

GLS / C / 728-23

CIRCULAR

18th October, 2023

BOUNCE X – Primary School (Grades 1 – 5)

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 your child.

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.

Details for the trip:

| Date | Grades | Closure of the online payment portal | Waiver form |
|-------------------------------------------------------|---------|-------------------------------------------|-----------------------------------------------------|
| 23 rd to 26 th October 2023 | 1 and 2 | 22 nd October 2023 at 12 noon. | BOUNCE X waiver form Grades 1 and 2 |
| 30 th Oct to 1 st November 2023 | 3 and 4 | 28 th October 2023 | BOUNCE X waiver form Grades 3 and 4 |
| 13 th and 14 th November 2023 | 5 | 11 th November 2023 | BOUNCE X waiver form Grade 5 |

For further details, find the flyer below, and to proceed with the registration. Please [click here](#) for the payment pathway. 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

آشا ألكسندر

مديرة المدرسة

الرئيس التنفيذي - تغير المناخ



BOUNCE X FREESTYLE TRAMPOLINE PARK
LEGACY SCHOOL مدرسة كينزل للتحسين

STUDENT TRIPS

JUMP INTO A WORLD OF FREESTYLE AND FUN ON YOUR NEXT SCHOOL TRIP TO BOUNCE!

- ✓ DEDICATED HOSTS TO ASSIST AND MAKE SURE EACH VISIT IS FUN
- ✓ FUN ACTIVITIES AND GAMES INCLUDING DODGEBALL, OBSTACLE COURSES AND MORE!
- ✓ PRIVATE ACCESS TO THE LARGEST BOUNCE VEHICLE IN THE WORLD
- ✓ DELICIOUS MEAL WITH DRINKS FOR RECHARGING BATTERIES
- ✓ FUN-FILLED SAFE ENVIRONMENT TO BUILD SELF-ESTEEM AND COORDINATION
- ✓ 2 FOR 1 PASS FOR YOUR NEXT VISIT
- ✓ A SCREEN-FREE ENVIRONMENT TO KEEP KIDS ACTIVE AND HAPPY
- ✓ 2 HOUR PRIVATE ACCESS FOR 400 \$\$\$

SCAN HERE TO CHECK OUT THE HOME OF FREESTYLE!



SEE YOU AT BOUNCE X

bounce.ae | 04 3049 333 | #bouncemid east