



Mayfield Grammar School Gravesend

A Specialist Science and Language College
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Headteacher: Mrs E Wilson B.A. (Hons)

100
1914 - 2014

01 February 2019

Dear Parents,

A Level PE Trip to Greenwich University Sports Science Department **7th March 2019**

As part of the A Level PE course the students have to learn about anatomy and physiology and in particular aerobic capacity (VO₂ max), strength and body mass. With this in mind we would like to take them to experience testing in a sports science lab and experience the tests for themselves. We have the opportunity to visit Greenwich University Sports Science labs to use their sports Science testing equipment based at: Old Royal Naval College, Park Row, Greenwich, London SE10 9LS.

The students will be taken into one of the Sports Science labs and will experience a number of fitness tests including the VO₂ max test. The students will also have the opportunity to experience a BodPod, which looks at body fat. This would involve the students sitting inside a BodPod for 2mins. This experience will allow the students to try out the theory they have learnt in lessons in a practical setting.

Students will be transported via the school minibus leaving at 9am and returning approximately 1pm. Your son/daughter will need to wear practical kit, as they will be taking part in the session. They will also need a swimming costume for using the BodPod. They will also need to bring drinks. They may need to bring a change of clothes as they will be expected to resume with their normal lessons on their return.

There will be a cost for the trip and this will be £15. This cost will cover the hire of sports science labs, the fitness tests they will take part in, insurance and travel to and from Greenwich University. Payment can be cash, cheque (made payable to Mayfield Grammar School) or SCOPAY. If you require financial support or if your daughter/son is receiving free school meals or has done within the last 6 years please write to myself or Mrs Ferrara, Finance Office, all assistance will be in confidence.

Please complete the reply slip and ask your son/daughter to return it to the finance office on or before the 22nd February 2019, to confirm your son/daughter can attend this trip. I look forward to hearing from you.

Yours faithfully,

Mrs K Loomes
Teacher of Physical Education



Reply slip: Re: A Level PE trip to Greenwich University – 7th March 2019

FAO: KL

I confirm my son/daughter: _____ Form _____
will be attending the trip to Greenwich University, on Greenwich Campus on 7th March 2019

I enclose a payment of £15 cash/cheque
I have paid £15 online via SCOPAY

I understand my daughter must comply with the School's Code of Conduct. In the event of my child requiring emergency treatment and the Headteacher (or her representative) being unable to contact me, I give consent for the accompanying member of staff to approve the application of any emergency treatment including anaesthetic advised by the medical authorities for the wellbeing of my child.

Medical information we should be aware of for this trip:

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Emergency telephone number(s):

Parental/Guardian name: (block letters)

Parental/Guardian signature:

Permission to attend: *Please note if parents are no longer living in the same family home and/or are estranged we will require signatures from both parents. Please ask your son/daughter to request a second letter or pass this slip to the other parent whichever is more convenient, please tick box below to indicate if this is appropriate:*

Other parental/guardian signature (if appropriate):
.....

or

Please send 2nd letter to: (Name & email or indicate below how we should act)

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