



TNH-office@attrust.org.uk



01760 721480



tnha.attrust.org.uk



Brandon Road, Swaffham, PE37 7DZ



3<sup>rd</sup> June 2025

Dear Parents/Carers

**Re: Ten Pin Bowling and Sandringham Park  
3<sup>rd</sup> July 2025**

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 ten-pin bowling trip to Strikes, Kings Lynn followed by a walk at Sandringham Country Park. This trip will run on Thursday 3<sup>rd</sup> July. Students are to meet at Room 16 at 8.45am 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. Students can also purchase food from the bowling alley should they wish. If the weather is warm then sun cream and a sunhat are advisable.

If you have any questions, please contact me on [sam.bristow@attrust.org.uk](mailto:sam.bristow@attrust.org.uk)

Kind regards.

**Mr. S. Bristow**  
**Teacher of PE**