



# St. Richard's Catholic College

*A National Teaching School, a National Support School and a High Performing Specialist Science College*



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Principal: D. Cronin, N.P.Q.H., M.A., B.Ed.

23rd June 2017

Dear Parent/Carer

As you know, over this academic year, we have been visiting the beach with pupils from Year 7 as part of the John Muir Award. The next stage in achieving the Award is now in place. We will be taking the whole year group to the Ashburnham Estate near Battle on Tuesday, 4th July where they will take part in a range of activities including:

- Bushcraft in the woodlands
- Low ropes course
- Problem solving challenges
- Organic gardening in the walled garden
- Orienteering in the woodlands
- An official Go-Tri aquathlon event
- Cycling
- Species identification

Timings for the day will be as follows:

8:45am - Depart for Ashburnham in coaches

9:15am - Arrive at Ashburnham and split into teams

9:30am - 4:45pm - Teams rotate through the activities listed above with their teacher leader

5:00pm - Depart for St Richard's in coaches

5:30pm - Arrive back at St Richard's

Due to the early start and the later finish, please can you make arrangements on this day for your son/daughter to get to and from school. Please indicate on the reply slip if he/she will be collected from St Richard's at the end of the day or if he/she will be making their own way home.

The cost of the day will be £18 per pupil. This covers the cost of transport, hire of the facilities at Ashburnham and hire of qualified instructors for the activities. Pupils will need to bring their own substantial pack lunch and drink for the day. Water re-fills will be available.

We will be outside for the entire day. The dress code will be old clothes with long trousers and a pair of trainers or more substantial footwear if available. Pumps will not be suitable as the soles are very thin and will not give enough protection. If the weather is very hot please bring sun cream and a hat. If the forecast is for rain, bring a rain jacket and waterproof trousers, if available.

The lake at Ashburnham has a dedicated roped off swimming area with a wooden pontoon, this is regularly used by hundreds of people during the summer months. As part of the day pupils will have the opportunity to take part in an official Go-Tri Aquathlon event, run by St Mary's Tri Club and their experienced, fully BTF endorsed Tri Coaches. The event is a great way for young people to experience the world of triathlon for the first time. This will be a timed event and the format of the session will be a 50m swim in the roped section of the lake followed by a 500m run on the South lawn area. We would encourage everyone who can swim 50m to take part, but if you don't want your son/daughter to be involved in this aspect of the day please indicate



on the reply slip below. A swimming costume, towel, pair of trainers, shorts and a T-shirt will be required by those participating in the aquathlon; goggles and a wetsuit are optional if you have them. The water in Broadwater Lake is regularly tested to ensure it is suitable for public swimming and BTF provide full insurance cover for the event.

Please complete the reply slip below and return with the money to the Finance Office by Friday, 30th June at the latest.

Yours sincerely

Mr Harwood

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**John Muir Ashburnham Visit Consent Form**

**Please return to the Finance Office with a cheque or cash for £18 by Friday, 30th June 2017**

Pupil's Name: ..... Form: .....

I have read the above and I would like my son/ daughter to attend on **Tuesday, 4th July 2017.**

**Please tick one of the following options:**

- He/she **will** take part in the Aquathlon run under BTF standards by St Mary's Tri Club
- He/she **will not** take part in the Aquathlon run under BTF standards by St Mary's Tri Club

**At the end of the day he/ she will:**

- be collected from school.
- make their own way home

Relevant medical information: .....

Emergency contact details: .....

Signed: ..... (Parent/Carer) Date: .....

**-----For use by BTF for Aquathlon insurance and results processing-----**

Name: .....

Address: .....

Contact Number: .....

E-Mail address: .....

Signed: ..... (Parent/Carer) Date: .....