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Brandon Road, Swaffham, PE37 7DZ



3<sup>rd</sup> June 2025

Dear Parents/Carers

**Re: Physical Activity Strategy – Paintballing  
Friday 4<sup>th</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 trip called 'Paintballing'. This takes place at Combat Paintballing in Thetford on Friday 4<sup>th</sup> July. Students are to meet at the Lecture theatre in C Block at 8.45am. Students will return from the trip at 3pm, in time for the school buses.

The aim of this trip is for students to experience being physically active in a challenging but fun environment. Students should wear clothes that are 'sporty but old'; trainers are essential. Student will also be required to pack a towel and complete change of clothes (PE kit). They are likely to get muddy and therefore may need to change before getting back on the bus.

Lunch is included in this trip students will have a choice of cheese burger, hot dog or jacket potato. They make their choice at the venue. If the weather is warm then sun cream and a sunhat are advisable.

For this trip the activity centre requires an activity specific consent form. This is attached to the letter, please complete this and return to me as soon as possible. Students will not be able to attend the trip without handing in this form and unfortunately this trip is now non-refundable.

If you have any questions, please contact me on [mark.lloyd@tnha.org.uk](mailto:mark.lloyd@tnha.org.uk)

Kind regards.

**Mark Lloyd**  
**Director of P.E.**