



RAFFLES GIRLS' PRIMARY SCHOOL

21 Hillcrest Road, Singapore 289072. Tel: 64684377 Fax: 6469 2024

RGPS/N20/P3/004

2 January 2020

Dear Parents/Guardian,

SwimSafer 2.0 Programme for P3 Pupils 2020 – Information for parents

Happy New Year.

1) The Programme

As part of the Physical Health Education curriculum, the school is organising a swimming programme for all P3 pupils, swimmers and non-swimmers. This programme aims to equip the pupils with skills and knowledge of water safety and raise their confidence level in water.

The programme is compulsory for all pupils. It comprises of 12 sessions, 1 hour each. It will be conducted by qualified swimming coaches from Fitness Champs Pte Ltd, with the ratio of 1 coach to 10 pupils. An assessment will be conducted on the last session (session 12) of the swimming programme. The schedule is appended in this letter.

2) Payment

The cost (entrance fees to the pool, instructor fees and transportation (partial)) will be subsidized by the school. Each pupil will co-pay approximately \$37 for transportation.

If your child/ward is a Singaporean and you have established an Edusave Enrichment Program Standing Order (EPSO), the co-payment will be deducted from her Edusave Account subject to available balance.

If you have opted for GIRO payment, the co-payment will be deducted from your GIRO account. There will be a statement in the School Bill indicating that the Bill amount will be deducted via parents'/guardians' GIRO account on the 6th of the next month.

If your child is not eligible for Edusave, or you have not established the standing order, or you have not opted for GIRO, the payment is by cash / cheque. The cheque is to be addressed to "Raffles Girls' Primary School". Students are to drop off the cash/cheque in the General office.

3) Update on new Health Condition

Please update your child/ ward's form teacher if you need to furnish with a new declaration of health condition.

4) Parent Chaperons

Each class will need 2 parent chaperons for every swimming lesson. Please do fill in the form attached if you are able to assist the teachers in bringing the pupils to the pool. The form teachers will confirm with the selected parent chaperons prior to the start of the programme should there be more than 2 volunteers. Only registered Parent Chaperons will be allowed into the pool.

Please note that there should be no photography/videography during the swimming sessions. This is to protect pupils' well-being and in line to the Personal Data Protection Act. Any parent chaperon that violates this will be asked to exit as a chaperon.

5) Swimsafer Certification prior to school's programme

If your child has attended swimsafer lessons before and she has achieved a certain certification, do submit a copy of the stage/ level certification to your child's Form teacher by 8th January 2018

6) Programme Outline

- Lesson 1 : Assessment of child's swimming proficiency
- Lesson 2-6 : Further Assessment & Swimming Lessons
- Lesson 7-10 : Level of Proficiency for Assessment – Letter will be sent out to inform parents on students' level of proficiency for testing.
- Lesson 11-12 : Pre-Assessment & Final Assessment

There will be no retest if a pupil is absent on Lesson 12 (Final Assessment)

An electronic certificate of Proficiency or Participation will be given.

The swimming programme will begin from 15 January 2019. As safety is of prime concern, please do refer to the water safety guidelines and discuss them with your daughter / ward. This is in addition to the school briefing to our pupils on water safety. Each class will also be accompanied by their PE teacher and a chaperon during all swimming lessons.

Programme Schedule

Date	Day	Class	Time (Depart from/Arrive in School)	Venue
14/1, 21/1, 4/2, 11/2, 18/2, 25/2, 3/3, 10/3, 24/3, 31/3, 7/4, 14/4	Tuesday	3A & 3G	7.40am to 9.30am	CCAB Pool Evans Road
15/1, 22/1, 29/1, 5/2, 12/2, 19/2, 26/2, 4/3, 11/3, 25/3, 1/4, 8/4	Wednesday	3E & 3F		
16/1, 23/1, 30/1, 6/2, 13/2, 20/2, 27/2, 5/3, 12/3, 26/3, 2/4, 9/4	Thursday	3C & 3D		
17/1, 31/1, 7/2, 14/2, 23/2, 28/2, 6/3, 13/3, 27/3, 3/4, 17/4, 24/4	Friday	3B		

Things to bring for the Swimming Programme (in a small swimming bag)

<p>A separate bag for swimming (To contain ALL the following items)</p> <ol style="list-style-type: none">1. Goggles2. Swimming costume (Swim wear must not reveal the abdominal area, No bikini or Crop Top)3. Towel4. Sunscreen	<ol style="list-style-type: none">5. Umbrella6. Light snacks (e.g. sandwiches/biscuits. NO titbits)7. Water Bottle8. Plastic bag to keep the wet swimming costume9. Wallet10. Talcum powder (Optional) <p>To bring school shoes to school in another plastic bag.</p>
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At Home

- Write or sew your child's/ ward's name and class on her PE attire so that she can easily retrieve her own PE attire when changing after the swimming lesson.
- Pack her bag with her so that she knows where all the items are kept in the bag.

