

GLS / C /876-24

CIRCULAR

9th September 2024

'BOUNCE X' Field Trip – KG1 and KG2

Dear Parents,

Schools play a crucial role in helping students make healthy lifestyle choices and understand how these choices impact 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.

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. To proceed with the registration, please find appended the payment pathway. KG trips will be planned for the 23rd to 26th September 2024. The class teacher will confirm the exact date of the trip for her respective section.

Parents/guardians are requested to sign the BOUNCE waiver form as per your child's grade to enable students 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. Please find the link for the waiver form below:

Grade	Link for waiver form
KG1	https://forms.roller.app/#/bouncedfc/022b0d6ba4c64a3/form
KG2	https://forms.roller.app/#/bouncedfc/e362d9ddea5f40b/form

Registration for Kindergarten closes on the 17th of September 2024.

We look forward to our students experiencing this exciting opportunity!

Warm regards,



Asha Alexander
Principal

Executive Leader - Climate Change

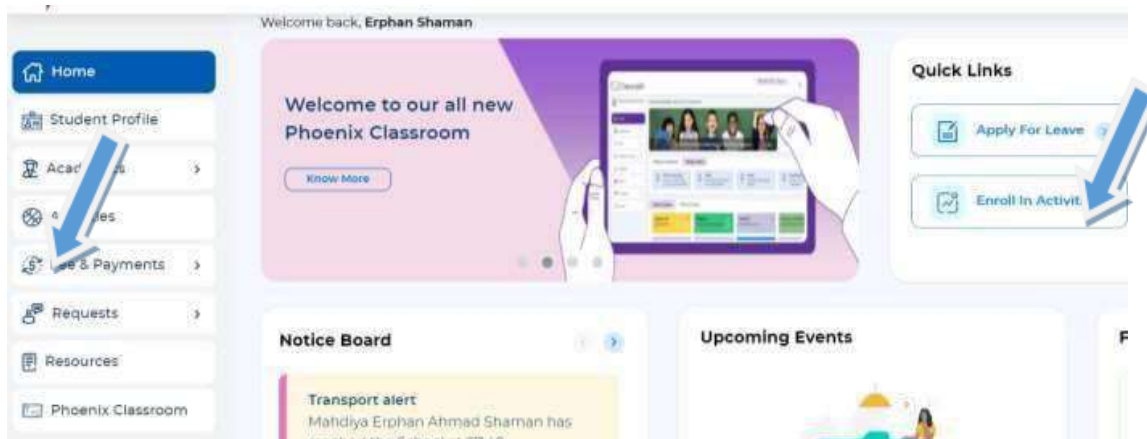
آشا ألكسندر
مديرة المدرسة
الرئيس التنفيذي - تغير المناخ

The steps for the payment pathway for 'BOUNCE X' are appended below.

How to register & pay for an activity online?

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

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



Step 3: To register your ward, select the **'BOUNCE X' (respective grade)**

1. **BOUNCE X- KG 1**
2. **BOUNCE X- KG 2**

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

Step 5: Click **'Send Request'**

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

