

Secondary School

Head of Physical Education: Carolynne Bell

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10th February 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 7th April 2011. We aim to take each year group, as well as the year 10 IGCSE P.E. students, to the forest during one of their weekly allocated P.E. lessons.

In order to make the most of our time we will allow students to come to school wearing their P.E. kit on the day they will go to the forest. However, if students are not in plain navy blue bottoms, their white BISI P.E. shirt and BISI hooded top / fleece then normal 'out of school uniform' procedures will apply. 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.

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

Year 9	Monday	09.50-11.15hrs	28 th Feb – 4 th April
Year 8	Wednesday	09.50-11.15hrs	2 nd March – 6 th April
Year 7	Thursday	09.50-11.15hrs	24 th Feb – 31 st March
10 IGCSE	Friday	09.50-11.15hrs	11 th Feb – 1 st April

This is a mandatory requirement and not an optional activity for students. However, we require permission to take them off the school premises. Please sign and return the permission form below no later than Tuesday 15th February. 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 7th April. Parents are welcome to come along and support on the day and can even take part in our 2km, 3km or 6 km races!

Yours faithfully,

Carolynne Bell

Re: Cross Country Training 2011 – Belgrad Forest

I agree to my son / daughter training in the forest and attending the annual BISI cross country run on 7th April 2011.

Child's Name: _____

Child's Form: _____

Parent Signature: _____

Parent Mobile No: _____