



Bentham Community
Primary School

Bentham C P School
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Headteacher: Mrs C A Pearson
Member of

The Three Peaks Family of Schools

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29th March 2018

Dear Parents

Ingleborough Ascent : Year 6 :

In conjunction with the Yorkshire Dales Millennium Trust and High Points (a Company which specialises in working alongside primary aged children) we have been given the opportunity to give children in year 6 a chance to ascent Ingleborough. The ascent will involve children from seven schools, including Settle, Hellifield, Long Preston, Giggleswick, Austwick and Clapham. In the interests of health and safety, children will be supervised in small groups at all times. In addition, children will be accompanied by fully qualified members of experienced staff from the Yorkshire Dales Millennium Trust.

This exciting experience has been scheduled to take place on Friday 18th May 2018. On the morning of the ascent children will be transported to the ascent's starting point for 9.30am. This experience is being provided FREE of charge, and we would like to take this opportunity of thanking the Yorkshire Dales Millennium Trust for also financially supporting the activity.

In order for your child to take part in this educational and challenging activity please complete and return the attached consent to the School Office by no later than **Monday 23rd April 2018**.

On the day of the experience, children will need to bring with them the items listed on the attached consent. Can parents please TICK which items they ARE ABLE to provide their child. If you are unable to provide a particular item, please leave the tick-box EMPTY in order that school can secure appropriate equipment to lend to children on the day.

Finally, if you have any queries, then please do not hesitate to contact the school.

Yours sincerely

Mrs C Pearson
Headteacher

Ingleborough Experience : Friday 18th May 2018

1. I **CONFIRM** that I **GIVE CONSENT** for my child _____ (name) to take part in the ascent of Ingleborough on Friday 18th May 2018.
2. I **DO NOT WISH MY CHILD** _____ (name) to take part in this experience.

My child has the following medical conditions:-

My child will require the following medication on the day of the ascent:-

3. I **CONFIRM** that I am happy for photographs of my child to be taken
4. I **DO NOT** wish for any photographs of my child to be taken

Equipment (Please tick those items you are able to PROVIDE your child on the day)

- WALKING BOOTS** (These should have a good grip and ankle support) If required : Size
- WATERPROOF TOP AND TROUSERS** (These should be full waterproofs with a hood and taped seems) If required : Size
- SMALL RUCKSACK** (This should have two shoulder straps)

CHILDREN MUST HAVE

- TROUSERS** (Tracksuit or similar – NOT jeans)
- WARM TOPS – SEVERAL LAYERS** (Best materials are fleeces, wool or thermals). A number of thinner layers are better than one thick layer as they allow for better temperature regulation).
- THICK LONG SOCKS** (Best if these are wool or ski socks – no ankle or trainer socks).
- PLASTIC BAG** (This is to act as a waterproof liner for the rucksack)
- SPARE WARM TOP** (This should be carried in the rucksack, in addition to the warm layers being worn. A fleece is best material for this)
- HAT AND GLOVES** (Even on warm days it can get much colder on the top of a mountain).
- PACKED LUNCH AND DRINK** (Enough food for a day doing extended physical activity. Children should carry a litre of water in a bottle/s with a screw top that will not leak. Soft drinks and energy drinks do not count towards this litre; they usually contain excessive caffeine that can dehydrate).
- SUN CREAM AND PEAKED HAT** (Required only on a sunny day).
- PERSONAL MEDICATION** (E.G. Asthma inhalers)

