

17th September 2026

Dear Parent/Carer

RE: Year 5 Mendip Adventure Days

Thank you for signing your child up to take part in the year 5 Physical Education adventurous activity day.

Pupils can look forward to an exciting day of team building activities and dry caving in the Burrington Combe area of the Mendip Hills.

Tutor groups will attend on the dates given below:

Wednesday 30th September: 5M, 5L & 5S

Thursday 1st October: 5R & 5W

Friday 2nd October: 5F & 5E

Please ensure your child arrives at school at the normal time to register at 8.40am on the relevant day dressed in activity clothes, a kit list is provided below.

We plan to arrive back at the school bus loop at approximately 5.30pm, this may vary due to road closures in the area. In the event of a delay on the day a member of our Senior Leader team will be in contact via email to update you on expected arrival times.

If your child requires any medication for the duration of the trip, including travel sickness tablets, please hand these to reception no later than **Wednesday 23rd September**.

Any medication must be in the original packaging and clearly labelled, this will be held by the trip leader for the duration of the trip and administered at the allocated times.

Pupils who may require inhalers or Epi-Pens are encouraged to carry them in their bags for easy access but please ensure these are also clearly labelled. If your child has an allergy plan, we will be in touch to discuss this with you prior to the trip.

My colleagues and I are looking forward to the trip and are sure that everyone will enjoy the experience. We will, of course, expect good standards of behaviour and conduct whilst we are away.

Yours sincerely,

Mr S Hershbein

Head of Physical Education

'Let your light shine before others' Matthew 5 v 16

Executive Head Teacher: Mr Daniel Jeffries BA(Hons) MA NPQH NPQEL

Selwood Academy, Berkley Road, Frome, Somerset, BA11 2EF

Telephone: 01373 462798

email: enquiries@selwood.mnsp.org.uk web: www.selwood.somerset.sch.uk

Safeguarding is everyone's responsibility - Selwood Academy is committed to safeguarding and promoting the welfare of our children and we expect all members of staff, volunteers and visitors to share this commitment.

**Year 5 Mendip Adventure Day
Personal Equipment List**

All items should be clearly named

Pupils should come to school wearing:

- Old trousers or jogging bottoms/leggings (not jeans)
- Long-sleeved top
- Warm jumper/fleece top
- Sturdy outdoor trainers with a good level of grip

Pupils should bring a small backpack (School backpacks are usually ideal)
containing the following:

- Any necessary medicines and/or inhalers, with clear written instructions
- Lunch box containing a packed lunch (food will be provided for pupils who receive free school meals- but parents often choose to supplement this)
- A large drink in a plastic water bottle
- Waterproof coat
- Waterproof trousers (if possible)
- Warm hat (Sun hat and sun block if the weather is hot!)
- Spare trousers or jogging bottoms/leggings (not jeans)
- Spare t-shirt & warm jumper/fleece top, socks, underwear & a towel
- Bin liners or plastic bags to put wet/muddy clothes in
- Gloves (optional) (grippy not woollen)
- A pair of welly boots

Optional:

- Reading book/puzzle book or playing cards etc for the coach journey
- Inexpensive cameras may be brought at the owner's risk

Please note:

Valuables/jewellery/money are not necessary. MOBILE PHONES, pen knives, radios, MP3 players or other electronic games/noise emitting devices are NOT allowed.