



**RED HOUSE
SCHOOL**

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11 September 2018

Dear Parent

Year 7 Outward Bound trip Friday 5 – Sunday 7 October 2018

Our trip to the Lake District is fast approaching and so I would like to take the opportunity to present important information for the pupils and parents with regards to the trip.

A parents' forum will be held on Tuesday 18 September at 4pm in Room 16 to give further information about the trip. The forum will give you the opportunity to ask any questions that you may have. I have also enclosed important information that may be of use to you below.

Medical/Travel Sickness/Dietary Requirements

If your child requires any medication, for example, inhalers for asthma, then the school must be informed prior to the trip.

Pupils who suffer from travel sickness may need a tablet or medicine to be administered before we depart on Friday 6 October. A permission slip must be completed prior to our trip so that teaching staff can administer a travel sick tablet for the return journey.

All medication must be labelled with your child's name and clearly state the dosage required.

All medication must be given to the group leader for safe keeping (with the exception of inhalers).

Staff must be informed of any special dietary requirements before we depart (eg. allergies).

Accommodation

We will be staying at the Derwentwater Youth Hostel near Keswick in the Lake District.

Derwentwater Independent Youth Hostel

Barrow House

Borrowdale

Keswick

CA12 5UR

01768 777246

The Youth Hostel occupies a site close to the shores of Derwentwater. It has a large play area at the front with plenty of space to play football or rounders.

Sleeping accommodation will be in rooms of 6 or more. All rooms have internal locks. Bedrooms are not ensuite but there are toilet and shower facilities close to each bedroom.

Breakfasts and evening meals will be taken at the Youth Hostel, they will also provide packed lunches on the Saturday and the Sunday. School will provide the packed lunch for Friday.

All bedding is provided.

Sweets

Boiled sweets and mints are fine for the journey, they can even help with pupils who suffer from travel sickness. However, please don't send sweets etc. for the pupils in their dormitories. Chewing gum is not permitted.

Pocket Money

There is a small shop at the hostel. Pupils are permitted to take some pocket money to buy gifts or souvenirs; we have decided to set a limit of £10 which should be of small denominations. Pocket money will be held by your child's group leader for safe keeping.

Mobile Phones

Mobile phones are not permitted. Phones can be expensive and there is the possibility that pupils may lose them. I understand that some pupils may use their phone as a camera, however, I would ask that pupils purchase a disposable camera prior to or visit. Staff will also be taking photos and these will be shared after the trip.

If there should be an emergency on the trip, I will contact parents. Parents can also contact Mr Heaton on the school mobile; the contact number is 07871194308 or 07842519939.

Electronic devices

Ipods, tablets and hand held electronic games are not permitted. We want the pupils to fully appreciate this 'off grid' experience.

Travel times and itinerary

Friday 5 October: We leave school at approximately 10.30am and we will travel to the Lake District using the school mini-buses. We will arrive at the Derwentwater Youth Hostel at approximately 12.30pm. Pupils will have a school packed lunch, be shown their rooms and be given safety rules and procedures for emergencies while at the Youth Hostel. In the afternoon, pupils will be introduced to our instructors from Keswick Adventure Centre who will guide our pupils on their afternoon of ghyll scrambling. After an evening meal at the Youth Hostel, pupils will have some free time which will be supervised by Red House School staff.

Saturday 6 October: After breakfast at the Youth Hostel, pupils will participate in water based activities. One group will tackle the challenge of building and sailing a raft on Derwentwater, while the second group will canoe across the lake on rafted kayaks. Instructors from the Keswick Adventure Centre will lead the sessions and Red House staff will support as required. After lunch, the two groups will swap activities. After a strenuous yet enjoyable day, pupils will return to the hostel for a hot shower, an evening meal and then supervised free time.

Sunday 7 October: After breakfast, pupils will tidy their rooms, pack and then load bags onto the minibuses. We will travel to a climbing wall in Penrith where the pupils will tackle the challenge of rock climbing in an indoor climbing wall centre. The pupils will be supervised by qualified instructors and supported by Red House staff. Pupils will have a packed lunch before our return journey back to school. We intend to be back at school for approximately 2.30pm for pupils to be collected by parents. If times change then, parents will be informed.

Luggage/Clothing

Please restrict luggage to one medium sized bag as there is limited space on the minibuses. The pupils will get wet and dirty, so it is best to save expensive designer clothes for home! **A full kit list is included** with this letter.

Code of Conduct/Behaviour

We want pupils to have a safe, rewarding and memorable experience of their trip to the Lake District. To ensure this, group leaders will expect the same standards of behaviour on the trip as at school. Pupils will be reminded of rules and expectations prior to our visit. Pupils will be supervised at all times during the day while tackling activities to ensure safety.

Contact Details

All parents must complete the consent form including emergency contact details and also medical details and dietary requirements as applicable to your child. **This consent form needs to be returned by Friday 3 October.**

A full risk assessment has been carried out. Mr Heaton and Miss Reily, who are first aid trained, will accompany pupils.

If you have any further questions, then please feel free to contact me at school.

Yours sincerely

A handwritten signature in black ink, appearing to read 'P Heaton', written in a cursive style.

P Heaton

Year 7 Outward Bound Kit List

Clothing

Casual clothing is fine for the trip. Jeans, T-shirt etc. (Please note that jeans are **not** suitable for the activities because when they are wet, they become heavy and uncomfortable).

Clothing for activities will get scuffed so it is not advisable to wear smart or expensive clothes.

- Light weight waterproof coat
- 2 pairs of trainers (one old pair which will get wet)
- 3 or 4 pairs socks + underwear
- Light weight trousers/leggings
- 3 or 4 Shirts/tops
- 1x Hoodie/fleece tops
- Swim shorts/swim suit (to wear under a wetsuit during water based activities)
- Pjs

Wash kit

- Soap and shampoo
- towels
- Toothbrush / toothpaste

Other

- Bin bag to carry wet clothes
- Any personal medication eg. inhalers
- Money
- Cards, top trumps, note pad, pen