Parmiter's School

Founded 1681

4 November 2026

Dear Parents and Carers

Sport Science Support in Action: Monday 14 December 2026
Total cost: £16.00
Payment required by: Friday 27 November 2026

As part of the A Level PE course, we are running a one day visit to the University of Essex on Monday 14 December to give students the opportunity to experience 'Sport Science Support in Action'. Students will learn more about the science of sport and how it is applied to elite athletes, directly in line with the AQA A Level specification and this will also help with the AO2 part of question answering.

Students will take part in:

- Exercise Physiology workshops
- Sport Psychology workshops

We will leave school at **7.30am** on **Monday 14 December** and return at approximately **5.00pm** (traffic dependent). Food will not be provided, so students will need to bring a packed lunch or money to purchase food on campus.

We strongly recommend that students take up this opportunity. The cost of the visit is **£16.00**, which includes travel via school minibus, entry to the laboratory and testing. Please make your payment via **WisePay** (under Trips & Visits) by **Friday 27 November.**

By paying, you are consenting to your child attending the above school trip. Please ensure the school is fully aware of any medical concerns you may have, under separate cover. Students must have any medications required (e.g. inhalers, anti-allergy medication) on the day of the trip.

Students will also be required to complete a University consent form in order to take part in the sessions. The consent form will be posted in their Google Classrooms. Please ensure that you complete this form with your child, as it contains important medical information.

If you have any questions in this regard, please do not hesitate to e-mail b.peters@parmiters.herts.sch.uk.

Yours sincerely

Mr B Peters
Teacher i/c A Level PE