

26 April 2019

Dear Parent/Carer

Re: Osmington Bay – Friday 10th May 2019 – Sunday 12th May 2019

As the Year 9 residential trip to Osmington Bay approaches, I am writing to you to update you on some of the details of the event.

Dates/Timings

All students need to be in school on Friday at **8.15am**. They should go to the school hall where members of staff attending the trip will be waiting in the hall to inform them where they leave their luggage during the day. Students will be attending morning tutor time and periods 1, 2, 3 and 4 as normal. Students will be asked to meet at the beginning of lunch in the hall to enable luggage to be loaded onto the coach. We will depart school at approximately 1.30pm.

Please note that students will be leaving at lunchtime on Friday and as a result will need to have either a packed lunch or buy from the school canteen at the very start of lunch. If students receive free school meals, this will apply as normal in the canteen. All other meals will be provided by PGL.

We arrive at Osmington Bay to arrange accommodation, activity groups and have an evening activity. During Saturday and Sunday students will undertake a range of activities. This will include raft building on Saturday and dragon-boating on Sunday, so **students will need a pair of shoes that they don't mind getting wet as well as plenty of dry clothes**. Please read the attached kit list carefully.

For the return journey, we will leave Osmington Bay on Sunday 12th May at approximately 6.00pm. We will be returning to school between **7.30pm and 8.00pm** where students will be need to be collected.

Medical information and Contact Numbers

Please fill in the attached medical forms and return these by **Wednesday 1st May 2019**. Without the completed forms your child will be unable to participate in this visit. If your child requires medication, please ensure it is clearly labelled and handed to Mrs Collier on the morning of departure. All PGL staff have first aid qualifications and carry first aid kits. Your child should be medically fit for the active programme they will be involved in. If your child is a non-swimmer please indicate this on the reply slip.

Dietary Information

Please ensure that you indicate any special dietary requirements for your child on the reply slip (e.g vegetarian, vegan or any dietary allergies). Special diets can be catered for by PGLs if provided in advance. Children will be offered two meals per day on site and a packed lunch (excluding lunch on the first day, as highlighted above).

Kit

Please find attached a suggested kit list for the trip. Most importantly, students must bring a sleeping bag and pillow, as **bedding will not be provided**. Don't forget an additional pair of old shoes for water-based activities. Water bottle, protective sun cream, a hat, warm clothing and sensible footwear are essential items.

Valuables

Students will be engaged in activities during the days and evenings. Therefore, they should not bring phones, iPods, tablets, portable games consoles or MP3 players on the trip as they are unnecessary. Neither PGL nor the school can take any responsibility for valuables whilst we are away (this would include expensive jewellery). Any valuables are taken on the trip at the student's own risk.

Spending money

There are some tuck shops and vending machines located on site and as a result students may want to spend money on those items. We would advise that they bring no more than £10.

Emergency Contact Number

Staff will have access to a landline and mobile phones during the course of the trip. In the event of an emergency, please contact:

The Arnewood School (during working hours 8.00 am – 4.30 pm) – telephone 01425 625400.

The Arnewood School Group Leader (outside of working hours) – telephone number - 07508 859249.

Yours faithfully

**Mr P Emezc
Head of Year 9**

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Reply slip re: Osmington Bay – Friday 10th May 2019 – Sunday 12th May 2019
Please return to your tutor by Wednesday 1st May

Student Name: **Tutor group:**

1. I have attached the completed medical form.
2. Swimming ability – a)Non-swimmer, b)Water confident, c) Can swim 50m*
3. Special dietary requirements:
4. I will collect my child **OR** (named adult) will collect my child on their return to school on Sunday 12th May at approximately 7:30pm. *
(Please delete as appropriate *)

Signature:
Parent/Carer

Date:
Rec18/19Trips

Kit list for Osmington Bay – May 2019

Remember your sleeping bag and pillow, and don't forget your toothbrush!

For all activities PGL recommend:

- Bring sun cream or waterproof clothing and warm clothes with you, depending on the weather
- Remove all jewellery (stud earrings are OK) and tie back long hair
- Wear practical footwear e.g. old trainers. Do not wear flip-flops, Crocs, open-toed shoes/sandals or wellington boots - unless they are required as part of a study course, e.g. field studies
- Wear long-sleeved tops, long trousers (not jeans), or leggings
- Bring sun cream or waterproof clothing and warm clothes with you, depending on the weather

Below are activity based recommendations from PGL:

Activity Type	To Wear	Notes
All Rope Sessions	Tops that cover the shoulders Shorts may be worn but they must cover the thighs	
Water-Based Activities	Old, warm clothing Fleeces Layers Glasses retainer Swimwear	Avoid jeans and heavy cotton as these provide no insulating properties All children to bring a bag containing dry shoes, jumper, T-shirt, towel, wash kit, trousers and underwear

Below is a list of all items I recommend students to bring

- Towels x 2 (one for showering and one to take on activities)
- Pyjamas
- Swimwear (may be worn for water based activities)
- An old pair of shorts (may be worn for water based activities)
- Old trainers which can get wet (flip flops or crocs are not suitable)
- Comfortable trainers for activities
- Jogging bottoms or equivalent for climbing (comfortable and warm clothing)
- Kagool/ light raincoat (compulsory)
- Fleece or Windproof top
- Plenty of changes of warm, comfortable clothing and shoes for the activities including underwear and socks (enough for each day + spares). Be prepared to get both wet and dirty!
- Smart/casual clothing for the evenings
- Sun cream, sun hat (essential)
- Water bottle (essential)
- Sun glasses
- Insect repellent
- Torch
- Black plastic bin liners for dirty and wet clothing
- Toiletries
- Pocket money
- Camera (optional) and at own risk
- Wellies (optional)