

May 2023

Dear parent/carer,

SUBJECT: North Yorkshire Sport Wellbeing Festival (22nd June 2023)

North Yorkshire Sport has invited pupils from Risedale School to attend their Wellbeing Festival at Dalby Forest, Pickering on **Thursday 22nd June**. The focus of the event is promoting wellbeing through sport to pupils in years 7-9.



Times and Travel: In order to arrive at the event on time pupils need to **meet at school at 8:15am** as the coach will be leaving promptly at 8:30am. The event will take place between 10am - 2pm and we will **return to school at approximately 4:30pm**. As the coach will be returning after 3pm, we ask that parents/carers make provision for pupils to be collected from school if necessary. For those pupils who use school transport, to and from Catterick Village, the coach will stop in the village (highstreet) on our return to school.

If your child experiences Travel Sickness please ensure they have taken a travel sickness tablet prior to setting off.

Lunch: Pupils will need to bring a packed lunch for the day, however, there will be an opportunity to purchase items from the stands selling hot and cold drinks, small snacks and ice creams. It is advisable to bring a refillable water bottle as there will be water stations in the forest. Pupils who normally receive Free School Meals will be provided with a packed lunch, which will need to be collected from the school canteen at 8.15am.

Itinerary and Activities: On arrival pupils will be given a plan for the day.

There will be a Trail and Colour Course through the forest. The course will be approximately 2kms and follow a loop. Participants will be able to run or walk the course at their own pace. Throughout the course, there will be obstacles and challenges to complete with friends including a large inflatable.

Please note the trail is a COLOUR COURSE. This will involve pupils being covered in coloured paint!! Pupils will be given a white T-shirt and optional sunglasses on arrival however other CLOTHING AND FOOTWEAR WILL BE COVERED IN PAINT so wear something old!! Pupils will need to bring an old towel to sit on for the bus journey home.

There will be a Wellbeing Village for pupils to access and explore throughout the day. Activities here will focus on mental, emotional and physical wellbeing. Some of the activities include:





RISEDALE
A family of learners

RISEDALE SCHOOL

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Segway Course, Learning/Nature Station, Lazer Tag, Yoga, Creative Mindfulness, Dalby Bikes, Archery, Athlete Mentor Speaking, Speed Zone Maze. There is also a Chill Zone Tent.

Clothing: As the event will be held outdoors without shelter from the weather, pupils are advised to wear suitable outdoor clothing for the forecast weather and sturdy footwear. Some activities will be physical and very messy so comfortable old clothes and shoes are advised as well as sun cream/waterproofs if necessary. Pupils will also need a towel. Please note there are no changing facilities, but toilets will be available on site.

Photography and Filming: North Yorkshire Sport and school staff will take photographs throughout the day. If there are pupils attending where photographs are not permitted a wristband will be given on arrival to identify them to staff. If you do not wish your child to be filmed or photographed please make the attending staff aware prior to the event.

Parental Consent: For your child to attend, you will be sent a consent form via EVOLVE to your email address. Please complete this no later than Friday 9th June to secure your child's place.

Your child will be covered by the School/Educational Journey Insurance. Should you require any further information with regard to the details of cover and limits of indemnity, please visit the school website. The 'Educational Visits' policy can be found on our website in our [School Policies](#) area.

Staff attending the event will be Miss Brierley, Miss Vizor and myself. If you have any queries please contact me via email at smith.l@risedale.org.uk.

Yours sincerely,

Lisa Smith

School Counsellor

