

Principal: Mark Woodhouse

Brandon Road  
Swaffham  
Norfolk  
PE37 7DZ  
T: 01760 721480 E: [office@tnha.org.uk](mailto:office@tnha.org.uk) <http://tnha.org.uk/>



19<sup>th</sup> May 2022

Dear Parents/Carers

**Re: Ten Pin Bowling and Sandringham Walk**

As previously communicated; the aim of our Whole School Physical Activity Strategy is to encourage students to be more physically active, more often. As part of this, your child is participating in a trip called; ten pin bowling and a walk at Strikes Kings Lynn and Sandringham Country Park. This trip will run on Thursday 23<sup>rd</sup> June 2022. Students are to meet at the Library at 9.05am and we will return for 2.50pm, in time for the school buses.

The aim of this trip is for students to experience a different form of physical activity outside of the academy setting whilst enabling them to have a nice walk around the beautiful countryside, exercising and feeling the benefits that walking can have on the body.

Students should wear clothes suitable for bowling and walking, such as leggings, tracksuit bottom, joggers, t shirts, jumper and comfy trainers are essential. It would be advisable for students to bring a small rucksack to put their belongings in, including some spare clothes and a rain jacket in case of bad weather.

We will stop for lunch so students are advised to bring snacks and a packed lunch, along with plenty of water. If the weather is warm then sun cream and a sunhat are advisable. So that we can contact students during the trip it would be helpful if they brought their mobile phone with them, however its safe keeping would be their responsibility.

In order for your son/daughter to take part in this exciting off-site opportunity please complete the parental consent form and return to me by **Friday 10<sup>th</sup> June 2022**. If your son/daughter is entitled to Free School Meals and you would like some support for this trip please get in touch for us to make the arrangements. If you have any questions please contact me via email: [I.Hogarth@tnha.org.uk](mailto:I.Hogarth@tnha.org.uk)

Kind regards.



**Mr. Hogarth**  
Teacher of PE