



21 November 2023

Dear Parent/Carer

GCSE PE Rock Climbing Residential

With our rock climbing residential fast approaching, I would like to highlight a few of the details. We will be leaving school on **Friday 1 December at 2.00pm** and shall be returning to school at approximately **3.30pm on Sunday 3 December**.

Students will need to come in appropriate sportswear (preferably their GCSE PE hoody if they have one) to travel in as they will be having an evening meal on arrival and then beginning their activities. Students will need to be in the Hall at 1.30pm with their bag to take onto the coach. As students are having an evening meal on arrival at the centre, they will not require food for the bus.

Below is the kit list provided by High Adventure Outdoor Education Centre so that students can prepare:-

- ☐ Lunch box - needed for pack up lunch
- ☐ Sweatshirts/hoodies/t-shirts/trousers - tracksuit bottoms or similar (NO JEANS)
- ☐ Socks & underwear (bring plenty)
- ☐ Warm jacket
- ☐ 2 x large towels
- ☐ 2 pairs of outdoor footwear (that will get wet/dirty)
- ☐ Indoor footwear – trainers
- ☐ Comfortable indoor clothes
- ☐ Sleeping bag/pillow (optional as bedding will be provided)
- ☐ Waterproofs
- ☐ Wash bag – shampoo, soap, toothpaste & brush
- ☐ Pyjamas/similar
- ☐ Reusable drinks bottle (may wish to bring a hot drink container)
- ☐ Medication (clearly labelled)
- ☐ Small rucksack/day bag
- ☐ Gloves & hat – for the cold weather
- ☐ Bin bags/carrier bags for wet clothes
- ☐ Optional: money for the tuckshop
- ☐ Waterproofs can be provided by High Adventure, no need to buy any
- ☐ High Adventure will provide rock climbing boots/harness/helmet but you are welcome to bring your own

Additional Notes

Depending on their programme, students could get wet each day if the weather is poor. If weather permits, students will be doing some of their climbing on outdoor walls. We recommend you bring plenty of clothes to get changed into.



The address of the activity centre is:

High Adventure Outdoor Education Centre
233 Keighley Road
Cowling
BD22 0AA

The emergency trip phone number will be sent out prior to departure. This will be available from 2.00pm on Friday 1 December until our return at approximately 3.30pm on Sunday 3 December.

I would like to emphasise that excellent behaviour is expected from all students throughout the duration of the trip. As rock climbing requires careful attention to safety protocols and adherence to group rules, it is crucial that our students demonstrate responsible and respectful behaviour at all times. This includes following instructions from the centre's trained instructors, being supportive of their peers, and taking responsibility for their own safety. All skills and climbs students demonstrate during the course of the weekend will go towards their final GCSE grade.

Please could you log onto ParentPay and inform us of any medical or dietary requirements before Friday 24 November.

If you have any questions in the meantime, please do not hesitate to contact me, preferably by email at christiedukes@heanorgatespencer.com

Yours sincerely

Mrs C Dukes
PE Subject Lead and House Co-ordinator