

February 2020



Dear Parent

Visit to PGL, Windmill Hill, Hailsham – Years 7, 8, 9 & 10

I am writing to inform you about a school visit to PGL, Windmill Hill, Hailsham from Friday 17th July until Monday 20th July 2020. This is a rewards trip where students will be working in groups across a variety of activities including kayaking, abseiling, zip wire and many more. The range of activities will be an exciting and challenging experience for the students and an opportunity to develop teamwork and communication skills.

Students will leave the school at 12:15 on Friday 17th July and travel by coach to and from PGL, Windmill Hill, returning to school at 16:30 on Monday 20th July. Students will require two sets of clothing per day, as well as a spare set; two to three pairs of shoes; a sleeping bag and a pillow. Please find attached the kit list from PGL.

If your child suffers from asthma or requires an EpiPen, it is your responsibility to ensure that the appropriate medication is provided for this trip. It is also beneficial if students are water-confident for some activities.

Please note that there are a limited number of places available and these will be allocated on a first come, first served basis. Only students with an exemplary record of behaviour will be eligible. This visit will only take place if we have a sufficient number of students and confirmed payments.

The cost of this trip is £165.00. If you would like your child to participate in this trip, please pay the non-refundable deposit of £65.00, before Friday 28th February. Please note that by paying the non-refundable deposit, you are agreeing for your child to attend this trip and all subsequent payments (also non-refundable) must be made by the dates set out below:

Second instalment of £50.00 by Tuesday 31st March 2020
Balance of £50.00 by Thursday 30th April 2020

As the school no longer accepts cash or cheques, parents are asked to use ParentPay to pay for this trip. If you are unable to pay online, please contact the school office, who will provide a barcode letter to enable payment at a PayPoint, which is linked to your ParentPay account. If your child receives free school meals and payment should present a problem, please contact the trip organiser.

By consenting on ParentPay to this trip, you agree to:

- Your child taking part in the visit as detailed above;
- A member of staff giving consent for your child to receive appropriate medical treatment in the event of an emergency.

If you have any further queries, please do not hesitate to contact me.

Yours sincerely

J Humpleby
PE Teacher

Principal: Nigel Clemens BSc, MA

The Greenway, Uxbridge, Middlesex UB8 2PR **t**: 01895 234060 **f**: 01895 256738 **e**: office@uhs.org.uk **w**: www.uhs.org.uk

What to bring

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.



T-shirts

Your arms will need to be covered to do some activities.

Tops & jackets

- Long sleeved shirt/T-shirts
- Waterproof jacket
- Fleece/jumpers

Trousers or leggings

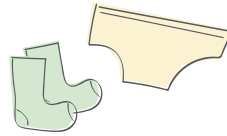
but not jeans as they get heavy and cold when wet



Underwear & socks

Your socks will need to cover your ankles to do some activities.

1 or 2 sets of **clothes for the evening**



Suitable **nightwear**

FOOTWEAR

- 2 pairs** of trainers
 - 1 for activities
 - 1 old pair for watersports

- 1 pair of dry shoes** for evening activities



OTHER ITEMS

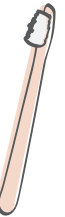
- 2 towels**
 - 1 for showering
 - 1 old one for activities

- Reusable **drinks bottle**



- Small **rucksack/bag**

- Labelled **bin bag** for wet and dirty clothing



- Sleeping bag or duvet** and pillow (unless otherwise advised)

- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

TRAVELLING IN THE...



...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen



...WINTER?

- Warm coat
- Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

PLEASE DO NOT BRING



- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your **mobile phone**, please note, it is not covered by our insurance.