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17th October 2018

Dear Parent/Carer

I am writing to you to confirm that your child has been invited to carry out a Mountain Biking skills and application day.

The day will take place at High Lodge in Thetford on **Thursday 22nd November**. Students will need to meet at the sports hall at **8.40am**, we anticipate returning to school by **3.10pm**. The trip will cost £15.00 this includes the transport and the hire of the equipment (bikes, helmets etc).

Students must bring a packed lunch, spare water, long sleeve clothes with rain jacket, change of clothes/towel for end of cycling and a small rucksack to cycle with. It is also suggested students bring eye protection and thin gloves. Furthermore – an ability to fix a simple breakdown/puncture (a spare tube will be provided) would be an advantage.

To ensure your child's place the consent form and money will need to be completed by **Friday 9th November 2018** via our SchoolMoney system.

Please do not hesitate to contact me if you have any questions.

Yours faithfully

Miss L. Tilbrook
Teacher of P.E .

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'the best that we can be'