

Secondary School

Head of Physical Education: Carolynne Bell

Zekeriyaköy Mah., Kilyos Cad., No: 227/1,2, Sarıyer, İstanbul

Tel: +90 212 202 7027 Ext: 111/112

+90 212 202 7709 Ext: 111/112

Fax +90 212 202 7796

Email: c.bell@bisistanbul.org



8th December 2011

Dear Parents,

Mandatory Cross Country Training

As part of their P.E. programme, our students will be taking part in cross country training. This is to prepare them for the annual BISI cross country event held on Thursday 29th March 2012. We will take each year group to the forest during one of their weekly P.E. lessons. Students who are unwell are reminded that they are still part of the class and are expected to come changed and ready to participate by walking the course. There is no option to stay behind in school.

In order to make the most of our time we will allow students to come to school wearing their P.E. kit on their cross country training day. Please be reminded that school P.E. kit consists of plain navy track pants, a white BISI t-shirt and BISI hooded top or fleece (students may also wear their house shirts for cross country training). Ensure that your child packs their full school uniform to change into on return from the forest. Students should also bring a water bottle which they can fill in school before we leave. We will provide fruit on the bus for the return journey to school.

The following information shows which year groups will train in the forest on which days:

Year 9 Monday's: 9th, 16th, 23rd of January & 6th, 13th of February
Year 10 Tuesday's: 10th, 17th, 24th of January & 7th, 14th February
Year 8 Wednesday's: 11th, 18th, 25th January & 8th February
Year 7 Friday's: 13th, 20th, 27th January & 3rd, 10th February
Year 11 IGCSE Friday's: 13th, 20th, 27th January & 3rd, 10th February

This is a mandatory requirement and not an optional activity for students. However, we require your permission to take them off the school premises. All sessions take place between 10.00 – 11.20am. Please sign and return the permission form below no later than Friday 6th January 2012. Remember, any students who are in school will be expected to accompany us to the forest and participate in the work of the class (albeit at a lower level should they be carrying an injury).

In signing this form you also give permission for your child to participate in the annual BISI cross country race on Thursday 29th March 2012. Parents are welcome to come along and support on the day and can even take part!

Yours faithfully,

Carolynne Bell

Re: Cross Country 2012 – Belgrad Forest

I agree to my child training in the forest and attending the annual BISI cross country event on Thursday 29th March 2012.

Child's Name: _____

Child's Form: _____

Parent Signature: _____

Parent Mobile No: _____



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