



**Sunrising, East Looe, Cornwall PL13 1NQ**

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Headteacher: Mr S Yalden BSc (Hons) PGCE NPQH

7 July 2023

Dear Parent/Carer

### **Splash, Dash and Smash Challenge Week 2023**

I am delighted your child has chosen my trip for Challenge Week and I hope they are looking forward to it as much as I am.

Just to remind you of the activities we will be taking part in throughout the week, here is a breakdown of each day with the details of what your child requires. Depending on the weather the order of the activities may change but if they do, I will let the students know the day before.

On Monday we are doing the Giants Hedge walk in Kilminorth Woods. To enjoy the day, I highly recommend walking boots or trainers with socks. Students should bring a packed lunch for the day and plenty of water. The walk involves being outside all day so a hat, sun cream and comfortable walking clothes are advisable, along with a rucksack.

Tuesday sees us heading to Looe for a treasure hunt and lunch on Looe beach then round to Millendreath for beach games before returning to school. Again, they will need a rucksack, comfortable walking shoes, a packed lunch and water. Sun cream and a hat are also advisable.

Wednesday will be school based for the first session, where we will play rounders and cricket, before heading out for a CrossFit session 12.30 – 2.00pm. Suitable PE clothing to be worn today. They will need trainers, shorts/leggings and a t-shirt. Packed lunch and a hat advisable. Then walk back to school for football on the Astro.

On Thursday starting in school with basketball in the sports hall, then walking to Crossfit for 12.00 – 2.00pm, before heading back to school for a relaxing session.

Friday down to Looe beach for beach gig rowing. 10.30 – 12.30pm. Then lunch and games on Looe beach before walking back to school.

Any student eligible for free school meals can pick up a packed lunch from the school canteen in the morning. I'm really looking forward to what should be a fantastic week of activities and seeing the school year off in style.

Yours faithfully

**Mrs Scott Hammond**  
**Trip Leaders**