

Dear Parent / Guardian,

19 May 2023

SCHOOL VISIT TO ADVENTURES WALES

As previously communicated, a replacement trip to Wales for your child, in place of the Outward Bounds Trip cancelled earlier this year, has been arranged to take place between Monday 19th and Friday 23rd June 2023.

A total contribution of **£273** is required to cover the costs associated with this trip, for each student. Payments previously received have been retained for this purpose; therefore, you will be contacted separately informing you any outstanding balance. It is appreciated if you are able to pay any outstanding amounts as soon as possible.

This is a residential trip and students will be housed in a picturesque bunkhouse, in a quiet rural setting provide by <https://www.adventureswales.co.uk/>. Transport has been arranged to take students directly between the accommodation and the locations of each activity.

ITINERARY

Time	Travel	Activity
Mon 19th June		
07:00am	Coach Leaves St Mark's Academy	Travel to Wales
10:30am	Arrival At Activity Centre	Onsite activity day including: High ropes, Climbing, Team games, Assault course and Archery
3:45pm	Return to Accomodation	
Tues 20th June		
10:00am	Arrival At Gorge	Gorge Scrambling Activity day
3:45pm	Return to Accomodation	
Weds 21st June		
10:00am	Arrival At Beach	Beach day including Surfing, Body Boarding and other sea activities
3:45pm	Return to Accomodation	
Thursday 22nd June		
10:00am	Arrival at Peny fan	Hike to the top of South Wales highest peak
3:45pm	Return to Accomodation	
Friday 23rd June		
10:00am	Arrival at Walk Start Point	Coastal exploration walk
1:00pm	Collected by Coach	
4:00pm	Coach Arrives St Mark's Academy	Students will be dismissed from school

FURTHER DETAILS REGARDING THE ACTIVITIES

Pen Y Fan: As this is a longer walk at a higher altitude, weather can be very cold, wet or windy on top even if it is a nice day lower down so it's best to be prepared. Students must take a backpack with a hat (e.g beanie hat), gloves, waterproof jacket or coat, spare fleece or warm mid-layer and water/packed lunch. Again, hiking boots with ankle support, or sturdy trainers, are highly recommended. Two pairs of socks are ideal if people are prone to blisters. If it is a very hot day, sunhat and sun cream is essential.

Gorge: Students will be provided with wetsuits and safety equipment. Students will need trainers (they will get wet) and clothing appropriate to the weather. A large towel is also needed.

Beach Day: Students will need trainers (they will get wet) and clothing appropriate to the weather. A large towel is also needed. It can get very windy on the beach so a fleece or windproof may be appropriate here. Wetsuits, Boards and any safety equipment is provided.

GENERAL RESOURCES REQUIRED

- Trousers suitable for a range of outdoor activities
 - *loose fitting or stretchy are the best, like tracksuit trousers (not jeans as they are heavy and restrictive)*
- Warm long-sleeved tops –
 - *Fleeces are best as they stay warm when wet and dry out quickly*
- T-shirts or short sleeve shirt
- Shorts
- Underwear
- Socks
 - *Including warm thick ones*
 - *Don't bring ankle length/trainer liner variety*
- Waterproof jacket
- Waterproof trousers
- Warm hat and gloves
 - *It can be cold even in the summer*
- 2 sets of footwear: a "wet" pair and a "dry" pair.
 - *Old trainers are ideal as the "wet" pair*
 - *We recommend hillwalking boots or stout trainers as the dry pair.*
 - *For hill walking, expeditions, mountaineering and mountain skills courses hillwalking boots are required.*
- Midge repellent
 - *on hot humid summer days this is essential as midges on these trips can be extreme!*
 - *Avon "Skin so Soft" is good as it doesn't have too many chemicals in it.*
 - *You won't need one with more than 50% deet.*
- Sun protection cream
 - *We recommend at least Factor 20*
- Sun glasses or cap
 - *essential to protect eyes from glare off water*
- If you wear glasses bring a string to tie them on with (including sunglasses)
- Head Torch (with spare battery)
- Wash kit and towel
- Water bottle (1 litre size)
- Swimming costume
- Any medication you need
 - *Packed lunch and drink for lunch time on the first day of the course*
 - *Pack this separately from the rest of your kit*
 - *Those eligible for Free School Meals will be able to pick up a school packed lunch prior to the departure of the coach from school*

OTHER MATTERS

We have the highest expectations of student behaviour at St Mark's. Therefore, students are expected to conduct themselves in line with our values and ensure they uphold the rigorous standards that we expect of them, at all times, reflecting those rules outlined in our school's behaviour policy.

Should you have any questions regarding this trip, please contact the school office on 020 8648 6627 or email school@stmarks.anthemtrust.uk.

The visit will be led by experienced members of the St Mark's staff who will be supported by outdoor activities experts who will be on site and guide activities each day. The visit leaders will remain in contact with school throughout and parents will receive text messages to update them on the progress of the trip.

CONSENT & INFORMATION UPDATES

Please complete the form at the end of this letter to provide consent for your child to attend this trip and to provide supplementary information required to enable your child to participate fully in all planned activities.

Please also ensure the school is made aware of any recent changes to medical conditions suffered by your child and that the school has access to suitable, and up to date, medication as necessary to enable your child to attend this visit safely.

Please also update the school office with any recent changes to contact details so that we can ensure you are able to be reached in an emergency.

Yours faithfully,

Mr J Stevens

Year 10 Progress Leader - Visit Lead

I hereby consent to my child attending the visit to **Adventures Wales** on **19th – 23rd June 2023**.

Child's Full Name	
Child's Coaching Group	
Parent / Guardian Name	
Parent / Guardian Signature	
Date	

Does your child have any conditions requiring treatment, including medication? <i>Please state what these are...</i>	
If your child has a medical condition, have there been any recent changes to symptoms recently?	
Does your child have any allergies <i>e.g. antibiotics, elastoplasts, insect bites, certain categories of food etc.</i>	
Has your child received a tetanus injection within the last 5 years?	Yes / No
Can your child swim 25m?	Yes / No