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Headteacher: Mr S Yalden BSc (Hons) PGCE NPQH

20 September 2023

Dear Parent/Carer

### **Year 7 Team Building Day at Adrenalin Quarry - Monday 16 October 2023**

I am delighted to inform you that we have organised an exciting Year 7 team building day at Adrenalin Quarry near Liskeard on Monday 16 October.

This amazing opportunity forms part of our 'Be the Best You Can Be' programme, where students develop essential skills that support team building, resilience and stepping outside their comfort zones. Throughout the day students will experience the aquapark, zip wire and karting.

No previous experience is required, and the activities are designed for all ability levels. Students will travel to Adrenalin Quarry by coach, which will leave after the school buses arrive at 8:45am and return in time for the school buses home.

Students do not have to wear their school uniform, but please ensure they wear appropriate clothing for a day outdoors.

They will need to bring the following:

- a towel, swimwear, warm jumper/fleece and spare change of clothes;
- sunscreen and a suitable hat.

Food and drinks are not available on-site, so students will need to bring their own. Packed lunches can be pre-ordered and collected from the canteen prior to departure, including for those students entitled to free school meals.

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

Outdoor adventurous activity provides for an exciting day but is not without risk. We submit all planned offsite activity to Cornwall Council's expert team and Adrenalin Quarry is an approved provider on their database and our programme has been approved.

**Please provide consent and medical information on ParentPay no later than Wednesday 4 October.**  
There is no charge for this trip.

If you would like to find out more about the Adrenalin Quarry, please access the following link for more information <https://www.adrenalinquarry.co.uk/>

We look forward to a really exciting day.

Yours faithfully



**Ed Gilbert**  
Assistant Headteacher

*A Saberton*

**Adam Saberton**  
Head of Year 7 and 8