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Vimhir Rólla: 202430

POLASÁI AR AN SNÁMH

Réasúnaíocht

Go dtí seo, ag tabhairt riachtanais an Churaclaim Bunscoile san áireamh, d'iarr an Bord Bainistíochta ar an scoil ceachtanna snámha a eagrú do pháistí Rang 3/4/5 i linn snámha áitiúil. (Rang-ghrúpa amháin in aghaidh na bliana ag costas do thuismitheoirí/chaomhnóirí).

Tá an Bord anois ag déanamh athbhreiniú ar na socrúithe sin anois agus ag tabhairt faoi polasáí a leagan síos chun na socrúithe uile sin a riailiú.

Aidhmeanna

- Chun a chur ar chumas na bpáistí na bunscileanna snámha a fhoghlaim agus iad ag freastal ar Ghaelscoil na Lochanna.
- Chun riachtanais snámha an Churaclaim Bunscoile a chomhlíonadh.

"Braithfidh eagrú na hOiliúna uisce ar an teacht atá ag an scoil ar áiseanna linne, ar sholáthar cóir iompair, agus ar fháil a bheith ar mhúinteoirí snámha a bhfuil cáilíochtaí cuí acu. Ní bheidh teacht ag roinnt scoileanna ar shaoráid don oiliúint uisce, ach ba chóir tréaniarracht a dhéanamh bloc gairid ama fiú a sholáthar do gach rang am éigin i rith a thréimhse bunscolaíochta".

Treoirínte na Nósanna Imeachta

- Rachaidh gach dalta ón rang-ghrúpa roghnaithe ag ceachtanna snámha (treimhse 5/6 seachtainí) sa linn snámha sa cheantar (thart faoin gCáisc de ghnáth).
- De bharr costais taistil go dtí an linn, an linn a chur ar chíos agus na teagascóirí snámha a íocadh beidh costas gearrtha ar gach páiste. Is féidir é seo a bheith íoctha roimh thús na gceachtanna snámha nó ag píosa gach seachtain. Má tá breis le níocadh thar seo- íocfaidh an Bord Bainistíochta as an gcostas (é seo le cinntiú de réir athbhreiniú ar an bpolasáí seo).

Na Socrúithe Teagaisc

- Déanfaidh baill foirne an clár snámha a eagrú don rang-ghrúpa roghnaithe agus cuirfear thuismitheoirí/chaomhnóirí ar an eolas faoi ag tús na scoilbliana.
- Tabharfaidh cóiste snámha de chuid linn snámha Nás na Ríogh an teagasc (de réir cóimheas rialacha na linne 25:1).

Na Socrúithe Taistil agus Feighleoireachta

Rachaidh na páistí go dtí an linn, faoi chúram a múinteoir ranga agus duine fásta réamhroghnaithe agus déanfaidh an bheirt feighleoireacht ar na páistí roimh agus i ndiaidh an cheachta snámha.

I rith na gceachtanna, fanfaidh na muinteoirí agus duine fásta eile ar an ardán amhairc chun feighleoireacht a dhéanamh ar an ngrúpa iomlain agus paistí a bhféadadh go mbeadh orthu dul go dtí an leithreas.

Ar mhaithe le comhpháirtíocht le tuistí na scoile, tátar ag súil go mbeidh an duine fásta réamhroghnaithe eile mar óglach de chuid tuismitheoirí/caomhnóirí na scoile (le réamhscrúdú na ngardaí déanta acu agus formheas an bhoird faighte acu).

Rachaidh na páistí go dtí an linn ag coimhéas 15:1.

Sláinte agus Sábháilteacht

Cloífead lena cleachtais is fearr maidir le feighleoireacht, teagasc, agus nósanna imeachta i leith Chosaint Leanaí de réir mar atá siad imlínithe ag an Comhairle Spóirt na hÉireann, Snámh Éire, agus an Comhairle Sábháilteachta Náisiúnta agus líonfaidh an scoil conradh sábháilteachta le linn snámha Nás na Ríogh roimh thosach na gceachtanna gach bliain.

Is gá do dhaltaí dea-iompair i gcónaí a léiriú chun sábháilteacht gach éinne atá páirteach sa snámh a chosaint.

Gheobhaidh tuismitheoirí/caomhnóirí litir caighdeánach ag tús na scoilbliana ag tabhairt eolais ar na ranganna snámha, sula dtosaíonn siad ar na ceachtanna snámha.

Ní thógfar díbholaíoch spreála srl ag an linn mar go spásanna teoranta atá sna seomraí gléasta.

Cloífead go beacht le Treoirínte Sláintaíochta agus Sabháilteachta údaráis na linne.

Le linn dona daltaí a bheith sa linn, iarrfar ar pháistí dul le treoracha an teagascóra agus cloígh le cód smachta na scoile.

Tugtar cead óna tuistí/caomhnóirí dona daltaí freastal ar ranganna snámha tré chead a thabhairt I rannóg den fhoirm ceada bliantiúil (ag tosú sa scoilbliain nua).