Coming to school and going home

- On days of the swimming programme, pupils are to report to school with their swimming costume underneath their PE attire over. Pupils are allowed to come in sandals/slippers.
- The pupils must change into their school uniform and school shoes once they are back in school.

Getting ready for the swimming session

- Have a good breakfast before school.
- Wear their swimming costume to school with PE attire over it, report to school in slippers/sandals.
- Leave school bag in classroom, bring only the 'swimming bag' and wait outside the classroom.

At the swimming pool

- Take off the PE attire, POSB Smart Buddy and spectacles (if any) and put them into the bag.
- Put the slippers aside.
- Take along the goggles and swimming cap (given by vendor) and gather at waiting area.

After the swimming session

- Have a quick rinse. Make sure to rinse your hair and wash your body.
- Take the bag to the changing room.
- Towel dry, put on some talcum powder (Optional) and change back into the PE attire.
- While waiting for the rest of the class, the pupils can have their snacks and drinks.

Back to school

- The pupils will continue their recess (9.30am – 10.00am) in the school canteen.
- They will report back to class once recess is over.
- They will change into their pinafore and school shoes before lesson begins.

Water Safety Guidelines

- No pupil should be allowed in the water until the teacher / swimming instructor gives permission.
- No pupil should leave the pool without the permission from the teacher / swimming instructor.
- Do not run along the deck of the pool.
- Do not push one another into the pool.
- Obey the signals and instructions of the teacher / swimming instructor at all times.
- Pupils who are not feeling well that day should not take part in the swimming lesson. The pupil will not go to the swimming pool. Instead, she will join another class in the same level and will be taken care of by the teacher of that class.
- Remember to be gracious, responsible and well-behaved at all times.

Checklist for submission by 7 January 2020.

1	Payment of \$37 (cheque/ cash) if you do not have EDUSAVE Standing Order
2	Swimsafer Stage/ Level Declaration Form
3	Parent Chaperon Form (if you want to volunteer)

Yours sincerely,

Mdm Sharifah Maznah
HOD PE/CCA

Swimsafer Stage / level Declaration Form

Name of child / ward: _____

Class: 3_____

Please put a tick (✓) in the following box(es) that is applicable.

☐ My child does not know how to swim.

☐ My child has a Swimsafer 2.0 certificate. Please specify the highest level attained : _____
Submit a copy of the **SwimSafer 2.0 certificate**.

☐ My child has a medical condition for school to take note of (eg. asthma, skin allergy).

Please specify: _____

Parent's/ Guardian's Signature: _____

Date : _____

*Please submit this Form to your child/ ward's Form Teacher by **8 Jan 2020**.*

Parent Chaperons for Swimming Programme Form

I am able to help as parent chaperon during the swimming lessons.

Name (parent/ guardian): _____

Name (child/ ward): _____ Class: 3 _____

Contact number: _____

You will be needed to report to the school at about 7.20am and your duty will end at 10.30am at RGPS.

Do indicate (tick) the dates that you are available to help out.

Tuesday (3A, 3G)		Wednesday (3E, 3F)		Thursday (3C, 3D)		Friday (3B)	
14/1		15/1		16/1		17/1	
21/1		22/1		23/1		31/1	
4/2		29/1		30/1		7/2	
11/2		5/2		6/2		14/2	
18/2		12/2		13/2		23/2	
25/2		19/2		20/2		28/2	
3/3		26/2		27/3		6/3	
10/3		4/3		5/3		13/3	
24/3		11/3		12/3		27/3	
31/3		25/3		26/3		3/4	
7/4		1/4		2/4		17/4	
14/4		8/4		9/4		24/4	

*Please submit this Form to your child/ ward's Form Teacher by **8 Jan 2020**.*