



Sunrising, East Looe, Cornwall PL13 1NQ

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Headteacher: Mr S Yalden BSc (Hons) PGCE NPQH

September 2021

Dear Parent/Carer

Please find below additional information about the year 7 Porthpean Outdoor Education Centre team building trip which is part of the '**Be the Best You Can Be**' PSHCE Programme.

The trip will take place on the following dates: **Monday 27 September - TRE and POL tutor groups**
Tuesday 28 September - PEN and KEV tutor groups

There will be tutor group challenges throughout the day including mega SUP, kayaking and coasteering. The emphasis will be on team building, resilience and encouraging learners to step outside of their comfort zones by trying something new. No previous experience is needed and the activities are designed for all ability levels.

On the day of the trip, the students will travel to Porthpean by coach, which will leave after the school buses arrive at 8:45am and return in time for the school buses, which depart at 3:20pm.

Students do not have to wear their school uniform for the day, but please ensure they are wearing appropriate clothing for a day at the beach. In addition to this they will need to bring the following:

- Suitable footwear to wear in the water (old trainers, plimsolls and wet shoes are great. Flip-flops and Crocs are not suitable)
- Towel, swimwear, warm jumper/fleece & spare change of clothes
- A sun hat, sun cream and a woolly hat (appropriate to the weather)

Wetsuits, buoyancy aids and safety equipment will be provided, but if they have their own full wetsuit they can bring this along too.

Food and drinks are not available on-site, so all students need to bring their own.

We look forward to a really exciting day. If you would like to find out more about the Porthpean Centre, please access the following link for more information <http://www.cornwalloutdoors.org/centres/porthpean/>

Yours faithfully

Ed Gilbert
Assistant Headteacher

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