



Holy Family Catholic High School

Virgin's Lane, Thornton, Liverpool L23 4UL.

Tel: 0151 924 6451 Fax: 0151 932 1417

Headteacher: Mr M Symes BA(Hons), NPQH

Friday, 19 September 2025

Dear Parents and Carers,

Your child has had their final Lake Coniston meeting. We are all getting very excited as the trip offers both fantastic glacial landscapes and an opportunity to take part in activities that they would not normally do. Although students earlier seem more excited about sharing a room!

They have been given the equipment list again, just in case it has been misplaced and some final advice.

Please remember that we leave school at 8:30am on Wednesday 24th Sept. Mrs Taylor will be there from 8:10am to meet students.

Your child will be very busy all day and may feel tired in the evening, but we also provide evening entertainment such as quizzes, team activities, games etc. Students are also welcome to bring a game or cards.

Only a small amount of spending money will be required for ice cream, sweets etc as there are not many opportunities to purchase items.

If there is an emergency at home and you need to contact your child and they are not picking up their phone. Please phone the school during school hours on 0151 924 6451 and they will phone me.

If it is out of school hours. Please phone me directly on 07917440721 or phone where we are staying, Holly How House, Coniston on 01768777246 and leave a message or ask for Mrs Taylor with Holy Family Catholic High school.

Many thanks,

Mrs Vicki Taylor
Head of Geography

Some last-minute things to remember for the Geography Lake Coniston trip.

1. The coach will **depart school at 8:30am**. Please make sure you drop your child off or that they leave in plenty of time to arrive at school early. I will be there to meet the children at the school gates.
2. All food is included and your child has made their own choice as to what they would like. EXCEPT lunch for the first day. They must have a packed lunch and drinks in a small backpack for the first day.
3. Bring at least one refillable water bottle. There is filtered water where we are staying and pupils will fill up whenever they like.
4. Your child will need a small backpack to carry water / lunch each day.
5. Please remind your child as we will, not to take their phone with them on the adventurous activity days. The risk of loss or damage is very high. If there is an emergency and you need to contact your child please phone school and they will phone me immediately as one phone will be carried in a waterproof pack.
6. Your child will need a good pair of walking boots / or decent trainers for the hike up to Coppermine's on day 1. Anything with a good grip.
7. Pack extra socks, they will get wet and DO NOT forget 2 X TOWELS.
8. The weather for next week currently is showing a mix of sun and cloud with highs of 13-15 degrees. The Lakes often has showers so please make sure they bring a warm coat.
9. Students will be allowed to use the Spar shop in Coniston, supervised by staff so if they wish to bring money for sweets / snacks this is fine. Or purchase snacks beforehand and pack them. Pupils will also be given time after the Tree Top Adventure to explore the grounds at Brockholes, which also has shops, café, ice cream.

Any questions you may have that I have not covered please email me directly on: v.taylor@hollyfamilyhighschool.co.uk

Equipment list



Your child will need to have the following items:

- Small rucksack -to carry packed lunch, drinks, waterproofs (must have 2 shoulder straps)
- Waterproof jacket /coat
- Comfortable shoes with a good tread for countryside walking (e.g. walking boots, trainers)
- An old pair of shoes that you don't mind getting wet & muddy for canoeing.
- Indoor shoes or slippers for use inside the hostel
- Suitable, comfortable clothing for outdoor activities
- 2 X Towels – one for use whilst doing watersports and one for personal use in the hostel
- Toiletries
- Sufficient changes of underwear and socks (plenty of socks!)
- Warm jumper/fleece
- Night wear
- Any personal medication (e.g. inhalers)

The above is a list of essential items. Any additional items may be sent at your discretion.

For Water-based Activities

- Swimming Costume/Trunks /shorts & T shirt for under the wetsuit
- Old boots or trainers with a good grip & support that you don't mind getting wet.. Boots will be provided for those who require them.
- Long thick socks
- Trousers (tracksuit or similar – NOT jeans!)
- Hat & Gloves if you feel the cold.
- Sun cream & cap (if sunny day)
- Warm tops – that you can layer
- Waterproof Top & Trousers for water activities will be provided.
- Towel
- A large, plastic bag for wet clothes

All specialist equipment for canoeing and gorge scrambling will be provided (wetsuits, waterproofs, buoyancy aids, helmets)