Dear Parents,

We have, at last, been able to enter all parent e-mail addresses on to our computer system. In future this newsletter will only be circulated by e-mail and not by “hard Copy” via your child. This will be both more reliable and eco-friendly.

This issue only is being distributed as both hard copy and e-mail. If you are reading it on paper then please check that you have also received it by e-mail. If you have not, then check that your mailbox is not full and also send your correct e-mail address to darshini@tenby.edu.my in order that our list can be updated. Thank you.

Best regards,

Robert Lloyd

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**Curriculum Information**

We apologise for the delay in getting this information out to you. We are aiming to put information about our learning goals for each year group in the primary school and each subject in the secondary school onto the website for viewing in January.

Jane Kuok

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**Sun Smart Policy - Hats**

The school will be implementing a Sun Smart Policy from Monday 17th November. We want to educate children about the sun for the following reasons:

1. It is known that the major cause of skin cancer is the exposure to ultraviolet radiation (UVR) from the sun over many years, particularly during childhood and adolescence.
2. Common sites of skin damage and skin cancer are the neck, ears, temples, lips, face and nose. These areas are constantly exposed to the elements and therefore, generally receive more UVR than other body parts.
3. Wearing a hat is one strategy that is widely recommended by cancer prevention organisations and education boards throughout the world.

As part of this policy, primary students will be expected to wear a school hat when playing or doing PE outside in the sun. Therefore, any student without a hat from Monday 17th November, will be directed to shaded areas and not be allowed to play out in the open spaces. We encourage secondary aged students also to wear school hats whilst outside.

To support this, please ensure that your child has purchased the right house coloured hat before the implementation of this policy. Hats are available from the school bookshop.

Jane Kuok
Parents In School
Please remember that all parents should leave the school campus by 9.00am each day unless they have come in as ‘Parent Helpers’.

Jane Kuok

Swimming Programme
Our swimming pool is now ready (at last!) and we have appointed fully qualified and experienced swimming instructors. The swimming programme will start from on Monday, 17th November.

Swimming is a very enjoyable activity for many young people, and one ideally suited to our tropical climate. More than this, learning to swim well is an important part of ensuring one’s personal health and safety. It is also a very effective form of physical exercise and one which can readily be continued after students complete their school careers.

All primary students in years 3 to 6 will have a swimming lesson for thirty minutes each week. Secondary students will swim as part of their PE programme. Half of each secondary year group will start swimming this term, the other half later in the school year.

There will also be a swimming CCA on Tuesday afternoons. This will start on the afternoon of Tuesday 18th November from 2.40 to 3.40. It is intended for students who are competent swimmers in years 3 to 6 and who wish to improve or extend their range of strokes. There is no charge for this term. The club is limited to 25 students. Students in years 3 to 6 who wish to take part in this CCA should inform their class teachers on Tuesday of next week. If there are too many applicants then there will be a “draw” to determine the lucky ones!

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The programme above will take place until the Chinese New year holiday (6 school weeks). A wider range of CCA activities and opportunities for swimming by younger children and the remainder of the secondary school will then be introduced. Except for the CCA, all swimming lessons will take place in the morning.

Swimming is an important part of the school programme of physical education, it is not an optional activity. As for any other PE lesson, if your child is unable to take part in swimming for medical reasons then a letter signed by the parent or guardian should be brought to the teacher.

In addition to the swimming instructors, members of the school teaching staff will also always be present during swimming lessons.
Swimming Costumes and kit
All students will require a navy blue bathing costume, flip-flops, swimming goggles, sun-cream and a towel. Costumes for girls must be one-piece; boys costumes may be either “speedo” style or above-the-knee style swimming shorts. “Full-suit” style swimming costumes may also be worn.

Students will change in the sports pavilion where there are separate male and female changing rooms.

We look forward to making good use of our excellent swimming pool, developing enthusiastic swimmers and, in time, a high quality swim team.

PE Kit
Having mentioned the kit for swimming, may I also remind you that the kit for PE includes white trainers (not black), white socks (not grey), a house t-shirt (not one of any other colour, design or logo!) and black shorts.

It is important that children realise that they need to change into appropriate clothing for physical activity and not wear the clothes that they are using for the rest of the day.
Thank you for your co-operation.

Robert Lloyd