

## Secondary School

### Dean of Students

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4<sup>th</sup> March 2016

## PE & HEALTH WEEK Monday 21 March – Friday 25 March 2016

Dear Parents,

As part of PE & Health week this year we have arranged a day trip for the students in key stage 3. Each year group will spend a day at FORESTANBUL, Kemerburgaz.

[www.forestanbul.com](http://www.forestanbul.com)

The students will use the adventure park after having received a safety lesson from qualified instructors at the venue. The park includes 11 separate runs where the students are able to experience the adventure of being in the forest climbing amongst the trees. The students in the words of the adventure park; *'Will jump from branch to branch like Tarzan, conquer bridges and obstacles such as Indiana Jones, will overcome all in complete safety!'*

Monday 21<sup>st</sup> March – Year 8

Tuesday 22<sup>nd</sup> March – Year 9

Wednesday 23<sup>rd</sup> March – Year 7

### SECONDARY CROSS COUNTRY

On Thursday 24<sup>th</sup> March we will ALL go to the Belgrade forest to participate in our annual inter house cross country event.

All students will run a 3.5k route with an optional 6k for those feeling fit.

We are looking forward to this week with our focus on sports and an active lifestyle.

Thank you in advance for your support,

PE Department

The British International School Istanbul

