



HIMBLETON CE FIRST SCHOOL AND NURSERY
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HEADTEACHER: Mr Nick Cale

Tuesday 30th April 2024

Dear Parents/Carers of LKS2 children,

BELL BOATING

We are very lucky to have been able to secure a day of Bell Boating for LKS2 on Thursday 9th May at Fladbury Paddle Club. For those of you who do not know, the bellboat is a twin-hulled, stable craft with up to 12 people in a crew, who are seated and propel the boat with single-bladed paddles. The focus is on working as a team, but also supports our PE curriculum and enables the children to develop their co-ordination, balance and listening skills.

The day will be lead by George Bell, who is a qualified helm and also a club instructor who has competed internationally. Children will also be accompanied by Mrs Hedges, Mrs Griffiths and Mrs Ford. We will be travelling to and from the venue by coach, leaving at 9.00am and returning to school in time for the end of the day. To cover the cost of the transport and our activity, a voluntary contribution of £10 is requested. No child will be excluded from our trip, so if you feel you are unable to contribute, please contact Mr Cale.

Please read the following guidelines carefully regarding clothing, snacks/lunch as well as the safety and hygiene advice found separately on the back of this letter.

Children will need to:

- wear clothing suitable for the weather. Plenty of layers work well (t-shirt, fleece, joggers or tracksuit) to allow for changes in temperature throughout the day. Jeans are not suitable.
- bring suntan lotion, a sun-hat and a waterproof jacket.
- bring spare clothes, a towel and their lunch in one named bag.
- bring a separate bag (to be taken on the boat) containing hand sanitizer, a substantial morning snack, drinks and waterproofs (ideally, waterproof trousers as well).

Footwear

Trainers or sturdy shoes should be worn. Children should NOT wear wellies - they are unsuitable near deeper water.

Lunch

We will return to Fladbury Paddle Club to eat our lunch. All children will require a packed lunch for this trip, including those who would normally order through Aspens.

We would be grateful if you would complete the attached permission form and return to school as soon as possible, and by **Tuesday 7th May at the latest.**

Please keep this letter as it contains all the essential guidance and information.

Yours Sincerely,

Mrs S Hedges

Please take note of the following safety advice, as provided by Andy Train from Fladbury Paddle Club.

SAFETY AND HYGIENE ADVICE

Paddle-sport on placid water is an enjoyable and safe activity provided buoyancy aids are worn and people are aware of water hygiene. There is now a general awareness of Weil's disease which is a rare illness to which water users may be exposed. The most common symptoms are: a high temperature; influenza-like illness, joint and muscle pains, particularly in the calf muscles.

Anyone falling ill with the symptoms after fishing, sailing, paddle or other water sports, particularly within the three weeks following the activity, MUST see a doctor and advise him or her of the activity taken part in.

To prevent infection: Cover scratches and cuts with water-proof plasters AND wash or shower after water-based activities, particularly before eating.

Bellboating @ Fladbury – Thursday 9th May 2024

Name of Child.....

I give permission for my child to participate in a day of Bell Boating on the river, starting at Fladbury. I understand this involves travelling by coach (which has lap restraining belts) and also a paddle sport on open water.

Voluntary contribution of £10 to be paid via School Money please.

Receipt number.....

Emergency contact name and mobile number during visit	
If your child needs to take any medication for this trip, please give details here.	
Does your child suffer from travel sickness?	

Signed