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Headteacher: Mr S Yalden BSc (Hons) PGCE NPQH

7 July 2023

Dear Parent/Carer

**Just like the Pros
Challenge Week 2023**

We are delighted that your child is booked on the 'Just like the Pros' Challenge Week experience this year.

We wanted to make you aware of some kit and equipment requirements for the week, so that your child is suitably prepared.

Monday 17 July - 'Just like a Circus Star'

Students should come into school at the normal time, and head to the drama studio. They will need to dress in flexible, comfortable clothing which they can move easily in (not jeans, strappy or cropped tops etc) and will allow them to try out various circus skills.

Our professional Circus performers will spend the day teaching us skills in things like juggling poi, diablos, spinning plates, walking on stilts, riding uni-cycles, and Ariel skills (which could include going upside down if students wish!). We will remain in school all day so students will be able to access the canteen as normal or can bring a packed lunch. They will need a reusable water bottle to keep themselves hydrated during the day.

Tuesday 18 July and Wednesday 19 July - 'Just like Bear Grylls'

Students should come into school normal time on Tuesday, and head to the drama studio. They will need to dress in LIGHT long sleeved tops and long trousers (NOT SHORTS or T-SHIRTS - arms and legs MUST be covered as we are going to be in the forest for the whole 2 days, they also need to wear STURDY FOOTWEAR (NOT open toes or light shoes, as we will be walking over various terrain like mud, rocks, along the coast, over tree roots, through long grass etc).

Our professional Forest Ranger will be showing us how to create our own shelters which we will sleep in, learn knife/small axe/fire safety skills, dig a fire pit, build and sustain our own fires, and forage for food.

For this experience they will need:

- A rucksack/backpack able to carry all the items below apart from sleeping bag/mat and pillow *which can be placed in a named bin bag*
- A sun hat
- Sun screen (insect repellent will be provided but you may want to bring your own),
- A reusable water bottle (we will have access to drinking water throughout the experience)

- Wet weather gear (we will be outside whatever the weather, and if it rains we will be fully testing out our survival shelters)
- A working torch (not one on a phone) as we will be going for a night walk
- A warm jumper/hoodie for when it might get cooler at night (layers are good)
- A comfortable, warm sleeping bag
- Toothbrush and toothpaste
- A pack of wet wipes or equivalent for keeping clean (we will have access to canteens for washing hands and utensils, which are separate to the drinking water ones)
- A substantial packed lunch for Tuesday and some snacks for over the two days. We will have fruit and juice readily available and we'll make fires and cook our sausages and s'mores for Tuesday night's dinner, we will cook toast (cereal will also be available) for Wednesday breakfast, and we will forage our lunch on Wednesday.

*Optional extras:

- A single camping mat/ground sheet or single blow up air bed,
- A cushion or pillow to sleep on

SAFETY: We will be sleeping in a part of the forest completely closed off from the public. We will be with an experienced professional forest ranger at all times who will have radio contact with the Duty Ranger at the onsite office base. We have a 'what 3 words' destination code and we will have an off road vehicle with us at all times should there be any issues. There will be at least one member of staff with each group of students at all times.

PLEASE NOTE THAT WE ARE SLEEPING IN THE FOREST TUESDAY NIGHT AND WE WILL NOT BE RETURNING TO SCHOOL UNTIL WEDNESDAY AFTERNOON.

Thursday 20 July 'Just like Bear Grylls in Looe'

Students should come to school normal time, and head to the drama studio. We will be walking into Looe where our local experts will be giving us a guided tour of the local museum and court. After this we will be walking over to Kilminorth Woods, to hone our newly found skills and learn more about our local Temperate Rainforest. Students will need to dress in LIGHT short or long sleeved tops and long trousers (NOT SHORTS as legs MUST be covered) they also need to wear STURDY FOOTWEAR (NOT open toes or light shoes, as we will be walking over various terrain like mud, rocks, along the coast, over tree roots, through long grass etc). Our guide and local expert will be working with us to create dens, where we can show off our building skills, help us with plant identification as well as having the opportunity to play some Bear Grylls Tracker style activities.

Friday 21 July 'Just like a detective'

Students should come to school normal time, and head to the drama studio. They will need to dress in flexible, comfortable clothing which they can move easily in. Hats, sunscreen, a coat and jumper are advised as they will be outside for most of the day. We will be walking into Looe where the scene is set for our young detectives to solve the mystery. They will be on the trail of a notorious 19th century smuggler and will have to use all their skills learnt throughout the week to be successful. Students will need to solve numerous clues, show an eye for detail and work hard to crack the case. The reward will be some time to relax and play some beach games in the afternoon before returning to LCA. A packed lunch will need to be brought this day, and some money for an ice cream or a sweet treat. Any student eligible for free school meals can pick up a packed lunch from the school canteen in the morning.

If your child has any food intolerances or preferences (gluten, vegan, vegetarian, plant based etc) please email staff and if you have any specific questions about the Monday to Wednesday activities please contact

Mrs Turon Cturon@looca.net and if you have any questions about the Thursday or Friday activities please contact Mrs Odle SOdle@looecca.net

Yours faithfully

Mrs C Turon and Mrs S Odle
Trip Leaders