

6 July 2016

Dear Parent/Carer

Walk in the Woods
Personal Challenge Week

Your child will be taking part in the 'Walk in the Woods' activity during Personal Challenge Week. In advance of this activity, please can I ask you to read this letter carefully.

The activity is intended to be a fun activity rather than a hard walk; also there will be a mix of year groups on each day and the more energetic young people will be expected to walk at the pace of the group. Even so, the walk is still likely to take around four to five hours including a number of breaks and cover a distance of up to nine miles - depending on the group. We will walk along Roman Road to the A326 pedestrian crossing at the 'Heath' roundabout and then follow a circular route, with a lunch stop near Pig Bush/Culverley, before returning via the A326 pedestrian crossing and Roman Road.

Clothing for the day will depend on the expected weather. At the moment, the long range weather forecast is good – warm, settled conditions with little rain. This will mean light clothing, lots of drinking water, a hat, sunglasses and suntan lotion. If the weather changes towards rain then the clothing should reflect this with some form of waterproofing and warmer clothes. Whatever the weather, good footwear is essential and that means walking boots/shoes or trainers that are in good condition with thick socks to stop rubbing and blistering. Due to the wet conditions we have had recently, expect the ground to be very muddy/boggy so students should wear shoes that they don't mind getting wet or dirty.

Some young people have an unusual approach to clothing on such days; please check that their clothing is appropriate before they leave for school. We are walking quite a way – not visiting the beach! For the well-being of the group, students who are not appropriately dressed on the day will be asked to join another activity and remain at school.

It would also be very helpful if the students bring a rucksack to carry lunch and snacks, water and extra clothes. It will make the walk much more pleasant if the students are well prepared.

I need to bring your attention to the risk of ticks. Please familiarise yourself with the information on prevention and treatment in the NFDC leaflet, which can be found at <http://www.newforest.gov.uk/article/5561/Ticks-and-Lyme-Disease>. Students must wear long trousers, not shorts. The guidance also advises wearing long-sleeved tops and applying insect repellent.

Finally, please consider any medicines your child may need on the day. This includes in particular; headache tablets, anti-histamine lotions or tablets. If you want your child to have any such medicine handy then they will need to bring it to me on the morning of the trip clearly labelled with their name and dosage.

We ran the same activity for four days last year and all the students had a good time. The trip will be well-staffed and the members of staff are experienced and appropriately trained.

If you do have any further questions related to this activity then please do not hesitate to contact me at the College. Let us hope for good weather and I am sure it will be a lovely day.

Yours sincerely

A handwritten signature in cursive script that reads "R Powell".

Mrs R Powell
Science Teacher