



CHIJ Our Lady of the Nativity

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2 January 2019

Ref: 2019OLN_0004

Dear Parents/ Guardian

P2 PROGRAMME FOR ACTIVE LEARNING (PAL) SWIMSAFER PROGRAMME - SEMESTER 1 2019

1. The Swimsafer Programme is a national water safety programme where survival and activity skills are taught. The programme will be carried out during curriculum time as part of the school's PAL Sports & Games programme, and all P2 pupils are required to participate in it.
2. The first lesson of the swimming programme takes place in Term 1 Week 1, and the details of the programme are as follows:

Classes	Day	Date of First Lesson	Time	No. of sessions	Venue	Things to bring
2 Charity & 2 Faith	Tuesdays	8 Jan 2019	8 – 10 a.m.	12	Sengkang Swimming Complex	A small bag, goggles, swimsuit, sandals/ slippers, uniform, plastic bag, towel and comb
2 Grace & 2 Hope	Wednesdays	9 Jan 2019				

3. Pupils are to report to school as per normal and they will be allowed to wear their swimsuit under their pinafore on all days when there are swimming lessons. Transport will be provided to and from the Sengkang Swimming Complex and the bus will leave promptly at 7.50 am.
4. To facilitate our grouping of pupils based on their swimming proficiencies, please provide us with a photocopy of your child's/ward's swimming certificate. If your child passes a swim test in the middle of the programme, please inform the Swimsafer teacher-in-charge of the class or the General Office.
5. In order for your child to attain certification for the swimming proficiency level, she must pass the practical swim assessment and an online theory quiz. The test date will be made known to the pupils at a later date. Please note that there will be no make-up session for the test if she fails to attend lessons on the test day, and that the test result will not be reflected in the report book. Electronic certificates (e-Certs) will be issued to participants who have passed the test. The e-Certs will be made available in the Active SG account of the participants.
6. Please find attached a list of frequently asked questions for your information. If you have any further queries, please contact Mrs Lee Hwee Khoon, the teacher-in-charge, via email at tan_hwee_khoon_a@moe.edu.sg.
7. Please return the Reply Slip to your child's/ ward's Form Teacher by 4 Jan 2019.

Yours faithfully

Ms Christina Teo
Principal

REPLY SLIP P2 PROGRAMME FOR ACTIVE LEARNING (PAL) SWIMSAFER PROGRAMME SEMESTER 1 2019

Name of pupil:		Class:	
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1. I have noted the content of the letter.
2. My child/ ward's highest achievement in swimming: _____

Name & Signature of Parent / Guardian: _____ Date: _____

Question 1: What is PAL-Swimsafer Programme?

Answer 1: SwimSafer is a national water safety programme in Singapore. The SwimSafer programme consists of six progressive stages, each comprising 12 hours of lesson time. Survival and activity skills are taught in each stage of the programme, working progressively toward the next stage. Our school is putting the Swimsafer programme as part of our P2 PAL programme. PAL, a programme for P1 and P2 pupils consists of modules of activities which are carried out in primary schools within curriculum time. PAL offers learning experiences that are active, hands-on and meaningful. PAL contributes to the development of soft skills such as communicating clearly and cooperating with others, having a lively curiosity about the world and a belief in their ability to accomplish a task or deal with a challenge. PAL broadens the learning experiences and opens pupils' access to and positively influences their future experiences.

Question 2: Are the pupils going to swim for two hours?

Answer 2: Each PAL-Swimsafer lesson is made up of 3 parts: pre and post activity (15-20mins) and swimming lesson (1 hour). The Social Emotional Learning (SEL) competencies will be covered explicitly during the pre and post activities.

Question 3: What if my child is not able to manage herself after the swimming lesson, e.g. managing her wet hair or her wet swimming gear?

Answer 3: PAL lessons aim to develop pupils to be independent and instil in them the confidence to accomplish simple task or challenge. Pupils will learn basic self-management skills on how to manage themselves and the dos and the don'ts after their swimming activity. Teachers and parent volunteers will be guiding and assisting the pupils.

Question 4: What are the safety measures that have been put in place for this programme?

Answer 4: Your child/ ward's safety is our utmost concern. Briefing and lesson on safety at the pool have been covered in the first lesson. All PAL teachers have been briefed on the safety measures and action to be taken in an emergency. There will be teachers and parent volunteers to accompany each class. The ratio of swim coach to pupils is kept to a maximum of 1: 10. Safety briefings will be conducted before every swimming lesson.

Question 5: Do I have to pay for this programme?

Answer 5: Pupils need not pay for the lessons. The costs of \$122 /child (12 swimming lessons and transport) will be paid by the school and co-funded by the Ministry of Education (MOE) and Sport Singapore (SportSG).

Question 6: My child/ ward is currently attending private swimming lessons. Will my child benefit from this programme? Should my child continue with her private swimming lessons?

Answer 6: Every pupil will be assessed on their swimming ability during the first lesson. They will then be grouped and taught swimming skills according to their ability levels. At the end of the 12 lessons, pupils will be tested and awarded the certificate of achievements according to their competency levels if they pass the test. For pupils who have attained the Swimsafer Gold award, they will attempt the Endurance test. The school's PAL Swimsafer program will also reinforce the learning of Socio-emotional competencies through interaction with classmates in a class setting. Pupils are encouraged to continue with their own private swimming lessons if any.