



# ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

July 2016

## St Aidan's Sponsored Walk

Dear Parent/Guardian,

This letter provides information about the school's Sponsored Walk on **Monday 18<sup>th</sup> July** – and an invitation too! You are more than welcome to join us, or if you would like to help as a marshal that would be hugely appreciated too. Please contact me and I would be delighted to assign you a role!

If you would like to walk, simply turn up on the day, but please let a member of staff know who you are. We plan to start at 0900. Mr Wood will lead the way. And please, no pets.

The walk is 12-miles long from St Aidan's to Spofforth Castle and back. All pupils in Years 7, 8 and 9 will be expected to do the walk unless, of course, there is a good reason why they are unable to do so. With that in mind, please let the school know if your child can not do the walk.

You will have already submitted a permission slip for your child to take part in extra-curricular sporting activities organised by the PE Department, and we will assume that your child will be fit and able to do the walk unless we hear from you. Opting-out rather than having to do the paper work to opt-in will save both you and the school time.

Thank you very much in anticipation for your support of the walk and in ensuring your child is properly prepared.

Yours sincerely

Mr T Pocock  
Sponsored Walk Logistical Director

## **Information about The Sponsored Walk**

Headteacher: Mr J Wood

St. Aidan's Church of England High School, Oatlands Drive, Harrogate, North Yorkshire HG2 8JR  
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## Equipment

Please ensure that your child is properly equipped. Pupils will not have to wear school uniform, but it is suggested that your child has the following items of clothing and equipment:

- **Suitable footwear** – Comfortable and sturdy, tried and tested. Stilettoes are not recommended.
- **Water Bottle** – It is important that each child has a water bottle as staying hydrated is very important. There will be plenty of opportunities to refill along the route.
- **Waterproof** – It would be a good idea if every walker has a waterproof jacket. A full day out in the pouring rain is not much fun, even on the school Sponsored Walk.
- **Rucksack** – A small backpack of some kind to carry food, drinks, waterproofs, spare clothing – and of course, any litter! Groups of friends could share a rucksack.
- **Hats** – The school will do its best to ensure the weather is perfect on the day, so it is very important children wear something on their head to prevent sunburn or sunstroke.
- **Sunscreen** – Children should apply this more than once en route. Tans might be cool, but sunburn never is.

## Food and Drink

Your child will need a packed lunch and drink. They will not be provided by school, except for those children entitled to a free school lunch. These packed lunches should be collected from the Main Hall on Monday morning.

The Catering Department will be selling snacks and drinks at Spofforth Castle. Children will need to pay cash for these items as the dining card system will not be up and running at Spofforth.

## Safety

The route will be heavily marshalled by staff. Most of it is over footpaths and bridleways to keep it as traffic free as possible. All road crossings will be at official supervised points. The Rudding Park Estate has been particularly helpful in allowing us to walk on part of their land not usually open to the public. Farmers have been most supportive too.

Walking 12 miles is no mean feat (pun intended!) so children should feel proud that they are going out of their comfort zone.

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