

BOUNCE-X Trip -Grades 6-9

Dear Parents,

We are glad to inform you of the schedule for BOUNCE-X trips for GLS Middle and Secondary School students. Physical fitness plays a crucial role in growth and development of young adults and schools can significantly help students make healthy lifestyle choices. 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 1-hour FREE PASS that the students can use on their next visit to BOUNCE with family or friends along with a delicious meal and soft drinks. To proceed with the registration, please find the payment pathway appended.


GLS Middle School and Secondary School (Grades 6 – 9) trips will be planned for February 10th, 11th and 12th. 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:

<https://forms.roller.app/#/bouncedfc/f83afaa20fc245c/form>

Warm regards,

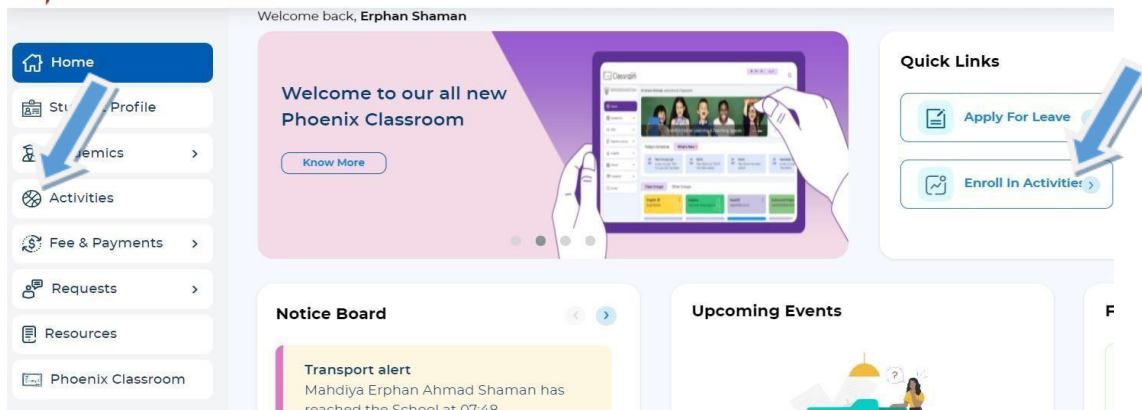

Asha Alexander أشا ألكسندر
Principal مديرة المدرسة
Executive Leader - Climate Change الرئيس التنفيذي - تغير المناخ

STEPS FOR THE PAYMENT PATHWAY:

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 on **Activities** under Quick Links or click on the **Activities** tab on the left Navigation menu.



Step 3: To register your ward, select activity – **The BOUNCE-ED Advantage**.

Step 4: Select **'Enroll'**

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

Step 6: To make a payment, Click **Proceed to Pay** and **'Confirm & proceed'** to complete.

