



# 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

Thursday, 04 July 2024

Dear Parents / Guardians,

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

1. The coach will arrive at **8:15am and 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.
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 / shoes 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 TOWEL.
8. The weather for next week currently is showing a mixture of cloud / sun with highs of 17 degrees. The weather at the moment is very changeable so bear in mind you may need sun cream, hat, light waterproof jacket.
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. Pupils will also be given time after the Tree Top Adventure to explore the grounds at Brockholes, which also has shops, café, ice cream.
10. Any questions you may have that I have not covered please email me directly on [v.taylor@holyfamilyhighschool.co.uk](mailto:v.taylor@holyfamilyhighschool.co.uk)

## **Equipment list**

All group members will need to have the following items, depending on the weather / time of year:

- Small rucksack -to carry packed lunch, drinks, waterproofs (must have 2 shoulder straps)
- Waterproof jacket
- Comfortable shoes with a good tread for countryside walking (e.g. walking boots, walking shoes)
- 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
- Towels – one for use whilst doing water sports 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 Sports Day

- Swimming Costume/Trunks if you wish for under wetsuit or shirts / T-shirt
- Long thick socks
- Trainers or shoes which you don't mind getting wet
- Trousers ( tracksuit or similar – NOT jeans! )
- Hat & Gloves – weather dependant
- Sun cream & hat – weather dependant
- Warm tops – several layers ( best materials are fleeces, wool or thermals )
- Waterproof Top & Trousers (will be provided if you don't have your own! )
- Towel
- A large, plastic bag for wet clothes

Regards,

Mrs V. Taylor  
Leader of Geography