

Dear Parent/Carer,

Educational Visit Allocation – Summer School

I am writing to you today to provide further information around the two educational visits during Summer School.

Your child has been allocated the following Educational Visit days:

Askrigg - Low Mill Outdoor Centre	Tuesday 27th July 2021
ROF59 - Newton Aycliffe	Friday 30th July 2021

Askrigg - Low Mill Outdoor Centre - <https://www.lowmill.com/index.php/activities/>

This is an outdoor educational centre where your child will work in groups of 10 (with 2 supervisory staff) to explore gorge walking, abseiling and canoeing. This is a full day event where your child will leave Seaham Town Hall Car Park by coach at approximately 8am and return to school at approximately 5:30pm.

This visit will involve adventurous activities including gorge walking, abseiling and canoeing. Should you have any concerns regarding the suitability of this trip for your child, and you feel that they may not be able to cope independently, please let us know. We may be may be able to alleviate your concerns, or we can arrange for an alternative set of activities to be enjoyed in school.

<u>Seaham Town Hall Carpark</u>	7:45am Arrival
Coach leaves Seaham Town Hall	8:00am
Arrival at Askrigg	9:30am (May vary due to traffic)
Activities & Packed Lunch	All day – as determined by the centre
Coach leaves Askrigg	4:00pm
Coach arrives at Seaham Town Hall	5:30pm (May vary due to traffic)

The school site will not be open for departure and arrival of the coach. The departure and arrival point will be Seaham Town Hall Car Park – Stockton Road, Seaham SR7 0HP

Askrigg Low Mill Centre is 64 miles away from Seaham High and takes approximately 1 hour and 26 minutes under average traffic flow.

Updates from the trip alongside estimated time of arrival will be posted on our twitter feed @SeahamHigh. This feed is visible on our school website homepage.



Clothing and Equipment for Low Mill Outdoor Centre

You will need to bring with you:

- A **full change of clothing** for each activity (Gorge Walking and Canoeing will obviously get you wet!) suitable for the conditions, we recommend long sleeves and trousers for wet activities. Layers will keep you warmer. Please not jeans when participating on the session.
- Any personal medication you may need
- A full change of clothing for after your adventure, to travel home.
- Food, it's always nice to bring your favourite snack to help replenish energy levels after burning up those calories. The school will provide a packed lunch to cover lunchtime.
- Drink, a warm drink might be good in case you feel chilly and/or a cool drink to help keep hydrated.
- Please bring a hair bobble to tie hair back when wearing a helmet.
- A face covering for the transportation (subject to covid restrictions at time of travel)
- Wellingtons are great for gorge walking and old trainers or Wellingtons for Canoe. Abseil can be the same old trainers if not wet, basically something that they can fasten onto their feet without falling off whilst dangling from the rope! (We have lots of spare wellingtons at the centre, most groups just borrow ours)
- Sun lotion to protect from sunburn whilst outdoors.





ROF59 - Newton Aycliffe Adventure Centre - <https://www.rof59.co.uk/>

Your child will attend this event on the last day of summer school, Friday. Your child will attend the centre with all other students where they will participate in a carousel of activities including:

- Dropzone
- Adventure climb
- Battlefield laser
- Indoor zipline
- Outdoor Zipline
- Bouldering

Seaham High School Main Reception	8:30am Arrival
Coach leaves Seaham High	8:50am
Arrival at ROF59	9:30am (May vary due to traffic)
Activities & hot Lunch	All day – as determined by the centre Food will consist of Pizza and fries provided by centre
Coach leaves ROF59	3:00pm
Coach arrives at Seaham High	3:45pm (May vary due to traffic)

ROF59 Centre is 29 miles away from Seaham High and takes approximately 39minutes under average traffic flow.

Updates from the trip alongside estimated time of arrival will be posted on our twitter feed @SeahamHigh. This feed is visible on our school website homepage.

Both visit days are designed to fit in with our 6'Rs to develop; **Resilience, Respect, Responsiveness, Risk Taking, to be Responsible and Reflective.**

In order for your child to participate in Educational Visits, we need an EV4 Consent form completing. Our office staff are contacting parents where the EV4 is missing. Without this consent form, we won't be able to provide insurance for your child and will need to remove their place from summer school.

The programme of Week 2





Covid19

A full covid19 risk assessment has been undertaken and will be shared with you via our school website. We will be operating a bubble system to reduce the contact between your child and other bubbles. The bubble will have a maximum of 90 students, with sub bubbles of around 20 students each day.

In the event that we receive confirmation of a positive covid19 case we would need to carry out track and trace.

If your child is suffering from covid19 symptoms, please do not send them to Summer School

Activities are subject to change due to Covid19 restrictions or staffing changes.

