



Brine Leas School

An Academy

Believe, Learn, Succeed

October 2016

Re: Gifted and Talented – Physical Education

Dear Parent / Guardian,

As your child is on the Physical Education Gifted and Talented register, we would like to invite him / her to a G & T Day on Monday 31st October, 2016 which is the first day of half term.

The day is designed to develop elite sports performers both physically and mentally and the theme of the day is all about diet / nutrition and how it affects your sports performance. *There is no cost involved.*

We are also thrilled to announce that we have a guest speaker, Calvin Morriss, Ph.D, who will do a presentation on this topic, please see below some of Calvin Morriss' achievements:

- Currently Head of Performance Support at British Cycling, leading a team of twenty science and medicine experts.
- Worked with the top British track & field athletes, most notably Steve Backley (1990-2002)
- Member of management at the England Rugby Team (2003 – 2012).
- Worked with the Georgian Rugby Team in 2015 and the GB Basketball Team in 2012.
- BSc. In Sport Science and both an M.Sc. and Ph.D. in Biomechanics

The day has been designed to be very practical and informative and the students will play four different sports with presentations included.

Please see below the timings of the day:

08.45am - 9.00am	Registration
09.00am – 10.00am	Sports Activity 1
10.00am – 10.15am	Break time
10.15am – 11.00am	Understanding how diet and nutrition impacts sport
11.00am – 11.15am	Break time
11.15am – 12.15pm	Sports Activity 2
12.15pm – 12.45pm	Lunch
12.45pm – 13.15pm	Presentation by Calvin Morriss Ph.D
13.15pm – 14.15pm	Sports Activity 3
14.15pm – 14.30pm	Break time
14.30pm – 15.30pm	Sports Activity 4
15.30pm – 15.45pm	Awards and debriefing
15.45pm –	Collection time

Headteacher
Mr Andrew Cliffe
Audlem Road, Nantwich
Cheshire CW5 7DY
Tel. 01270 625663
Fax. 01270 610373
Email. info@brineleas.co.uk
www.brineleas.co.uk



B
L
S

Students will require a packed lunch and drink(s) with them for the day. If your child is currently eligible for Free School Meals, a packed lunch can be provided by school. If you would like your child to receive a packed lunch please confirm on the permission slip below.

If you would like your child to attend, please complete the permission slip below and return it to the Drop Box outside Student Reception no later than Friday 21st October, 2016.

I have also enclosed a Form C (Parental Permission). Please could you complete the form detailing any medical issues your child may suffer and return it along with the permission slip. Unfortunately, without the form being returned to school, your child will not be allowed to attend the G & T Day.

If you require any further information regarding the day, please do not hesitate to contact me on the school number.

Yours faithfully,



Mr T Ward
Teacher of PE

✂.....

Permission Slip - Gifted and Talented – Physical Education – Mr T Ward

I am writing to give permission for my child
Progress Group to attend the G & T Physical Education Day
taking place on Monday 31st October, 2016 from 8.45am – 15.45pm. I am also
aware that my child will require a packed lunch and drink(s) with them for the
duration of the day.

- My child is eligible for Free School Meals and will require a packed lunch
- My child is eligible for Free School Meals but will not require a packed lunch
- I have enclosed the completed Form C.

Signed (Parent/Guardian) Date