



NORTHOAKS PRIMARY SCHOOL

Letter to Parents: 33 /2019

20 February 2019

Dear Parents/ Guardians,

SwimSafer 2.0 Programme for Primary 3 Students

The school will be conducting the SwimSafer 2.0 programme for all P3 students. SwimSafer 2.0 is a national water safety programme in Singapore. It consists of six progressive stages that are conducted by qualified swimming instructors. The students will be taught on the knowledge of water safety, as well as survival skills and swimming competencies at each stage of the programme.

In the new SwimSafer 2.0 programme, students will be required to complete a practical assessment and an online quiz via the ActiveSG web portal, within 2 months from their practical assessment. You can assist your child to take the online quiz via the ActiveSG portal using this URL address <https://members.myactivesg.com/swimsafer/> from this period: **31st May – 31st July 2019**. ActiveSG portal can be accessed via smartphone, tablets or personal computers. (Please inform the PE teachers if you have no access to the internet.)

In a national effort to reduce the use of paper, electronic certificates (e-Certs) will be issued to students who have passed the practical and theory components of SwimSafer 2.0. The e-Certs will be available in the ActiveSG account of the students. Students and their parents will be able to access the e-Certs at their convenience and print a copy if necessary. More details will be made known at a later date.

As this programme is held during Curriculum Time in PE lessons, it is compulsory for all P3 students unless they have a letter of exemption from the doctor(s) due to medical conditions. These students are required to submit the letter of exemption to their Form Teachers. The PE teachers, the School's Programme Executive and Parent Chaperons will be accompanying each class to the swimming venue.

Class	P3	P3
Day	Tuesday	Thursday
Dates	26 March 2019 2, 9, 16, 23, 30 April 2019 21, 28 May 2019	28 March 2019 4, 11, 18, 25 April 2019 2, 23, 30 May 2019
Venue	Yishun Swimming Complex	
Time	8.00am – 10.30am	
Remarks	<ul style="list-style-type: none">Students are to report to the <u>School Hall</u> as per normal by <u>7.40am</u> for Flag Raising.SwimSafer 2.0 Programme is <u>fully subsidized</u> by the school and MOE-SportsSG Co-Funding Scheme	

For details on what to bring for the swimming lessons, please refer to Annex A.

We noted some students might have started learning swimming on their own. We would appreciate it if you could help us to complete the attached survey form by Tuesday, 26 February 2019. This will enable us to recommend the appropriate stage of learning for your child. If your child has any swimming certificates, do make a copy and hand it to their Form Teacher.

Should you have further queries on the SwimSafer programme, please feel free to call Mr Jasni M. Jasmin (HOD PE/CCA) at 67538835 or email: jasni_mahmood_jasmin@moe.edu.sg. We look forward to your continued support.

Thank you.

Mrs Theresa Hong
Principal



NORTHOAKS PRIMARY SCHOOL

Annex A

Instructions for Swimming Lessons

Please ensure that your child has **proper swimming trunk/costume and goggles**. Students undergoing the swimming programme are **required to wear proper swimming trunks/costumes and slippers at the start of the school day**. Their **school PE attire will then be worn over the swimming attire**. This is to minimise time wastage and maximise practice time.

Items required (to be packed inside a small carrier bag)

1. Swimming trunk/costume
(To be worn at the start of the school day)
2. Slippers (To be worn at the start of the school day)
3. Goggles
4. Towel
5. Water bottle
6. Sun block lotion/cream (optional as the lessons are carried out in the morning)
7. A plastic bag to contain the wet items after the swimming lesson
8. School shoes and Socks (To be worn after the swimming lesson)
9. Comb

Please ensure that all your child's personal belongings **are labelled clearly with their name and class** so that missing items can be returned to the rightful owner. Students will have a quick rinse after the lessons and change into their PE attire and school shoes. They will then take the school bus back to school. Normal lessons will resume once the students reach school from Yishun Swimming Complex.

To ensure the safety of every student, we strongly urge you to remind your child on the following safety precautions:

1. Instructions from swimming instructors and teachers should be obeyed promptly.
2. No student should leave the pool without permission.
3. Running alongside the pool deck is not allowed.
4. Pushing friends into the pool is not allowed.
5. No student should be allowed in the water until permission is granted by the swimming instructors or the teachers.
6. Students should wear proper swimming trunks/costumes.
7. Students should not swim if they have any foot or skin infection.
8. Students should not swim if they have a severe cold or ear infection.



NORTHOAKS PRIMARY SCHOOL

Survey Form

(Please return this portion to the Form Teacher by Tuesday, 26 February 2019)

Re: SwimSafer 2.0 Programme for Primary 3 Students (Compulsory)

Please tick where applicable and **give a photocopy of your child's swimming certification to the Form Teacher** if he/she has obtained any.

- ☐ My child does not know how to swim.
- ☐ My child has obtained SwimSafer Stage 1 Certification.
- ☐ My child has obtained SwimSafer Stage 2 Certification.
- ☐ My child has obtained SwimSafer Stage 3 Certification.
- ☐ My child has obtained SwimSafer Stage 4 (Bronze) Certification.
- ☐ My child has obtained SwimSafer Stage 5 (Silver) Certification.
- ☐ My child has obtained SwimSafer Stage 6 (Gold) Certification.

Please state your child's medical conditions (if any):

- ☐ My child has no medical condition and is fit to participate.
- ☐ My child has a medical condition but she is fit to participate.

(Please attach a letter from the doctor to certify he/she is fit to participate in the SwimSafer Programme)

- ☐ My child is exempted due to medical reason.

(Please attach the medical exemption letter from the doctor if your child is unable to participate in the Swimsafer Programme)

Name of Child: _____ Class: _____

Name of parent: _____ Signature: _____

Contact No: _____