

Bullers Wood School for Girls & Sixth Form

St Nicolas Lane, Logs Hill, Chislehurst, Kent. BR7 5LJ

Tel: 020 8467 2280 Email: office@bwsgirls.org Website: www.bwsgirls.org

Headteacher: Mr Simon Hardwick



28th March 2024

Dear Parents and Carers

Re : A Level PE Trip – Altitude Centre – Monday 29th April 2024

The PE Department is pleased to be able to offer A Level PE students the opportunity to visit the Altitude Centre, 50 Gun Street, London E1 6AH on Monday 29th April 2024. This trip will help to develop students understanding of simulated altitude training, explain the underlying theory of hypoxia and different hypoxic training methods, and translate the theory into practice that they have been studying applied anatomy and physiology for paper 2 examination.

Students will get to explore the application of syllabus content through a series of practical and theory including endurance training, injury rehabilitation methods, body composition and acclimatisation.

The trip will cost **£44.00**. In order to secure a place on the trip please arrange for payment to be made via Gateway by **Sunday 31st March 2024**. This is a strict deadline in order for the venue to be booked and no students can be added after that date.

Students will leave school with staff at approx. 11.30am and travel by train and tube from Chislehurst station to the venue. Students will need to have a topped up Oyster card or other means to pay for their travel. Students will travel back to Chislehurst station with staff and are expected to return at approx. 5.30pm, however if a student wishes to be dismissed from the venue or on the route back please email rohanlon@bwsgirls.org to request and consent for this.

Students will need to wear practical sports clothing and bring a packed lunch for the day and water.

Yours faithfully

Miss R O'Hanlon
Head of PE

q u o d p o t e s t e n t a

The school is part of Inicio Educational Trust: A company limited by guarantee

Chief Executive: Mr Terry Millar MA

Registered in England, Company Number: 7588418

Registered Office: St Nicolas Lane, Logs Hill, Chislehurst, Kent. BR7 5LJ



PLEASE NOTE CAREFULLY

All medical and emergency telephone numbers which we invite you to update every year will be generated from school records. Please ensure that any changes in the information held are provided as soon as possible to office@bwsgirls.org. **If your child requires any medication for the trip please put this in a transparent bag marked clearly with your child's name plus medication enclosed, the dosage amount and times to be taken. Please hand to a member of staff on the day of the visit.**

Please note the school reserves the right to cancel the place of any student whose behaviour prior to the trip does not meet the school expectations, or whose attendance record is unacceptable. In this event Parents/Carers are advised that no refund will be made. Parents/Carers are advised that this may incur cancellation charges.

Parental consent for a trip acknowledges the responsibility of the parent to ensure their child has been made aware of the contents of the Bullers Wood MAT Code of Conduct for Students on school trips, available on the school website. If a student's conduct on the trip would have led to a fixed term exclusion from school, parents are expected to collect their daughter/son from the trip destination. Parents would be liable for all associated costs relating to the collection of the student.

Payment signifies the commitment by the payer to the students' participation in the trip/activity and confirms parental consent. The cost of the visit/activity is non-refundable except in the case of serious illness, when a doctor's certificate will be required. Payments are used to secure firm bookings with the companies whose services are engaged for the trip/event. Please ensure all payments are made on-line as described by the due date.