@TeamNHA TeamNHA TeamNHA

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The Nicholas Hamond Academy

19th May 2022

Dear Parents/Carers

Re: Watersports Trip

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; **Watersports** at the **Hautbois Outdoor Activity Centre**. This trip will run on **Friday 24th June 2022**. Students are to meet at the **Gym** at **9:05am and we will return for 2:30pm, 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, feeling the benefits that different forms of exercise can have on the body. The trip will involve Canoeing, Kayaking and Stand Up Paddleboarding. Students should be prepared to take part in any of these three activities. Students should wear clothes that you don't mind getting wet and need to bring a spare set of clothes to change into for afterwards. It would be advisable for students to bring a small rucksack to put their belongings in, including a rain jacket in case of bad weather.

Students will have lunch at the centre afterwards before returning to the school 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 opportunity and leave the school site, please complete the parental consent form attached to me by **Friday 10th 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 on I.Hogarth@tnha.org.uk

Kind regards

Mr Hogarth
Teacher of PE