

Dear Parents/Carers,

Year 8 Autumn Term Trip to RockReef -----Friday December 8th 2017

RockReef is an indoor facility that offers a wide range of challenging and fun activities for all abilities and is approved by Dorset County Council, as it uses fully trained, experienced instructors. It offers a wide variety of activities to promote team work and a positive attitude towards physical activity.

The RockReef trip has been booked for our Year 8 students as an excellent opportunity to develop team building skills, and provide individual challenges as students attempt new activities.

This is the programme the students will be following for the day.

| TIMES | ACTIVITY SCHEDULE |
|--------------------|--|
| 010.00am – 10.30am | Arrive / Welcome Brief / Safety Talk/warm up/ice breakers |
| 10.30am – 12.30pm | Split into 4 groups Team Challenges (Ground Based activity), Clip N Climb, Highline & Cave |
| 12.30pm – 1.00pm | Lunch Break |
| 1.00pm – 14.30pm | Zip Wire and maybe leap of faith or slide Debrief and return to school for the end of the school day and normal home time. |

Dress code

Loose, comfortable clothing
Trainers

Hair tied back and no jewellery while doing the activity

Lunch

Students should bring a packed lunch with them and a drink. If your child has a free school lunch we can order this from the canteen if your child wants one.

Transport on the day is by coach. Students will be unable to have their phone in their pocket during any activity, so no phones should be taken on this trip. We will take photos as a record of the trip for them.

The cost of this trip is £18 or £9(PP)

which covers coach travel and all the above activities. This represents very good value compared to doing it as an individual. **As an extra, your child will be able to do the Zip wire across Bournemouth beach as an extra. As some students will not want to do this this is an additional activity and will cost £8.**

Please complete the RockReef permission form attached and return with payment and slip below.

Yours sincerely,

Mrs P Phillips

_____ ✂ _____

Please return this slip to the office by Friday 24th November 2017 - Y8 RockReef Trip

Name: **Tutor Group:**

- I have enclosed a **£18/£9** as payment for this trip
- I have enclosed the completed RockReef permission form
- I would like to do the zip wire and have included an extra **£8**

Parent signature: **Date:**