



13 February 2020

Dear Parents and Carers

As I am sure you are aware, the expedition team have decided to participate in a fitness study, run by Daniel Hill, a PhD researcher from Bangor University, as part of their preparation for the Madagascar expedition. I am pleased to inform you that St Martin's School will be part of the intervention group. Daniel will be coming to St Martin's on Tuesday 25 February to assess participants' baseline fitness. Students should arrive at 3:45pm in the Sixth Form common room, changed into sportswear, and prepared for physical activity. Approximate timings for the session are as follows:

- 3.45pm arrive at the Sixth Form common room, and complete pre-study questionnaire
- 4.15pm move to the Sports Hall for the baseline fitness test
- 5.00pm return to Sixth Form to plan a fitness programme
- 6.30pm session ends

Can I remind you that participants need to complete the consent form online before taking part in the study. Thank you to those that already have. If your son/daughter has not already completed the online consent form, they can still attend the session and complete the form after speaking to Dan.

Cotswold outdoor discount cards were supposed to have been sent to me to distribute, but as yet have not been received. I have been informed by Outlook Expeditions that the discount code AF-OUTEXP-P1 should give 15% off when making purchases on the Cotswold website. If you are interested in purchasing items, they advise trying the items in store and then ordering online.

I will send another letter after the half term break with arrangements for the training weekend. Please don't hesitate to contact me at gsmith@st-martins.essex.sch.uk if you have any further questions.

Yours sincerely

Mr G Smith
Trip Leader