



Dear Parents/Carers,

On **Monday 1st June**, Year 4 will be heading to Whitlingham Broad near Norwich as part of our Geography topic. This will be a fantastic opportunity for pupils to learn more about rivers in the UK while also experiencing first hand how rivers and waterways can be used for leisure activities.

In the morning, we will be taking part in some water activities (kayaking and canoeing) led by the team at Whitlingham Adventure. Pupils will all have appropriate buoyancy aids and be under the supervision of trainers from Whitlingham Adventure at all times. They do not need to be able to swim to take part in the activities.

Afterwards, we will have lunch in the grounds of Whitlingham Country Park before spending some of the afternoon exploring the habitats around the broad.

The coach will depart school at **8:45am promptly**. Please ensure that your child enters through the front office and is at school by 8:30am.

We will be returning to school in time for the end of the school day.

Pupils will need to come into school dressed ready for the water activities. Although we will be on the water rather than in the water, the children may get wet and/or splashed. Our Westgate PE kit would be suitable. The children will also need a towel.

The children will need a change of clothes for the afternoon, including footwear. Children do not need to wear school uniform but we do ask that they wear their school jumpers/fleece to make them easily recognisable. Footwear should be comfortable and suitable for walking.

Please ensure all items are named.

We will be having a picnic lunch on site after our water activities. Please ensure that your child has a named lunchbox, a healthy fruit-based snack and a water bottle. For those who would like a school packed lunch, please complete the attached Google form: <https://forms.gle/iFMTjJodGRD94cBc6>

More details of what your child will need can be found overleaf.

If you have any questions about the trip, please speak to your child's class teacher.

Kind regards,

Mr Scott, Mrs McLean and Mrs Grahm

Below is a suggested equipment list from Whitlingham Adventure:

- Small bag/rucksack/holdall to store clothes etc.
- 1 x Changes of clothes
- Plastic bags for wet and dirty clothes
- A towel
- Sunscreen & sun hat when warm
- Change of footwear

For water activities:

- Closed toe footwear with laces/zip/Velcro fastening
- Light comfortable clothes you don't mind getting wet

Hydration and nutrition:

Many people underestimate how hungry and thirsty you get during activities. It is important that you keep energy and fluid levels up. Please bring with you plenty of fluid to keep you hydrated during your visit (suggest water or still juice/squash) and drink plenty before arriving. Water is available at the centre if you need more.

Jewellery and headwear:

Please remove all jewellery before the activity (except stud piercings). Long hair must be tied back for some activities as requested by instructors. Some activities require helmets to be worn.

Medication:

Any required medication should be given to the group leader. If this is required to be carried with you during the activity, please let the lead instructor know.

