



Aylesbury High School | #AHSWalksTall

Developing uniquely talented young adults, who are independent, strong and confident

11 June 2024

Dear Parent /Carer

Year 10 Activity Day - Thursday 4 July - 23-ZAD10

We are writing to give you details of this year's activity day for Year 10.

On **Thursday 4 July**, your daughter will be taking part in a **Wellbeing Day**. Sessions on the day will be run by a combination of qualified instructors/facilitators and AHS staff and will include sessions offering yoga, boogie bounce, mindfulness, as well as talks on wellbeing, health and relationships.

These activities will all take place in school. We ask that students wear their PE kit, as they will be participating in physical fitness activities during the day. Lunch will be at the usual time, with the school Dining Hall opening as normal.

We are sure you will appreciate that many of the outside facilitators charge for their time. We are, therefore, asking for a voluntary contribution of **£6**. Please pay via ParentMail by Monday 1 July. Ticking the relevant box when making payment in ParentMail constitutes consent to this activity day.

We would not want anyone to be unable to take part in this activity because of financial circumstances. If you would like to apply for financial support for this event (whether or not your daughter is eligible for Pupil Premium Funding), please complete the confidential on-line form accessed via the Parents' section of the website. Please reference the code: 23-ZAD10. Ticking the relevant box when making payment in ParentMail constitutes consent to these activities.

If your daughter is eligible for Pupil Premium funding, the school will cover the cost of any trips or the activity held on our activity day in July. This does not include Service Children. [Please fill in this form to give your permission for them to take part](#) (students eligible for Pupil premium funding only).

Kind regards

Stephen Pitchers
Assistant Headteacher
Personal Development