procedure which builds confidence in their capabilities and how successful they feel in their achievements. Once completed they know they are ready to smoothly transition into the next experience of their day.

Are we able to have someone dry our child's hair with a hairdryer after swimming so they don't get sick?



We will not be using hair dryers at school, however, we will support all our learners by helping with towel drying their hair, as well as having them practice doing it on their own and having a friend work with them to let them know when their hair is dry enough. After swimming we will remove any elastics they are wearing in their hair so that it will be easier for their hair to dry. We also change in the classroom with the air conditioning off, to ensure a comfortable temperature for drying. We do encourage families to purchase silicone swimming caps (blue) for their child to wear as this will keep their hair dry. Currently the KIS swim team wears the blue silicone swimming caps

and we are looking into how many families would like to purchase them so we are able to place an order (Room parents will be collecting numbers and sharing them with us). If you have a moment we recommend taking a little time to read through the information on the [King swim](#) website where General Practitioner Dr. Sam Hay shares how both swimming and wet hair do not make us sick.

Do children shower with soap after swimming?

No they don't, showering after swimming takes place in the outdoor showers at the end of the large swimming pool and is in an area where we are not able to use soap just in case it were to accidentally get into the pool water. We feel it is not necessary if your child rinses well. If your child has sensitive skin or you choose soap as an option please send a small bottle to school. There are brands that are less soapy that are intended for this purpose.



Are we able to provide soap for our child to use to wash their bodies after swimming?

Families are able to provide soap for their child to wash after swimming if they feel this is necessary. Washing with soap will take place in the bathroom just behind the small wading pool where an additional two shower roses will be installed making a total of four in this space. Children will need to remain in their swimming costumes and wash themselves. A staff member from their class will be with them at all times. If you choose for your child to wash with soap after swimming we recommend having them practice washing at home in their swimsuits with you so they are able to feel successful when

putting this into action at school. If soap is your choice please send a small sample size along with your child's swim gear, and let your child and the teacher know.

Ordering KIS Swim Caps

As previously mentioned, The best way to ensure your child's hair remains dry is to wear a waterproof swim cap, please let the teacher know if you would like us to order one for you through the school stock, B300, or alternatively you can purchase a blue one from a sports store or online. School orders will be placed over the holidays ready for New Year.

If you have any additional questions or require any clarification please do not hesitate to ask.

June, Cassie and the EY team.