



ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

FOOTSTEPS FOR FRANK

St. Aidan's Sponsored Walk – Monday 15th July 2019

Earlier this year, St Aidan's tethered balloons, above Constance Green Hall to commemorate the life of a brave student, Frank and his fight against Bone Cancer (Ewing Sarcoma). Frank very sadly passed away in February this year.



Ewing Sarcoma most commonly affects children and young adults aged 10-25 years old and makes up about 1.5% of all childhood cancers. A child, teenager or adult is diagnosed with primary bone cancer every 10 minutes, but primary bone cancer received just 0.04% of funding from the major UK cancer charities in 2017/18.

The students have been very proactive in wanting to raise funds in support of Frank and his charity and it is for this reason that this year's Sponsored Walk, on Monday 15th July, is dedicated to the fundraising for **Frank's Fund** which was set up by Frank's family to support the **Bone Cancer Research Trust**.

Who's Walking?

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 **cannot** do the walk unless, of course, the school is aware that this is the case and someone has already contacted you. You will have already submitted a permission slip for your child to take part in extra-curricular sporting activities in school, and we will assume that your child is fit and able to do the walk unless we hear from you.

Although Year 10 students will be involved in their own activities in school on this day, there will be students in Year 10 who know Frank and his family and may be wishing to donate to his charity.

What about sponsorship?

We are raising money for **Frank's Fund**, a charity that raises money for and is linked directly to the Bone Cancer Research Trust. You can donate through the sponsorship form we have attached. Despite what the form says we would like the money to be brought into school. Your child can bring any money they have raised to their form tutor or to reception.

Please encourage your child to get as many sponsors as possible. By using the attached sponsor forms, each donation can be Gift Aided allowing the Frank's Fund to receive an extra 25% in Gift Aid. Sponsorship forms are also on our school website.



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Or alternatively you can donate to Frank's Fund directly: <https://www.bcrf.org.uk/get-involved/tribute-funds/franks-fund>.

It would be greatly appreciated if money could be paid in to school by the end of term so we can forward it to Frank's Fund as quickly as possible. It is anticipated however, that children might need longer to collect sponsor money, so the Finance Office will be able to receive outstanding donations in September.

What's the route?

In brief, the students head mainly off-road across Crimple Valley to Follifoot Riding Centre, which will be our halfway base. From there it is through the under-pass, along the Permissive Footpath (the course of the old railway), over Higgs Lane and along the public footpath through Spofforth Golf Course to Spofforth Castle, where we will lunch before heading back to school the same way.

The route is a total of 12 miles.

What will my child need to wear?

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:

- **Footwear** – Comfortable and sturdy, tried and tested substantial footwear. Although it is very wet at the moment, it is not advisable for students to wear wellies, as these are not securely fitted footwear and are prone to rubbing.
- **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!
- **Rucksack** – A small backpack of some kind to carry food, drinks, waterproofs, spare clothing – and of course, any litter! *Please bring an empty carrier bag to put litter in, for taking home to recycle.*
- **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. Sunburn can be very dangerous. Please apply before coming to school and carry some in your bag. Students should not be sharing sunscreen as some people can have reactions to certain brands, therefore each child should carry what is appropriate for their own needs/skin type.



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Food and Drink

- Water bottle-It is important that each child has a refillable water bottle as staying hydrated is very important. There will be opportunities to refill along the route.
Your son/daughter will need a packed lunch.

And finally

Thank you very much for your support. Walking 12 miles is no mean feat so children should feel proud of themselves that they are going out of their comfort zone to support the memory and charity of a fellow pupil. We would urge them to go that extra mile in terms of sponsorship too.

We have set a target of £5,000. It would be wonderful to raise that – even better if we raise more! A donation of £30 funds half an hour of research!

Thank you for your support.

Yours sincerely

John Wood
Headteacher