



15 July 2022

Dear Parents and Carers,

Re: Bike ride/hot weather

As you may be aware, we are expecting very high temperatures on Monday and we would like to ensure your child is well protected from the heat whilst on the bike ride.

Before School:

- Parents are encouraged to ensure students apply **sunscreen** before they come to school, and to bring this with them in order to re-apply it when necessary.
- It is essential that your child brings a **bottle of water** with them, which can be re-filled during the day as needed.
- Students should also bring a **sun hat** for when we stop on the bike.
- Students should bring a **backpack** they wear on the bike ride to carry water and sunscreen.
- Students must bring a well fitted **cycle helmet** as well as their **fully functioning bike**. I will meet students in the top courts at 08:45 with their bikes.
- I would highly recommend students wear a **light t-shirt** (covering shoulders) and **long shorts** (covering thighs).

During the ride:

- We will adapt the bike ride to suit the increasing temperature throughout the day. We plan to set off at 09:00 and cycle along Ham Wall Nature reserve to the Avalon Marshes cafe. Here students will be able to refill water bottles and purchase drinks, snacks and ice-cream if they wish to and relax in the shade.
- It is highly likely at this point that we will return to school the same way as it will be cooler along the river and there is some shade.
- There will be an activity planned for the afternoon at school to keep students out of the direct sun.

Should you have any questions, please do not hesitate to contact me HTourle@stdunstansschool.com . Thank you for your continued support.

Yours faithfully,

Hannah Potter
Trip Leader