

Dear Parent / Guardian,

Your child will be attending school swimming lessons next **term every Friday, starting 17/4/26**. Please read this leaflet to gain some valuable information regarding the lessons and what pupils will be expected to achieve by the end of primary school. **No money is needed.**

Please send them to school wearing their swimwear under a tracksuit. Please also ensure they have underwear (following their lesson for returning to school) and a towel in a bag. If your child has difficulties changing, please practice with them in order for them to gain confidence and make the process easier.

Swimming is a life skill. Being able to swim, allows your child to participate in a huge range of leisure activities throughout their life, encouraging a balanced and healthy lifestyle. In addition these, swimming skills could save their life as drowning is one of the leading causes of accidental death in the UK. Therefore, it is imperative that you give your child the best opportunity to learn this valuable skill that they will have for the rest of their life.

What will my child be expected to achieve by the end of primary school?

‘Every child should be able to develop skills of water safety and swim unaided for a sustained period of time’

By assessing children against the criteria below, we are confident that every child in Wales will reach a minimum level of swimming, and will be safer if they ever get into difficulty in or around water.

Assessment Criteria

- Being able to swim 25 metres wearing shorts and t-shirt, tread water for 30 seconds whilst demonstrating an action for getting help (shouting and waving) and then move into HELP (Heat Escape Lessening Position). All this must be performed without goggles.
- On a separate occasion, they will also be required to perform a shout and signal action in swimwear.

Children will be assessed against the criteria regardless of school year.

How can I help my child?

- Ensure they attend the school swimming lessons
- Wear recommended swimwear:

Boys	Girls
<ul style="list-style-type: none"> • No long shorts (shorts to be above the knee) • Tight swimming shorts are the easiest to swim in 	<ul style="list-style-type: none"> • One piece costume – no bikini’s / tankini’s

- Remove any jewellery before school
- If they have long hair – tie it up, a “bun” would be best as it doesn’t restrict their arm movement or fall over the face when they breathe. Alternatively they could wear a swim cap
- Go swimming during public sessions – over 8s are allowed in the pool with their friends. Look out for free swimming sessions
- Encourage them to swim without goggles – if they fell into a river would they be able to swim without them?
- Enrol them for swimming lessons at your local leisure centre

For more information about swimming and aquatics in Wales please visit www.swimwales.org or for specific information on School Swimming please visit www.nofioysgol.co.uk

Annwyl Riant/Warcheidwad,

Bydd eich plentyn yn mynychu gwersi nofio ysgol y tymor nesaf, **pob dydd Gwener yn dechrau 17/4/26**. Darllenwch y daflen hon i gael gwybodaeth ddefnyddiol ynglŷn â'r gwersi a'r hyn y disgwylir i ddisgyblion ei gyflawni erbyn diwedd eu hamser yn yr ysgol gynradd. **Does dim angen arian.**

Anfonwch eich plentyn i'r ysgol yn gwisgo ei chit nofio o dan dracsiwt. Cofiwch i bacio towel a dillad isaf (er mwyn newid ar ôl y wers nofio) mewn bag. Os mae eich plentyn yn trafferthu i newid, ymarferwch gyda nhw er mwyn hwyluso'r broses ac i godi ei hyder.

Mae nofio yn sgil bywyd. Mae'r gallu i nofio yn galluogi eich plentyn i gymryd rhan mewn amrywiaeth eang o weithgareddau hamdden drwy gydol eu bywyd ac yn annog ffordd o fyw cytbwys ac iach. Yn ogystal gallai'r sgiliau nofio hyn achub eu bywydau gan fod boddi yn un o'r brif achosion o farwolaethau damweiniol yn y DU. Felly mae'n hanfodol eich bod yn rhoi'r cyfle gorau i'ch plentyn i ddysgu'r dawn werthfawr hwn a fydd ganddynt am weddill eu hoes.

Beth fydd disgwyl i fy mhlentyn ei gyflawni erbyn diwedd eu hamser yn yr ysgol gynradd?

'Dylai pob plentyn allu datblygu sgiliau diogelwch dŵr a'r gallu i nofio heb gymorth am gyfnod parhaus o amser'

Drwy asesu plant yn erbyn y meini prawf isod, rydym yn hyderus y bydd pob plentyn yng Nghymru yn cyrraedd lefel sylfaenol o nofio, ac yn fwy diogel pe baent byth yn mynd i drafferthion yn neu o gwmpas y dŵr.

Meini Prawf Asesu

- Y gallu i nofio 25 metr yn gwisgo trowsus byr a chrys-t, troedio dŵr am 30 eiliad a dangos sut i ddal sylw rhywun i gael help (gweiddi a chwifio breichiau) ac yna symud i ystum HELP (Ystum Lleihau Colli Gwres y Corff). Mae'n rhaid gallu gwneud hyn i gyd heb wisgo gogls.
- Ar achlysur ar wahân, bydd yn ofynnol hefyd iddynt i dynnu sylw trwy weiddi a gwneud signalau mewn dillad nofio.

Bydd plant yn cael eu hasesu yn erbyn y meini prawf waeth beth yw'r flwyddyn ysgol.

Sut y gallaf helpu fy mhlentyn?

- Sicrhau eu bod yn mynychu gwersi nofio yr ysgol
- Eu bod yn gwisgo'r dillad nofio a argymhellir:

Bechgyn	Merched
<ul style="list-style-type: none"> • Dim llodrau byr hir (llodrau i fod uwchben y pen-glin) • Llodrau nofio tynn yw'r rhai hawsaf i nofio ynddynt 	<ul style="list-style-type: none"> • Gwisg nofio un darn – dim bicini / na tancini

- Tynnwch unrhyw emwaith i ffwrdd cyn mynd i'r ysgol
- Os oes ganddynt wallt hir – clymu'r gwallt i fyny mewn "byn" fyddai orau fel nad yw'n cyfyngu ar symudiadau braich neu'n disgyn dros eu wyneb pan fyddant yn anadlu. Fel arall, gellir gwisgo cap nofio
- Mynd i nofio yn ystod sesiynau cyhoeddus – mae plant dros 8 oed yn cael mynd i'r pwll gyda'u ffrindiau. Cadwch olwg am sesiynau nofio am ddim
- Anogwch nhw i nofio heb gogls – pe baent yn syrthio i'r afon a fydden nhw'n gallu nofio hebddynt?
- Cofrestrwch nhw ar gyfer gwersi nofio yn eich canolfan hamdden lleol

I gael rhagor o wybodaeth am nofio a gweithgareddau dŵr yng Nghymru, ewch i www.swimwales.org neu am wybodaeth benodol ar Nofio mewn Ysgolion ewch i www.nofioysgol.co.uk