Socrúithe Eile

Is gá dona daltaí atá ag freastal ar an snámh a gcuid éide scoile spóirt a chaitheamh ar scoil ar an lá. (D'fhéadfaidh na culaith snámha a bheith faoi na héidí spóirt acu). Beidh ar gach dalta mála oiriúnach a thabhairt leo chun a gcuid fearais snámha a iompair. (Mála spóirt nó mar sin le zip nó fáiscín éadaigh eile) Bíodh sé go bhfuil lipéad d'ainm an dalta curtha air ag gach páiste. Caithfead go mbeidh a gcuid culaith snámha féin ag gach páiste agus tuáille, scuab gruaige, caipín snámha agus beifead ag súil go mbeidh na páistí freagrach as a gcuid fearais féin.

Díolúintí

Cuireann an Bord dhá chúis díolúna faoi chaibidil.

Sláinte:

Má bhíonn buairt sláinte ag tuismitheoir/caomhnóir I dtaobh a bpáiste a bheith ag glacadh páirt sa snámh, is gá dóibh comhairle próifisiúnta a lorg sula dtosaíonn na ceachtanna snámha.

Sa chás nach ceadaítear do pháiste dul ag snámh ar chúis sláinte, is gá teastais leighis a thabhairt don scoil roimh thosach na gceachtanna.

Sa chás nach féidir le dalta páirt a ghlacadh ar chúis sláinte nó eile, rachaidh sé/sí go dtí an linn lena páistí eile agus fanfaidh siad faoi feighleoireacht an mhúinteora ranga nó duine fásta eile.

Ar leasa an pháiste, tá sé de dhualgas ag an tuismitheoir/caomhnóir aon riocht sláinte a d'fhéadfadh a chur isteach ar an dalta sa linn snámha a chur in iúl don mhúinteoir ranga nó Príomhoide. Coinneofar an teolas seo faoi rún agus tabharfar do theagascóirí na linne é ar bhonn riachtanais.

Imní:

Bíonn roinnt paistí imníoch/ neirbhíseach faoi cheachtanna snámha ar scoil. Más sin mar atá, is cóir don tuismitheoir/caomhnóir comhairle an mhúinteora a lorg.

An gnáth nós imeachta anseo ná an páiste a thabhairt leo go dtí an chéad ceacht chun breathnú ar an gceacht agus a áitiú dóibh tabhairt faoina ceachtanna eile (nó cur chuige den chinéal seo) agus an teagascóir a chur ar an eolas faoin imní atá orthu.

Tabhair faoi deara:

Ní chuirfidh deacracht fócaíochta isteach ar rannpháirtíocht sna ceachtanna snámha. Sa chás go bhfuil deacracht fócaíochta ag tuismitheoir/caomhnóir ní ghá dóibh ach dul I dteagmháil leis an scoil chun sceideal infocaíochta a eagrú.

Monatóireacht / Meastóireacht / Athbhreiniú

Déanfar athbhreiniú ar an bpolasaí seo de réir sceideal athbhreinithe na scoile.

Notaí Breise ó Churaclaim Bunscoile

“Oiliúint uisce: Cuimsíonn an téarma ‘oiliúint uisce’ ní hamháin teagasc na mBanganna snámha ach deiseanna a sholáthar chun taitneamh a bhaint as súgradh san uisce agus as na gnéithe eile den oiliúint uisce chomh maith. Ba chóir an bhéim a choinneáil ar thaitneamh de réir mar a ghnóthaítear oilteacht i sainteicníochtaí, bang snámha amháin nó banganna éagsúla a fhoghlaim san áireamh. Ba cheart airdeall i dtaobh sábháilteachta uisce a bheith fite fuaite trí gach gníomhaíocht uisce, agus ba cheart béim a chur uirthi ar fud an chláir.

Baineann an clár um oiliúint uisce ní hamháin leis an snámh a mhúineadh do na páistí ach leis an taitneamh a bhaineann siad as gníomhaíochtaí uisce-bhunaithe chomh maith. Leagann an curaclam béim ar an tábhacht a bhaineann le súgradh chun cumas agus féinmhuinín san uisce a fhorbairt.

Léirítear an clár oiliúna uisce mar aonad iomlán amháin, gan é a bheith roinnte i leibhéal ranga. Ceadaíonn sé seo do scoileanna é a oiriúniú de réir an teacht atá acu ar áis go logánta. Is féidir an clár a fheidhmiú go forchéimnitheach cibé am a fhaigheann an páiste deis tús a chur le gníomhaíochtaí uisce”.

Scileanna Breise

Chomh maith le scileanna uisce agus snámha a mhúineadh dona páistí, aithnítear go bhfuil scileanna breise eile fite fuaite sa chuid seo den churacalam agus atá nascaithe go laidir le Curaclam sa OSPS

- .i. a bheith muiníneach dul ar an mbus le cairde eile, a bheith in ann aire a thabhairt do mo chuid fearais féin, a bheith eagraithe do rang snámha, mé féin a ní, bheith páirteach i gcluichí grúpa.



