August 12, 2013

Aloha Parents,

Grades three four, and five will be starting their swimming unit during every other P.E. class on the 21st of August through October 4th. Swimming is part of the curriculum here at Kamehameha and participation is graded and highly encouraged. If there is a medical reason for not participating, a doctor’s note will be sufficient. Your child will still be responsible for the assignments and journal.

Please remind your child to bring the following on each of the days they swim. Girls may swim using one or two-piece bathing suits, rash guards and **hair must be tied back**. Boys may swim with actual swim trunks (no athletic type shorts) and rash guards. Goggles are optional; size at home, teachers will not be responsible for lost or damage to goggles.

All our time at the pool will be spent on swim instruction and water safety so no swim toys will be allowed. We will be walking to the pool each time so for safety, no slippers will be allowed. Students will also be required to change back into their uniforms after swimming. **Please bring the following in a small cloth type bag (duffle type, backpack, cloth shopping bag etc.) for carrying. Please refrain from bringing things in a plastic bag (they rip with the weight of the wet towel).**

1. Swim suit
2. Towel
3. Plastic bag for wet clothes
4. Underwear
5. Comb/brush

Mahalo for your support,

Mrs. Lee

P.E./Health

(808) 982-0272

\* Schedule on the back, please highlight your child’s days to swim