Bishop's Hatfield Girls' School

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Dear Parents / Carers,

On Thursday 18th July we have arranged for the girls from Year 9 to go to Vertigo Adventures at Stanborough Park and Better Extreme Trampolining at Gosling Leisure Centre. The schedule is as follows:

- **9.30am** Girls to make their own way to Vertigo Adventures, Stanborough Park North, Stanborough Road, WGC AL8 6DF. Transport from school will not be provided.
- **9.30-10.00am** Safety and personal protective equipment briefing.
- **10.00am to 1.00pm** Girls to take part in a round robin of activities, including Hawk's View, The Plummet and Crazy Climb.
- **1.00pm to 2.00pm** Picnic lunch and then walk to Gosling Leisure Centre.
- **2.00pm to 3.00pm** Better Extreme Trampolining.
- **3pm** Unless I receive a parental request to the contrary, your daughter will be dismissed from Gosling Leisure Centre, Stanborough Road, WGC AL8 6XE. Transport back to school will not be provided.

Please could you complete, sign and return the waiver form for Better Extreme Trampolining by Monday 1st July. If we do not have this form, your daughter will not be able to take part in the trampolining.

Clothing and footwear: Please send your daughter in clothes which are suitable for the weather and which you don't mind getting dirty. Closed toe and closed heel shoes are required. We recommend ankle supporting boots, but trainers are fine too. Vertigo Adventures do not allow participants to wear sandals, open-toes or slip-on shoes. Long hair must be tied back, waistbands must be covered and no strappy tops are allowed. Body piercings and jewellery must also be removed. Please make sure your daughter has a rain jacket, sun lotion and a hat. Please could she also bring a pair of **TRAMPOLINING SOCKS** if she has them.

Food and drink: Girls should bring a packed lunch and plenty of water to drink. A packed lunch will be provided for girls on free school meals.

Mobile phones: Girls can bring their phones if they so wish, but they must be switched off during the activities. Please be aware that all valuables and belongings are the responsibility of the girls and the school will not accept responsibility for loss or damage to them.

If your daughter is required to take any medication during the day of the trip then she must bring it with her and hand it to a member of staff.

We hope that this will be a very enjoyable day for all the girls.

Yours sincerely,

Mrs Alliott
Head of Year 7