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POLICY ON SWIMMING

Rationale

The Board of Management, in considering the requirements of the Primary School Curriculum have, up to now, asked the school to arrange for children in 3/4/5th class to attend the swimming lessons in a local pool, (one class group per year for 5 week term at cost to parents).

The board now is reviewing these arrangements and setting out a policy to govern all the necessary arrangements.

Aims/Purposes

- To enable pupils to acquire basic swimming skills while they are at Gaelscoil na Lochanna.
- To comply with the requirements of the Primary Curriculum in aquatics.

“The organisation of aquatics will be influenced by the degree of access to pool facilities, the provision of transport and the availability of suitably qualified swimming teachers. For some schools access to a facility for aquatics is not possible, but every effort should be made to provide even a short block of time for each class at some stage during the primary years.” Primary School Curriculum

Procedures Guidelines

- Each pupil from nominated class will attend a 5/6 week session in a local swimming pool annually. (usually around Easter time)
- Costs incurred by travelling to pool, hiring of pool, and payment of instructors necessitate a charge being imposed on each pupil. This can be paid prior to lessons or in part per week. Any additional costs will be paid by the Board of Management subject to the review of this policy.

Instructional Arrangements

- A member of staff, will organize the swimming programme for the nominated class and parents will be notified at beginning of school year of swimming sessions.
- Instruction in the pool will be provided by Naas swimming coach (as per Naas Swimming pool rules of 25 to one ratio).

Travel and Supervision Arrangements

Pupils will be accompanied by and supervised by their class teacher and a nominated other on the way to the pool from the school and will provide supervision before and after the swimming lesson.

During the lessons, teachers and adults should remain on the viewing deck during the lesson in order to supervise the overall group and pupils who may need to use the toilets during the lesson.

In developing school partnership, it is anticipated that the nominated other will be a volunteering parent or parents (garda vetted and approved by Board).

Children will be accompanied to pool by adult or teacher at ratio of 15:1.

Health and Safety

Best practice in relation to the supervision, instruction and child protection procedures as outlined by the Irish Sports Council, Swim Ireland and the National Safety Council will be adhered to at all times and school will complete a contract outlining safety procedures with Naas swimming pool prior to commencement of lessons each year.

Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming.

Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term.

Deodorants etc. must not be brought to the pool as the dressing rooms are confined spaces.

The Health and Safety Guidelines outlined by the pool authorities will be strictly adhered to.

While in the pool, pupils must endeavour to obey the instructor's orders at all times and comply with the School Code of Conduct.

The permission from parents to the school to let children go swimming is covered in the Annual Consent Form. (beginning next school year)

Other arrangements

All children attending the course should wear their tracksuit. (Swimming togs may be worn under tracksuits coming to school). Each child must have a suitable bag to carry his/her swimming gear (Sports bag or similar with secure zip or other fastening).

The bag must be clearly labelled with the child's name.

Each child must have their own togs, towel, hair brush and swim cap and it is expected that each child will be responsible for all of their own belongings.

Exemptions

The board considers 2 cases where children may be exempt from lessons.

Health:

Where a parent/guardian has a health concern regarding their child's participation in swimming, professional advice must be sought before the child participates in the swimming lesson. In the case where a child is precluded from attending swimming due to a health concern, a medical certificate must be provided to school prior to commencement of swimming term.

Should a child be unable to attend the course, due to ill health or any other reason, he/she will travel with the class to the pool and remain under the supervision of the class teacher/other adult.

In the best interest of the child, it is the duty of parents/guardians to inform the class teacher and/or Principal with regard to any health condition that may affect the child in the pool. This information will be held in confidence and provided on a need to know basis to the swimming instructors.

Nerves/anxiety:

Some children are often at first fearful/anxious about attending swimming lessons in school. If such is the case, parents should seek the advice of the class teacher.

Normal procedure here would be to bring the child along to the first session as a spectator and to coax the child to attend the following lessons (or such approach) and to inform the instructor of the child's anxiety.

Note:

Inability to pay will not preclude a pupil from participating fully in swimming classes. Where parents/guardians have difficulty with payment they can contact school to arrange a manageable schedule for paying.

Monitoring / Evaluation / Review

Policy is revised according to School Policy Review Schedule.

Extra notes from the Curriculum on Aquatics

“The aquatics curriculum recognises that there is more to swimming than learning to swim strokes and competing in swimming competitions. The emphasis is on acquiring a set of fundamental skills, attitudes and understanding before becoming competent in traditional strokes. It is important that the child displays confidence, eagerness to participate, willingness to listen to instructions and an understanding of and respect for rules before development of a stroke is attempted.

The aquatics programme should reflect the importance of play in the development of competence in the water.

The strand is presented as one complete unit, allowing implementation progressively at whatever stage the child has an opportunity to begin water-based activities.” Primary School Curriculum, 1999.

Extra skills

Apart from water and swimming skills, it is noted that the children going swimming learn other extra skills that are closely associated with the SPHE subject of the curriculum

- i.e. Becoming confident travelling on a bus with the class, Being responsible for my belongings, Being organised for swimming class, Washing myself, Taking part in group games.