



# The Hills Academy

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Headteacher: Mrs Moya Whitehead

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Dear Parents/Carers

We are very fortunate to have been given the fantastic opportunity to participate in an Adventure day at Canoe Trail Bedford as part of our fabulous finish to our topic 'Storms and Shipwrecks'. Children will participate in water sport activities which may include canoeing, kayaking, paddle boarding or water zorbing and "land based" activities using bushcraft and camp fires as well as team challenges. All activities will take place on this site, supervised by your child's teacher and highly qualified activity leaders.

Year 4 will visit the Canoe Trail on *Thursday 11<sup>th</sup> July*

We will be travelling by coach and must arrive at school for registration at 8.35am to leave for the trip promptly at 9.00am. They will return to school by 3pm. The children will require a packed lunch including two drinks, this can be carried in a ruck sack along with spare clothing. Please no fizzy drinks, sweets or nuts. If your child is entitled to free school meals please let the class teacher know whether you require the Kitchen Staff to provide a packed lunch and drink.

**The cost for this trip is £25.00 please make payment on your parentpay account.** Parents who are in receipt of Income Support are not asked to contribute, but a donation would be gratefully accepted. This is in line with the Governors Policy on Charging. There is no obligation to contribute, but if insufficient funds are received in order to proceed with the trip, it will have to be cancelled.

As all the activities are physical and outdoors, the children need to wear practical clothing and waterproof clothes with suitable footwear i.e. wellington boots, walking boots or old trainers. Please ensure if your child does have any cuts on the day of the trip, that they are covered with a waterproof plaster. Please indicate if your child is allergic to plasters, in case they require a plaster during our visit.

In order for this trip to go ahead parent helpers are required, if you are able to help on the trip could you please indicate on **Parent Pay.**

### *What you need to bring for a day on the river:*

Canoe trail provide all equipment for the day on the river, including the boats, paddles, etc. This includes canoes, kayak, stand up paddleboards as appropriate, paddles, buoyancy aids and also potentially other equipment including spray decks, trollies, helmets and dry bags depending on location and conditions.

Please note Canoe trail do not provide wetsuits. It is important that you consider the list below and determine what else you might wish to bring:

- Kit to wear for the activity such as tracksuit bottoms, sweatshirt, gym kit, trainers or wetsuit shoes (Jeans NOT suitable)
- Waterproof jacket
- A complete change of clothes, underwear, towel and shoes – optional
- Personal medication that might be needed during kayaking (we have dry bags and containers available)

If children wish to carry their clothing and packed lunch in a suitable sized ruck sack for the day then they can do so, knowing that they will be responsible for their bag.

Yours faithfully

Miss Lowdon and Miss Jewell