

# Be part of the BISB Community Sponsored Team 'ROWING ACROSS THE ATLANTIC'!



The real Rowing Crew, with Liz  
3<sup>rd</sup> from the right

## 5 Ways to Get Involved:

- Row!
- Convince a parent/friend to row!
- Come and support!
- Donate money!
- Research! (could be a great CAS Project for Sixth Formers)

What is Young Onset Parkinson's Disease?

We're doing this to support our dear **Ms Walker** – our Director of Admissions and Marketing – whose sister, Liz has Young Onset Parkinson's Disease and is currently **rowing across the Atlantic Ocean for 45 days!**

Take a look:

<https://monkeyfistadventures.com/the-challenge/>

31<sup>st</sup> January 2020  
Friday



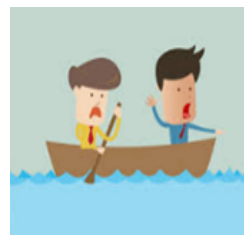
The BISB Rowing Crew

Money raised goes to the European Parkinson's Disease Association

**Who?** Students from Year 5 to Year 13 (also, parents and teachers)  
**When?** 5 minute slots (or more) between 8.00am and 4.00pm on the 31st. Sign up in the Atrium from Monday  
**Why?** To be part of our community team, support Ms Walker, and raise money for research into Parkinson's Disease. And...have fun and get some exercise on our rowing machines!



This row is part of a research project into how Parkinson's disease is affected by exercise.



Teachers trying to row