



Dashwood Banbury Academy

an Aspirations Academy

Growing together; succeeding together

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Dear parents and carers,

We are aware that with the closure of leisure centres and swimming pools during the lockdown periods, many children have not been able to access swimming either through lessons or as a family experience.

Living near a canal and a river, it is really important that our children learn how to swim to keep them as safe as possible around water. Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

Swimming is lots of fun but also provides many health benefits which can help to keep your children healthy and happy at the same time:

- Swimming keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture
- Swimming provides challenges and rewards accomplishments, which helps children to become self-confident and believe in their abilities

Plans are in place to begin our KS2 swimming lessons this term, now that the pools are open, and will focus on Year 4 pupils until the end of this academic year.

However, there are many ways that you can support your child's swimming confidence by taking them for weekly swims. You can do this at:

- Spiceball Leisure Centre, Banbury, OX16 2BW
- Woodgreen Open Air Pool, Banbury, OX16 0HS

Cherwell District Council North Oxfordshire are offering a fantastic offer FAST card community programme to get families back to swimming:

Woodgreen Leisure Centre and Spiceball Family Swim offer: From 31 May 2021 (2 adults & up to 3 children) normally £13 but £3 with FAST card. For more information please contact the leisure centre or email fast@cherwell-dc.gov.uk

Both pools offer weekly swimming lessons with a qualified instructor. You can contact Spiceball Leisure Centre on: 01295 257522.

For all of our pupils, confidence in the water is essential. This helps them to become used to the feel of the water which then helps them to access swimming strokes more confidently. Regular access to a swimming pool will really help to build self-confidence, an awareness of, and ultimately, a love of the water.

To help us to better understand your child/children's confidence in the water, please complete the following survey: https://docs.google.com/forms/d/e/1FAIpQLSeC74yoJZbhoK_dHkbolAeiK-1PMYwzBW6N2lgYdy4Ztr3JQ/viewform

Kind regards

Miss Annelise Gooch
Assistant Principal

