



Ramsey Grammar School

Scoill Ghrammeydys Rhumsaa

Invest, Believe, Achieve Together

RAMSEY
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Headteacher

Ard-ven-ynsee

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3rd September 2025

Northern 6 Day

Dear Parent/Carer

We're excited to let you know that on 10th September 2025 we'll be holding our annual Northern 6 Day for all Year 7 students.

Northern 6 Day is a fantastic opportunity for students to try out a variety of sports led by qualified coaches and club representatives from across the north of the Island. Throughout the day your child will take part in sessions including Golf, Rugby, Handball, Netball, Hockey and Badminton.

Here's what you need to know for the day:

- Your child should arrive at school in their PE kit and go straight to the Sports Hall for registration at 8:45am
- Students will stay in their tutor groups and move around the sports sessions together. This will be a fantastic opportunity for them to get to know each other too.
- Please make sure your child brings:
 - A hoodie or sports sweatshirt in case the weather turns cooler
 - Two pairs of sports shoes: one suitable for indoor use (trainers) and one for outdoor activities (astro turf shoes are ideal)
 - A refillable water bottle
 - Suncream if the weather is warm
 - Any medication they may need during the day (e.g. asthma inhaler)

At the end of the day students will be given information about local sports clubs, including training times and contact details. We hope this event will encourage students to take up new sporting activities, either at school or through a local club, bringing all the benefits that come with being active and involved. We're looking forward to what promises to be an enjoyable and inspiring day for all our Year 7s!

Finally, to stay up to date with the latest PE news and to view results from our sports fixtures throughout the year, we invite you to follow our Instagram page: [rgs_pe_iom](https://www.instagram.com/rgs_pe_iom)

Kind regards

Mrs Bowden
Event co-ordinator