



# CAISTOR YARBOROUGH ACADEMY

Our ref: JBig/KWoo/HealthySchoolWalkLetter2020

10 March 2020

Dear Parents / Carers,

## **CAISTOR YARBOROUGH ACADEMY SCHOOL WALK - WEDNESDAY 1<sup>ST</sup> APRIL 2020**

As part of Caistor Yarborough Academy's recognition of perseverance and supporting charities, on Wednesday 1<sup>st</sup> April we are undertaking a walk from the Academy for up to 13 miles through the local countryside. Local farmers and the Yarborough Estate have granted us permission to follow paths not usually open to the public. We are delighted to invite students, their families and staff to accompany or help us, for all or part of the walk. As the route is a special concession, granted to us for this day only, the paths must NOT be accessed after this day. The purpose of the walk is:

1. To raise money towards our nominated charity - King's College Hospital Children's Critical Care.
2. To promote the Academy's key value of "respect" - specifically respect for self and others, and for the local environment.
3. To promote physical activity and perseverance for all.
4. To raise awareness of the links between diet and exercise.
5. To enjoy teamwork.
6. To enjoy nature and the local environment.

We would ask for your support of this event in the following ways:

- Please help your child to prepare for the day, in terms of exercise and clothing.
- If you do not wish to walk, but could support at a checkpoint, please let us know. To ensure that all crossing points are safe we really need some extra help. We also hope very much that this will be a whole community event and open to all in an appropriate way.

Although it is intended that the majority of students walk the full distance, we will operate a collection service with the Academy minibus if necessary, although we hope that everyone will lunch together. Students who are unable to walk will support the day in other ways, such as preparation of refreshments. They will also take part in an activity with a health and well-being focus.

The day will be well prepared and all aspects of safety observed. The local police will also be informed. Road crossings will be manned and First Aiders will be present.

### **Catering Arrangements / Clothing & Equipment**

We sincerely hope that all students realise the need to eat sensibly and healthily. To encourage this on the day, please remember the canteen is open from 8.30am to allow students to purchase a variety of freshly prepared breakfast dishes.

/Continued

# EXCELLENCE FOR ALL

Headteacher: Mr M Midgley  
Deputy Headteacher: Mrs J Biglands  
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Twitter: [@CYATweeter](https://twitter.com/CYATweeter)  
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Any child who is in receipt of Free School Meals is entitled to a packed lunch. This needs to be collected before the start of the walk. Please indicate on the reply slip below if your child would like the packed lunch.

Water will be available at various checkpoints along the walk. When students return to the Academy there will also be drinks and healthy snacks available. These refreshments will be provided free of charge. In addition to this, they will have the opportunity to buy an ice-cream at a cost of between £1-2. Sun protection, a refillable water bottle, sensible and appropriate clothes with sensible shoes or boots will all be needed.

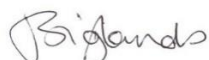
We are asking students to get sponsors for the walk. A sponsor sheet for your child is attached to this letter and we ask that friends and family kindly sponsor them. The money raised will help fund our nominated charity - King's College Hospital Children's Critical Care. More information about this charity and the reason we are supporting it, can be found on the reverse of the sponsor sheet from our Spanish teacher, Mrs Betts.

### Safeguarding

A risk assessment of the route will be undertaken before the day. The Academy Lead for Safeguarding, will check for potential safeguarding risks. All students will be briefed before the walk. The Academy expectations of behaviour will apply at all times. Students will also receive a copy of the Countryside Code to remind them of care needed when out and about. Extra care must be taken when crossing the roads, with the directions of the road marshals followed at all times. On the estate there are some log piles at the side of the roads. It is absolutely forbidden for anyone to attempt to climb on these stacks as the weight could cause them to move and to crush a person. This danger can be avoided if the log piles are ignored.

If you are happy for your child to take part in the walk, please complete the form below and return it to the Academy for the attention of the School Office, by Wednesday 25<sup>th</sup> March 2020. Please do advise the Academy in good time of any special information in relation to your child which you feel may help on the day. If you require any further information beforehand then please do contact the Academy and we will be happy to help you.

Yours sincerely



**Mrs J Biglands**  
**Deputy Headteacher**

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### RE. SCHOOL WALK - WEDNESDAY 1<sup>ST</sup> APRIL 2020

I do / do not\* give permission for my child ..... (Student Name),  
(Form)..... to take part in the supporting charities and perseverance school Walk.

I / we would like to help at a checkpoint and are available between the times of ..... and .....

Names of volunteers: .....(Please print)

Signed: .....(Parent/Carer) Date: .....

Please tick if your child is eligible for Free School Meals and would like to receive a packed lunch on the day.

**Please return reply slips to the Academy, FAO The School Office, by no later than Wednesday 25<sup>th</sup> March- thank you.** \*Please delete as appropriate