Dear Parent / Guardian,

As part of our school's Learning for Life Programme to develop character and leadership through water and adventure sports, the school is organising a Water Sports Elective Programme for all Secondary 4 and 5 students.

The activity will be held on 9 March 2022, from 3 to 6 pm, and is fully subsidised by the school. A range of activities is offered and your child / ward has chosen Stand Up Paddling. Please see below for more details.

Your child / ward is strongly encouraged to participate in the activity unless there are valid reasons. Please indicate your consent using Parents' Gateway by 25 February 2022.

Please feel free to contact Mr Ng Zhi Xian, HOD PE & CCA at 6443 6848 or ng\_zhi\_xian@schools.gov.sg if you require further information.

Thank you for your support. We believe your child / ward will have an enriching and memorable experience during the activity.

## **Activity Details:**

Stand Up Paddling will be conducted on 9 March 2022 at NSRCC Sea Sports Centre from 3 - 6 pm. Participants will learn to paddle standing up while balancing on a board.

## Attire:

Students should report in PE attire. Girls should bring along a dark coloured top or swimsuit.

## Things to bring:

- 1. Water bottle
- 2. A set of clean, dry clothes to change
- 3. Toiletries and towel
- 4. Sunblock
- 5. For those who wear contact lenses Bring a pair of glasses just in case.

Two-way transport is provided from school and your child / ward will be dismissed from school after the activity at approximately 6.30pm.