



Noadswood

September 2025

Dear Parents/Carers

Applemore Gym – Group 1

As part of the Redwood provision, we have been exploring different options to enhance our PE offer for pupils who currently only access this in Redwood and for those who benefit from physical exercise as a way to regulate.

The regular visits to Applemore Gym last year were very successful with all students of Redwood, so we would like to continue with them this year.

We have arranged fortnightly visits to the Gym at Applemore Leisure Centre on Mondays from 11.45am – 12.45pm starting from **Monday 15th September 2025**.

We will leave school at 11.20am with Redwood staff to walk to the leisure centre for the session, and we will then walk back to school arriving back in Redwood for 1.15pm in time for lunch.

Pupils will change into their PE kit at Redwood before they leave and will change back into their uniform on return.

We take seriously our responsibility for the safety and welfare of our students at all times. This raises particular issues when students are involved in an activity off-site. Before taking students away from the school site, we carry out a thorough risk assessment and take all necessary measures to minimise risks, including arranging appropriate levels of supervision by responsible adults. We expect that students involved in the activity will cooperate fully with the arrangements made and follow closely the instructions of the responsible adults throughout the activity. We therefore reserve the right to refuse a place on the trip to any students where there has been a previous behaviour concern.

We have set dates for the full academic for this group to help better prepare them with their own planning. If you would like your child to attend, please click here [2025-26 Consent for Applemore Gym](#) to give consent. All dates are on the form, but will also be given to you as a separate document once you have given consent. All sessions will be shown in Arbor for the days they are attending the Gym.

Yours sincerely

Chris West
Lead of Redwood SEMH RP

Noadswood

North Road, Dibden Purlieu
Southampton, Hampshire SO45 4ZF

Tel 023 8084 0025
Email info@noadswood.hants.sch.uk

 @Noadswood_Sch
 @Noadswood_Sch
 @Noadswood_Sch

noadswood.hants.sch.uk