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Brandon Road, Swaffham, PE37 7DZ



3rd June 2025

Dear Parents/Carers

**Re: Physical Activity Strategy – The Playground Trip
Thursday 3rd 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 'The Playground'. This takes place at an outdoor assault course in Bury St Edmunds on Thursday 3rd 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 going to get muddy doing the assault course and will need to change before getting back on the bus.

We will stop for lunch so students will need 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.

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.

If you have any questions, please contact me on mark.lloyd@tnha.org.uk

Kind regards.

Mark Lloyd
Director of P.E.