

SOUTHEND HIGH SCHOOL FOR BOYS

ACADEMY GRAMMAR SCHOOL

Prittlewell Chase, Southend-on-Sea, Essex, SS0 0RG
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Headteacher: Robin M Bevan MA MEd PhD FRSA



June 2023

Dear Parents,

Sponsored Walk, Friday 14 July 2023

As you will be aware we are holding a sponsored walk on **Friday 14 July** in order to raise money for projects within school – specifically the provision of improved audio-visual equipment for the school hall. Sponsorship money is to match a significant individual private donation and a substantial contribution from the Parents Association. To do this, we would hope that every pupil could raise a minimum of £25 through sponsorship.

Without this kind of self-help, we simply cannot afford to pay for the much-needed improvement of various facilities within the school. While walking, the educational aim is to learn a little more about the Country Code, aspects of the local environment and enjoy the fitness benefits and challenge of a sustained walk.

You must give permission – using the online link below – for your son or daughter to take part in the walk. I would be grateful if you would ensure that this form is completed by no later than 7 July 2023.

<https://forms.office.com/e/Bg2SHPHzR3>

The Route

Pupils will be provided with transport from the school to Chalkwell, and then they will follow a circular route from Two Tree Island to Benfleet, and back via Hadleigh Castle and Belton Hills. This walk is on defined footpaths, with very short sections alongside minor roads, which will be regulated by marshals. The whole route has been reconnoitred by a member of staff who is an experienced walker. The total distance, just over 13km, is manageable but challenging!

Arrangements for the Walk

We will start from school on a staggered basis, with the first Form groups leaving at 8.30 a.m., and the last leaving by just after 10.00 a.m. We will arrange that pupils will be divided into small groups, supported by senior pupils and accompanied by members of staff. Staff will act as marshals at frequent intervals along the route. The majority of staff will also walk the route along with the pupils. We would hope that everyone could complete the walk in just over four hours, allowing for some rest time along the way. We have drink and first aid stations sited on the route, and staff with cars available at key points in case of any emergency requiring transport back to school. Each group will have the contact telephone number of the school. A group of staff will bring up the rear to make sure all is well along the route.



Walking is a low risk activity and I imagine that the most serious problem might be pupils suffering from blisters! Hayfever, asthma or other medication should be taken or carried as appropriate. Attention to the weather forecast will help determine if sunscreen, sunhats or waterproofs may be needed.

Arrangements in school

Pupils will be retained in Form Rooms at the start of the day, until it is their turn to leave. **Similarly, at the end of the day, they will be asked to stay in Form Rooms until 2.30 p.m., after which they may be released to go home early.** There will be no lunch available in school so all pupils are advised to bring a light packed lunch with them, which may be enjoyed at a number of stopping points on the route. Groups will report to the check point at school as soon as they arrive back from the walk, so that we will know exactly who has returned at any given time.

Clothing and other items to bring on the walk

Pupils will not wear uniform on the day of the walk. They will need to bring with them:

- layers of clothing – e.g. T shirt, sweatshirt, hoodie – so that layers can be added or removed to maintain a steady body temperature;
- trainers (or perhaps, walking boots if they have them): NO sandals, crocs, sliders etc.
- a change of shoes for use after the walk back at school (if the forecast means wet mud!);
- tracksuit bottoms or old trousers to protect legs (jeans would do, but are not normally recommended for walking) – shorts are only advised if it is very warm;
- thicker socks are recommended (or two pairs of thin ones);
- a light waterproof which can be easily carried;
- a plastic water bottle; water or squash is recommended, as many soft drinks are much less effective at preventing dehydration. There will be water replenishment points along the way.
- something light to eat – a light packed lunch and appropriate snacks. Vouchers will be issued for those entitled to free school meals.
- if it is hot, a sun hat and sun cream would be advisable; and don't forget any personal medication (epipen, asthma pump, hayfever/allergy tablets).

Arrangements for those unable to walk

If any pupil feels they will not be able to complete the walk for medical reasons, they should let their Form Tutor know in confidence, so that arrangements can be made for them to stay in school, or help marshalling.

Sponsorship Money

We would ask that all sponsorship money is collected in by Friday of the following week (21 July). These funds can then be paid to the school using Wisepay. Please log in to your child's account; you will then find the payment item available under the "Trips and Visits" section.

Reserve Date

In the event of very bad weather, a decision to cancel will be made on the day of the walk. Pupils are to come to school ready for the walk, whatever the weather when they leave home, as a decision will be made for them on arrival here. There is no reserve date.

If any parent has any concerns or wishes to discuss particular details, please do not hesitate to contact me at the school at any time.



Robin M. Bevan (Headteacher)