Caherdaniel NS

June 6th 2019

Dear Parents,

As you know the senior room school tour is tomorrow Friday **7th June**. We are heading to **Cappanalea Outdoor Eductaion Centre**. Thank you all for payment.

The activities include Kayaking, , obstacle course, team challenges, raft building and rock climbing.

The tour will be based both in water and on land. The students will be doing two water activities – raftbuilding & Kayaking. We have been advised that it’s best to bring two changes of clothes to wear under wetsuits, maybe swimming togs and/or shorts and t-shirts, towel, old runners or water shoes. The children can bring their own wetsuits if they have them but label these please.

Children **need to be at school early to leave at 8am sharp**

**Items needed:**

* Swimming gear & towels
* Plastic bags for wet gear
* Packed lunch with plenty food (no lollipops/chewing gum please)
* Lots of drinks for the entire day
* We will not be stopping on the way home so they are welcome to bring treats also.
* Old runners/ shoes for water activities
* Comfortable sportswear i.e. Tracksuits/ hoodies/shorts etc
* Suitable rain jacket in case of showers during outdoor activities
* Change of clothes as outdoor activities will run as scheduled
* Backpack to fit everything in closed to avoid any items going missing
* Plastic bags & tissues for any children prone to travel sickness.
* Inhalers etc. for pupils who may need them during a day of exercise & activity

Children can bring technology but are responsible for this themselves and our usual school internet use policy rules apply.

We aim to leave Cappanalea at 5pm so should be back at school for approx. 6:30pm , I will send a text along the way once I know more exact time.

Thanking you, **Jacinta O’Shea**