Monday -26th July 2021

Activities: School Based Activity Science, Literacy, Numeracy, Team Building

Seaham High School Arrival & Breakfast	8:30am
Registration of attendance	8:30am to 9:00am
Activity 1	9:00am to 10:20am
Break	10:20am to 10:40am
Activity 2	10:40am to 12:00pm
Lunch	12:00pm to 12:30pm
Team Building Activity & Games	12:30pm to 1:00pm
Activity 3	1:00pm to 2:30pm
End of Day	2:30pm



Tuesday – 27th July 2021

Activity – Askrigg Low Mill Outdoor Centre

<u>Seaham Town Hall Carpark</u>	7:45am Arrival
Coach leaves Seaham Town Hall	8:00am
Arrival at Askrigg	9:30am (May vary due to traffic)
Activities & Packed Lunch	All day – as determined by the centre
Coach leaves Askrigg	4:00pm
Coach arrives at Seaham Town Hall	5:30pm (May vary due to traffic)

Wednesday – 28th July 2021

Activities: Team Sports Day, athletics & Games

Seaham High School Arrival & Breakfast	8:30am
Registration of attendance	8:30am to 9:00am
Activity 1	9:00am to 10:20am
Break	10:20am to 10:40am
Activity 2	10:40am to 12:00pm
Lunch	12:00pm to 12:30pm
Activity 3	12:30pm to 2:00pm
Celebration Event & Trophies	2:00pm to 2:30pm
End of Day	2:30pm

Thursday – 29th July 2021

Activities: Forestry Experience, School Based Activity Music, Literacy, Numeracy, Team Building

Seaham High School Arrival & Breakfast	8:30am
Registration of attendance	8:30am to 9:00am
Activity 1	9:00am to 10:20am
Break	10:20am to 10:40am
Activity 2	10:40am to 12:00pm
Lunch	12:00pm to 12:30pm
Team Building Activity & Games	12:30pm to 1:00pm
Activity 3	1:00pm to 2:30pm
End of Day	2:30pm

Friday – 30th July 2021

Activity: ROF59 (Newton Aycliffe) – Adventure Day **Educational Visit**

Seaham High School Main Reception	8:30am Arrival
Breakfast & Registration	8:30am to 8:50am
Coach leaves Seaham High	8:50am
Arrival at ROF59	9:30am (May vary due to traffic)
Activities & hot Lunch	All day – as determined by the centre
	Food will consist of Pizza and fries provided by centre
Coach leaves ROF59	3:00pm
Coach arrives at Seaham High	3:45pm (May vary due to traffic)

The Domestics

- Your child will be provided with breakfast (tea, toast and orange juice, cereal) and lunch every day.
- The school will provide all the stationery and resources that your child will need during the summer school.
- Students to attend summer school in appropriate clothing and footwear for the day, especially thinking about key days such as Sports Day, Askrigg Outdoor centre & ROF59.
- **There is no cost to you for your child attending or going on the trips.**

So what do you need to do now?

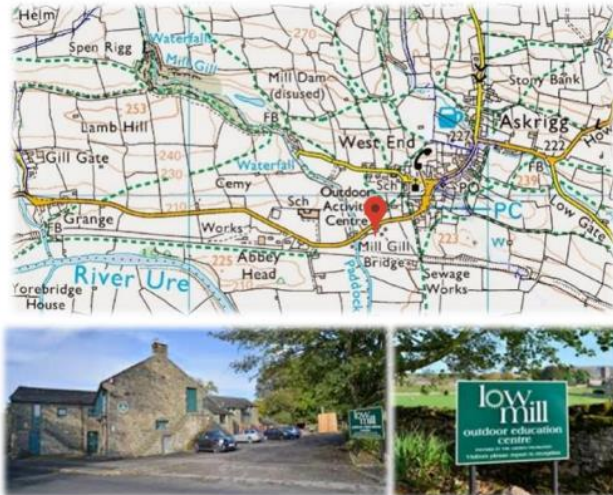
- Email summerschool@seahamhighschool.com if you have any queries or worries.
- Tell us if you have changed your mind and your child is no longer attending.

In the event of an emergency or covid19 track and trace, all parents/carers must be reachable by telephone and be prepared to collect their child.

During summer school, our reception will be staffed to field any calls and queries to group leaders.



Low Mill Outdoor Centre – Additional Information:



Low Mill Outdoor Education Centre
**Station Road, Askrigg, Leyburn,
North Yorks. DL8 3HZ**

**Outdoor Education Day Visits
School and Youth Groups**



**Healthy Exercise Together - Team Working
Building Resilience - Motivating**

Keeping your students Covid Safe

Our activities are run by qualified instructors and operate within current HSE / Government Covid 19 guidance and requirements.

- ✓ **Safe Bubble** - students will stay in their same school bubble
- ✓ **Exclusive use of Facilities** - only 1 school at a time in our small centre
- ✓ **Activities in small sub groups** - each school bubble of up to 30 is split into activity sub groups of up to 10, each with their own instructor, minibus and activities
- ✓ **Dedicated Instructors** - each sub-group instructor follows social distancing and / or wears appropriate PPE for activities and travel
- ✓ **Dedicated Equipment** - each sub-group has their own equipment which has been sanitised before, during and after use. Equipment is sterilised between different school groups
- ✓ **Dedicated changing and toilet facilities** - each sub-group has access to its own safe, clean changing and toilet facilities
- ✓ **Sole use of indoor dining facilities** - for socially distanced dining





ROF59 Centre – Additional Information:



1 Durham Way S, Newton Aycliffe DL5 6XN

