



High Wycombe Church of England Combined School

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Headteacher: Mrs Beverley Accastello



2nd September 2026

Dear Parents/Carers,

Year 4 Swimming Lessons

As a primary school we are expected to meet a government requirement that all pupils are able to swim 25m by the time they leave primary school.

Your child will need to attend weekly swimming lessons during the Autumn Term to ensure they can swim the 25m required by the government.

These lessons will commence on Wednesday 9th September at Handy Cross Sports Centre. The children will be walking to and from the Sports Centre.

Girls will require a plain one-piece swimming costume and boys will require a pair of swimming trunks (Not long Bermuda shorts). It is also a requirement that your child wears a swimming cap. A towel and hair brush in a waterproof bag are also required.

Goggles

School swimming lessons are designed to equip children to be able to save their lives should they fall into water. With this in mind the 'safe practice in physical education and school sport' booklet, which gives guidance on correct protocol in school PE lessons including swimming, has outlined safe practice in terms of wearing goggles. The extracts below are statements from this booklet;

'Goggles are not necessary within short curriculum time swimming lessons or for single, short races in school galas unless a pupil has particularly sensitive eyes. In these rare instances where the use of goggles may be allowed, the responsible adult should have the prerogative to require the pupil to remove them for reasons of safety if the pupil constantly adjust, removes and replaces the goggles' **(Safe Practice in Physical Education and School Sport – 26.2.56).**

'Where goggles are not properly fitted, they may mist up and adversely affect visibility. Pupils learning to swim or improving their ability often do not swim in straight lines, become close together and clash heads or hit each other with arms while swimming, causing possibly more severe eye injuries if goggles are worn. Dependency on goggles for underwater swimming is not a factor being judged to be safe in water, neither are

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1:9)

goggles designed for such an activity as the eye pressure cannot be relieved' (**Safe Practice in Physical Education and School Sport – 26.2.55**).

The overall advice is that goggles should only be worn in exceptional circumstances where there is a severe medical reason. County guidance now states that a medical letter is not required however parents should be informed of the advice that their child should not be wearing goggles unless absolutely necessary.

If you decide this is the case then please ensure that goggles are of a good quality. Please read the manufacturer's for putting them on and taking them off. This is important to ensure protection of eyes from impact damage through stretching the eyepieces away from the face with wet fingers. You should be aware that on occasions your child will be asked to remove their goggles in order to perform certain aquatic activities. Staff will also take no responsibility if a child is wearing goggles and will not be able to assist with either putting them on or taking them off. If a child is seen to be taking their goggles on and off regularly or they are not fitted properly they will be asked to remove them.

We do not accept any responsibility for lost or damaged goggles.

Please acknowledge receipt of this letter by completing the online form below before **Monday 7th September 2026** and ensure that your child has their swimming kit with them every week.

<https://forms.cloud.microsoft/e/yzsFpfkqW8>

Yours sincerely,



Miss E Collins
Year 4 Class Teacher

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