

Dear Parent/Guardian,

23rd of August 2023

As you are aware the TY class of 23/24 are off on their first adventure on Tuesday the 29th of August to Carlingford Adventure Centre. This is a full day outing. Students need to be onsite in the Gannon Area for **07:45am for registers to be taking for our departure at 8am sharp. We will return at approximately 6:30pm.** Students must be in their PE uniform when they arrive at school.

Please read the following carefully, with your son/daughter, to ensure that they are fully prepared and will get the most out of this day.

1. Medical issues:

If your son/ daughter has a medical condition that requires them to carry medicine on them, it is their responsibility to ensure that they have this packed and with them. SPC teachers are not allowed to carry this for your son/daughter.

2. Clothing:

It's Ireland so appropriate clothing is essential as we will be outdoors for the day come hail or rain. As of right no rain is forecast. Carlingford make the following recommendations:

- Full change of clothes – t-shirt, jumper, bottoms, underwear and socks. **Jeans are not acceptable!**
- Appropriate waterproof outer wear
- Swimsuit/trunks and towel - essential
- Change of footwear – one should be an old pair of runners.
- Sunscreen – this cannot be given out by Carlingford staff or SPC teachers.
- Any personal toiletries that are needed.
- A refillable water bottle.
- Plastic bags for the storage of wet and muddy clothing.

3. Personal responsibility:

It is strongly recommended that your son/daughter do not bring expensive clothing, runners, jewellery or electronics with them. If they chose to, they are solely responsible for these items and Carlingford Adventure Centre or SPC are not liable for the loss or damage of these items.

It is expected that all SPC students listen carefully to all instructions given to them by their teachers and the staff of Carlingford Adventure Centre and pay particular attention to any safety instructions they are given and follow these instructions at all times.

4. Travel Sickness/ Sickness:

As already stated above this is a full day outing. We will be travelling to Carlingford Adventure Centre and back by bus. If your son/daughter suffers from travel sickness, please take appropriate steps to prepare for this. This might be using the travel bands, taking travel sickness tablets or having an emergency plastic bag with them if things get bad!

It should go without saying but if your son/daughter is unwell on Tuesday morning please do not send them on this trip. We are travelling a good distance from home, and this could have the potential to disrupt the day for our other students.

5. Food

Lunch is provided as part of our package but that is it. If you have a particularly hungry teenager on your hands packing a couple of snacks might be a good idea. As we are leaving early a good breakfast will be needed to get them through to lunch time.

Finally, If you know your son/daughter will not be attending this trip, can you please let me know at my email address below. This will help with a smooth departure on Tuesday morning. Your help with this would be greatly appreciated.

Looking forward to seeing you all on Tuesday morning.

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