



Tunstead Primary School
Market Street
Tunstead
Norfolk
NR12 8AH
01603 737395

Wednesday 22nd May 2024

Dear Parents,

Sports Enrichment Week 24th - 28th June 2024

I am pleased to tell you that we have been able to plan some exciting activities for all of the children as part of our Sports Enrichment Week. The week will start on Monday 24th June with Sports Day. For parents who would like to come and watch gates will open at 1pm, with events due to start at 1:15pm. Please bring picnic blankets and chairs.

Pupils across the school will experience several sporting and outdoor activities across the week. We have booked some external venues, but will also be receiving visitors into school to allow the pupils to experience and practise new sporting techniques with professional instructors. Your child will experience a range (but not all) of the following activities:

- Go Ape Treetop Adventure and Gorilla Games (Years 5 & 6)
- Skiing and Tubing at Norfolk Snowsports (Years 3 & 4)
- Gymnastics at North Walsham Gymnastics Club (Reception, Years 1 & 2)
- Skateboarding/scooters/bikes
- Day of inclusive sports including Boccia and Curling
- Wellbeing Day with a focus on mental health, mindfulness, healthy eating and cooking, yoga

Some groups will be travelling via coach/mini bus to the venues. This will be during school hours unless you receive notice otherwise. Exact timings of activities will be confirmed by Friday 7th June. We have worked hard to subsidise the events and are asking for a payment of either £5 for Oak and Sycamore children, or £12 for Conifer and Birch. This will cover the whole week of events, including any transport. Please return the consent slip below and make payment via Parent Pay by 10th June. If you are unable to make this payment please contact the school office.

The whole school will be out on their individual class trips on Thursday 27th June, so hot lunches will not be available on this day. Please indicate on the consent form if your child will be bringing a home packed lunch or will require a school packed lunch on this day. All children should have a fully-filled water bottle.

During the week your child will need to come to school dressed in their P.E kit, unless specifically indicated otherwise, with appropriate layers according to the weather that day. Please apply sun cream in the morning and be aware that although your child may bring it with them to apply themselves later in the day, staff will not be allowed to apply it unless there is specific need. In addition, please ensure you send either a rain coat or a hat depending upon the weather. In the meantime, I hope you are as excited as we are about the value these activities will have in developing your child's interest in an active and healthy lifestyle.

Thank you for your continuing support.

Mrs Beckett/ Mr Copping





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Birch Class Go Ape Trip Thursday 27th June

As part of the school's Sports Enrichment Week Birch Class will be having an action-packed day out at High Lodge in Brandon on Thursday 27th June 2024 where they will take part in Go Ape Treetop Adventure and Gorilla Games.



Timings: The coach has been booked to collect the children from school at 7.45am so please ensure that your child is dropped off at the school's entrance by 7.30am. We will be returning to school at 5.05pm. The school will update parents and carers, via text on return times whilst on route back to school.

Lunch: This will be a long day. Please ensure that your child has a healthy lunch, and enough food and drink to last them the day and the journey home. If you would like to order a school packed lunch please also ensure you send extra healthy snacks and drink. Please do not pack fizzy drinks, sweets or chocolate.

Clothing: Go Ape is an outdoor activity, so we suggest your child wears something you don't mind getting grubby, and of course, dress for the weather. We recommend wearing tracksuit bottoms (PE kit) as well as packing a pair of shorts for after the activity and in case the weather is really hot.

- No open-toed or slip-on footwear is permitted on the courses. Please wear secure closed-toe footwear with a good grip. We recommend ankle supporting shoes such as trainers.
- Some people like to wear gloves whilst on the rope course.
- Long hair has to be tied back, waists covered, and body piercings removed or taped over as the children will be wearing harnesses.
- Please ensure that your child also brings a sun hat, sun cream and a waterproof coat.

To confirm that you are happy for your child to attend the Year 5 and 6 Trip on Thursday 27th June 2024 please complete the consent form and meal choice preference attached.

Thank you for your continued support
Tunstead Primary School



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Birch Class Go Ape Trip Thursday 27th June: consent and lunch choice

I consent for my child (full name and class)to travel by mini bus / coach to attend the Birch Go Ape trip on Thursday 27th June. Their meal choice will be:

Home Packed Lunch	School Packed Lunch		
	Ham	Cheese	Tuna

I have paid £12 via ParentPay to help with the cost of the trip and transportation.

Signed.....

Date.....