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Brandon Road, Swaffham, PE37 7DZ



May 2026

Dear Parents/Carers

**Re: Physical Activity Strategy – Quasar Laser Norwich
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 called 'Quasar'. This takes place at an inside venue in Norwich on Thursday 9th July. Students are to meet at the **Sportshall at 8.45am** to register. Students will take part in an activity on site before leaving on the coach to Norwich at 10am. Students will return from the trip at 2.45pm, 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 comfortable clothes to run around in and suitable shoes such as trainers. Students will need to bring snacks and a packed lunch, along with plenty of water for the day.

If you have any questions, please contact me on ian.Hogarth@atrust.org.uk

Kind regards.

A handwritten signature in black ink, appearing to read 'Ian Hogarth'.

**Mr Hogarth
Teacher of PE**