



**Edgcumbe Avenue, Newquay, Cornwall TR7 2NL**

Tel: 01637 874543

[njasecretary@nja.celtrust.org](mailto:njasecretary@nja.celtrust.org)

[www.newquayjunior.net](http://www.newquayjunior.net)

**Headteacher: Tania Findlay MBE**

Dear Parents and Carers,

## Year 5 Sea Safety Sessions from September 25

As part of the academy curriculum, we want to ensure that all our pupils are water confident and have the skills and knowledge to keep themselves and their friends safe in the sea.

We recognise that our pupils have a wide range of experience, from those who compete in surfing competitions, to those who lack confidence in the sea. To ensure all Year 5 are water confident, each pupil will be visiting the harbour for a 40-minute water session, where they will learn, and practice how to 'float to live' as advised by the RNLI. We will learn how to identify rip currents and what to do if caught in a rip as well as how to negotiate waves safely.

Year 5 pupils will visit Newquay Harbour in small groups, accompanied by Lifeguard qualified staff from the academy. We will change and put on wetsuits at the academy before travelling by minibus to Newquay Harbour. The session will last approximately 40 minutes before we return to NJA to change back into uniform.

All Year 5 pupils will take part, and these sessions will take place during the Autumn Term. Teachers will confirm the actual day your child will be taking part once we return via SEESAW and you will also be emailed the details.

If your child has their own wetsuit, please ensure they bring this with them for their session, along with a waterproof bag, swimming costume/ swim shorts, towel and shoes to wear in the water. These could be old trainers or wetsuit shoes/boots.

We have a small number of wetsuits available for pupils to borrow. We were very grateful to receive funding from The Boardmasters Foundation. This generous donation has enabled us to purchase a small number of quality wetsuits from C-Skins.

Please complete the online link below to provide the details we need:

<https://forms.office.com/e/f6k8Gv7jQ4>

Class teachers will confirm the actual day your child will be taking part once we return in the September term, and we hope these sessions will be beneficial to all.

Please find below two links to videos for adults, explaining more about float to live.

Essentially, we will be explaining to pupils, if you accidentally fall in cold water, lay back and float in the water. Your body will adjust to the temperature and then you can wait to be rescued. If you would like more information as an adult, please refer below:

<https://www.youtube.com/watch?v=fgASxPh-xqU>

Float to live (1 minute)

<https://www.youtube.com/watch?v=6bLRr6OOhn0>

Science info (3.5 minutes)

Yours sincerely,

Year 5 Team and Mr Ellis-Davies (Outdoor Education Lead)