



Ramsey Grammar School

Scoill Ghrammeydys Rhumsaa

Invest, Believe, Achieve Together

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Headteacher

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Dear Parent/Carer

Northern 6 Day

We're excited to let you know that on Wednesday 15th July 2026 we will 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, Hyrox 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
- 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!

Kind Regards

Mr Shimmin
Event co-ordinator