



June 2024

Dear Parent/Carer

I am writing to confirm that your child has a place on the trip to The Bear Grylls Adventure on Monday 22 July. Students will take part in two activities (high ropes and archery). They will also have unlimited access to the assault course.

Students must arrive at school by 8.40am and will return to school at approximately 2.45pm. Please ensure that you make suitable arrangements for your child to get home.

Students should bring a packed lunch, but there is also a cafe on site. **Please be aware that we have students who may be participating in this trip who have a serious nut allergy. Please avoid giving your son/daughter bagged nuts or products with a nut content, as even the smell can cause these students anxiety.** If your child is in receipt of free school meals and you have ordered them one via ParentPay they will receive this on the day. Please note that The Bear Grylls Adventure is a cashless site and the gift shop and cafe only take card payments.

Please see below for some important information from The Bear Grylls Adventure:-

(<https://www.beargryllsadventure.com/>) :

- Students must wear suitable, comfortable active wear that they can move in. Skirts, dresses and jeans are not acceptable.
- Clothing must cover any part of the body in contact with the harness for high ropes and climbing (waist, upper thighs).
- Students must wear trousers, mid-thigh or longer shorts.
- Students must wear a full length top (i.e. no crop tops) that covers the shoulders.
- Lace up trainers are essential. No flip flops, heels or open toed sandals will be allowed.
- Extra layers and waterproofs are recommended for high ropes.
- If it's sunny, please consider applying sunscreen prior to the activities.
- Tops with straps or sleeves that cover the shoulders
- Tie back long hair.
- Lockers are available free of charge on the day to safely store all belongings whilst taking part in the adventure.

Yours sincerely

Mr S Shaw

Achievement Leader - Year 7/Trip Leader