

Dear Parents,

Schools have an essential role to play in supporting students to make healthy lifestyle choices and understand the effects of their choices on their health and well-being. GEMS Legacy School continuously strives to make student health and well-being a top priority, and this is demonstrated through the Nutrition curriculum as well as the Bounce-Ed trips.

THE BOUNCE-ED ADVANTAGE

The Bounce-Ed trips are seamlessly woven into the school timetable and the cross-curricular learning objectives are deeply embedded in the curriculum. Bounce-Ed as a sports facility functions as an external laboratory for students and caters to their physical and mental growth. It harnesses the rebound benefits of Trampolining and uses it to deliver a unique challenge and adventure experience.

BOUNCE trainers work with our teachers to create unique programs and experiences that develop coordination and confidence across diverse age groups and levels of skill. The focus is on maximizing individual and group participation regardless of ability, and programs are delivered in an environment that is as inclusive and encouraging, as it is exciting and inspiring.

We hope that through trampolining students are able to build stamina of the mind and body as they experience first-hand Newton's Law of Motions or deepen their learning of gravity.

Additionally, trampolining is often promoted as one of the best and most effective exercises one can do! NASA believes that "rebound exercise is the most efficient, effective form of exercise yet devised by man."

Trampolining is a low-impact workout that tones muscles and improves coordination and creates a sense of balance leading to enhanced well-being. It can help combat depression, anxiety, and stress by increasing the number of endorphins released by the brain.

Parents/guardians will need to sign the Bounce Waiver Form, the link for the same is given below, in order to be able to take part in the school trip. It is an online form. If the parent/ guardian has not signed the waiver, the student will not be able to attend the trip.

Parents are requested to fill in the waiver form below as per the correct grade of their child.

[Bounce Waiver Form – Grade 6](#)

[Bounce Waiver Form – Grade 7](#)

[Bounce Waiver Form – Grade 8](#)

The cost of the trip is **150 AED** and is inclusive of additional offerings such as a 2-for-1 pass on your next visit and a delicious meal with soft drinks.

For further details, find attached the flyer, and to proceed with the registration, please find appended the steps for the payment pathway. Registration for Middle School closes on the **9th of June 2023**. Middle School trips will be planned from the **13th to the 15th of June 2023**. The class teacher will confirm the exact date of the trip for her respective section.

We look forward to our students experiencing this exciting opportunity!

Warm regards,



Asha Alexander

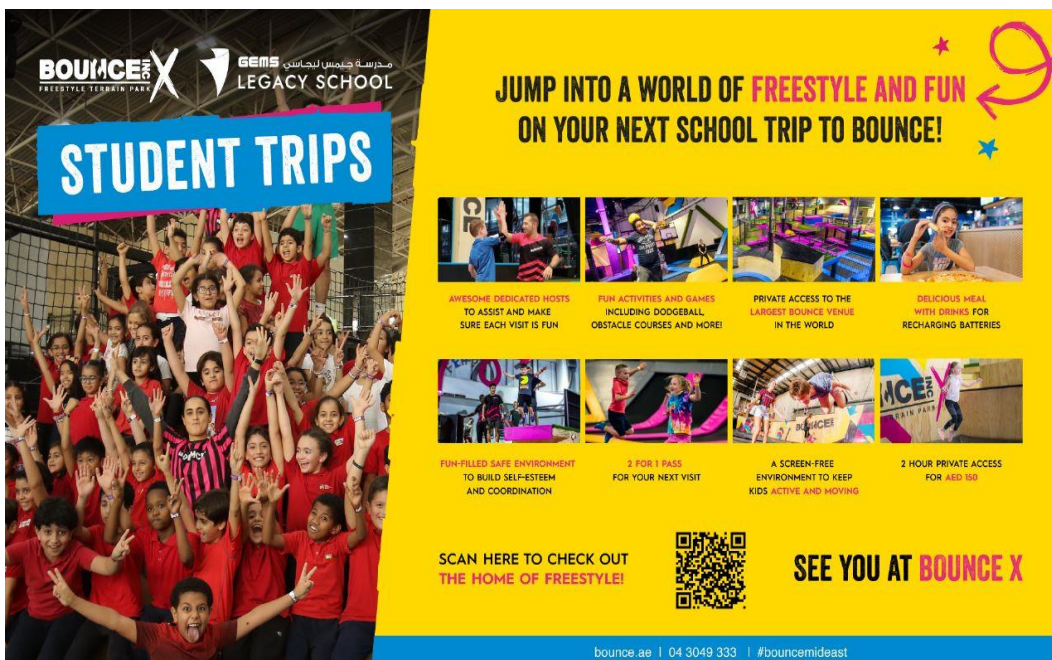
Principal

Executive Leader - Climate Change

أشا ألكسندر

مديرة المدرسة

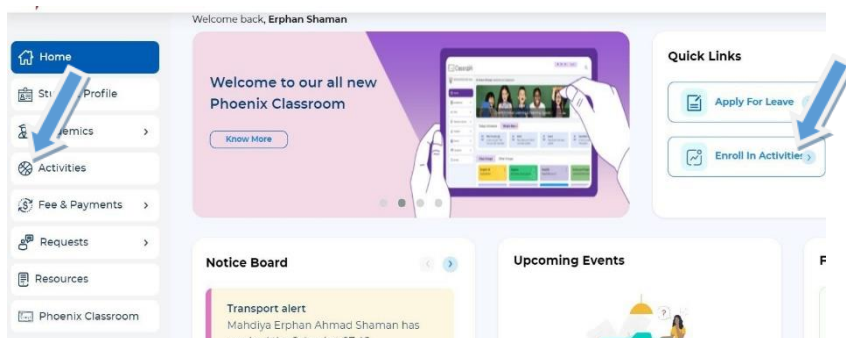
الرئيس التنفيذي - نغى المناخ



The steps for the payment pathway for 'BOUNCE X Grades 6 - 8'.How to register & pay for an activity online?

Step 1: Login to GEMS Parent Portal with parent login credentials ([Click here to Login](#)).

Step 2: Click **Enroll in Activities** under Quick Links or click on the **Activities** tab on the leftNavigation menu.



Step 3: To register your ward, select the activity '**BOUNCE X Grades 6 - 8'**.

Step 4: Select '**Request to Enroll**'

Step5: Click '**Send Request**'"

Step 6: To make a payment, click **Fee and Payments** -> **Fee Payment** on the left menu. The FeePayment page is displayed. Click the **Activity Fee** tab. Observe the **Net Payable** amount that is displayed. Click **Proceed To Pay**.

