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Brandon Road, Swaffham, PE37 7DZ



May 2026

Dear Parents/Carers

**Re: Ten Pin Bowling and Sandringham Park
Thursday 9th July 2026**

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 to go **ten pin bowling and a walk at Strikes Kings Lynn and Sandringham Country Park**. This trip will run on Thursday 9th July. Students are to meet at **the library (LRC) 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

Kind regards.

**Mr Bristow
Teacher of PE**