



Dear Parents/Carers

Ski Trip, Austria: 31 March – 7 April 2023

I am writing to update you on the ski trip and also to invite you to a parents' evening in January, a reminder will be sent closer to the time. While you are aware we are heading to Austria skiing this year I am now able to confirm the area we will be skiing in is Salzburger Sportwelt, our lift pass covers all of this area. The instructors will take us anywhere on the Sportwelt circuit according to levels of experience, Flachau and Zauchensee are the higher altitude points. The accommodation we will be staying in is called the Hotel Hubertushof in Hüttau.

The parents' evening is on Tuesday 17 January 2023. The meeting will be held in the Theatre and will begin at 6.30pm. The evening will give you the opportunity to meet the Caldew staff ski team (Mr Hammond, Mrs Wallace, Miss Armstrong, Mr McArdle and Miss Waite) who will be accompanying your child on the ski trip. You will also be able to get further details about the trip, pocket money, evening entertainment and the resort itself. We will also be discussing clothing and equipment requirements, I am awaiting confirmation, but hopefully there will be an equipment provider present who we have used for many years for the hire and sale of a range of ski gear. However, TK Maxx, Sports Direct and Mountain Warehouse are some of the retailers who have a variety of skiwear often at discounted prices.

Fitness is important in any strenuous activity and skiing is no exception. It would be a good idea if you could encourage your child to begin a gentle daily exercise regime. It will certainly help them to get the best out of the course if they are well prepared physically. Squats, squat jumps, lunges, the plank and cardio exercises will be particularly beneficial, you can find examples of all of these on Google, YouTube etc. We are also looking to hold some circuit sessions in school, I will update you with information of these once they're in place.

Students will travel on their own passport, therefore if your child has not got a passport, please ensure you apply for one soon, **this process can take up to 12 weeks**. You'll need to renew their passport if either: there's less than 3 months left on the passport when they travel (31 March – 7 April 2023) – check the passport to find out when it expires; or if the passport is 10 years old or more on the day they enter the EU country - count this from the date the passport was issued. Passports **need a minimum of 3 months remaining on them**, extra months are no longer valid.

Your child will also need a GHIC card (Global Health Insurance Card) which all travellers should carry with them into Europe. The EHIC card (European Health Insurance Card), will continue to be valid until it expires. If this has expired/ will expire whilst in resort/your child has never had one: you will need to apply for a Global Health Insurance Card. You can apply online at <https://www.gov.uk/global-health-insurance-card>.

We also need the attached medical form completed and request that you discuss any medical conditions or prescriptions with any member of staff at the information evening or before. If there is a change in any medical information or medication prior to the trip please contact Miss Waite. There is also a space on the form to add two emergency contact numbers specifically for use while we are away. Please hand this in to Miss Waite no later than Monday 5 December.

We will need these various documents at the latest during the first week of February, but I would urge you to hand them in on the parents evening, or sooner (to Miss Armstrong). If you are not planning to travel prior to the ski trip please hand your documents in, they will be stored securely in school. If you are not sending your child's passport into school before Monday 5 December you must complete the attached passport information slip and return to Miss Armstrong.

- **Passports and E/GHIC cards to Miss Armstrong by Monday 5 December**
- **Medical forms to Miss Waite by Monday 5 December**

Mr Brown has secured some slots at Carlisle dry ski slope, these will be on Tuesdays 4-5pm. Please see Mr Brown in school **as soon as possible** to arrange your place. Blocks consist of 3 lessons and are £30 per student. Students must make their own way to and from the slope. We highly recommend beginners to attend these sessions, they're especially beneficial if you've never worn skis before as it allows for faster progress when they hit the slopes.

If you have any problems or concerns, please do not hesitate to contact Mr Hammond or Mrs Wallace by telephone or using the email address below.

Yours sincerely

P Hammond

C Wallace

Mr P Hammond
Paul.hammond@caldew.cumbria.sch.uk
Deputy Headteacher/Party Leader

Mrs C Wallace
carrie.wallace@caldew.cumbria.sch.uk

What to Pack

Essentials

- Passport and/or travel visas, permits, as required.
- Global Health Insurance Card (GHIC) for European trips
- Snacks for the journey*
- Spending money in a purse/wallet*
- Any personal medication (liaise with staff re: safe storage and safe keeping)
- Re-fillable drink bottle*
- Small day sack/rucksack (a built in water pack is useful especially when wearing ski gloves)

Ski Items

- Ski pants/salopettes
- Ski jacket
- Fleece/jumpers that can be worn as layers under the ski jacket
- Ski socks*
- Ski gloves
- Ski goggles
- Thermals (long sleeve tops & bottoms)
- Warm hat (ideally one that can be worn under a helmet)
- Neck warmer/snood
- Top tip: Layering items under ski outer wear is key to keeping warm on the mountain!

Clothing

- Nightwear
- Underwear
- Swimwear (if applicable)
- Sturdy outdoor snow or walking boots with a good grip
- Comfortable lighter weight outdoor shoes E.g. pumps or trainers
- Sets of clothes for evenings

Other

- Wash bag & toiletries (toothbrush, toothpaste, soap, deodorant, brush/comb etc.)
- Sun cream (minimum factor 30)
- SPF lip balm
- Sunglasses
- Ear plugs (handy for shared rooms!)
- Watch / alarm clock
- Labelled plastic bags for wet/dirty/spare clothes
- Small Torch
- Continental Travel adaptor plug
- Travel hairdryer
- Book/e-reader/playing cards*
- Phone/camera/charger or power bank* (optional)

We recommend that the items marked * are put in the hand luggage together with any food packed for the journey and that all of the other items except for the ski jacket (which it is advisable to wear on the journey) are packed in the main case. Anyone wishing to bring personal ski equipment (skis, boots, poles etc) is welcome to do so, but please let us know.

Helmets

Helmets are provided by the ski school for all students as part of the equipment hire and must be worn at all times while skiing. In previous years some students have opted to bring their own helmets.

Evening Wear

When considering what to pack as evening wear, please remember that après ski tends to be very informal. We will be at altitude so outside of the hotel it could be very cold. Jeans and sweatshirts are perfectly adequate as if we venture out on the evening ski jackets/salopettes etc. can be worn along with a sturdy pair of shoes or boots.

SKI TRIP MEDICAL QUESTIONNAIRE
Please return to Miss Waite by Monday 5 December

Name:

Does your child suffer from any medical condition e.g. diabetes, asthma, heart condition? YES/NO

If yes, please give details:

Is your child allergic to any medication?

YES/NO

If yes, please give details:

Is your child's tetanus booster current?

YES/NO

Can your child participate in physical activities without restriction or special supervision?

YES/NO

Is your child at present under treatment for any on-going condition?

YES/NO

If yes, please give details:

Please state any medication which is required by your child:

Medication:

For:

If your child requires medication during the school day, all medication must be handed to Student Services and a medication form completed.

Please specify any dietary requirements:

Please give any further information which may be required e.g. recent injury or infection.

Declaration

I,....., am the legal parent/guardian of and give permission for them to receive emergency medical treatment, including anaesthetic, as considered necessary by the medical authorities present. I understand the extent and limitations of the insurance cover provided.

Emergency contact numbers for use between 31 March – 7 April 2023

Name:

Name:

Relationship to child:

Relationship to child:

Phone Number:

Phone Number:

Second Number:

Second Number:.....

Signed Parent/Guardian:

Date: __/__/__

SKI TRIP PASSPORT INFORMATION

Please return to Miss Armstrong by Monday 5 December

Name: _____

Country of Passport Issue (Code)	Nationality (Country)	Passport Number	Date of Issue	Expiry Date

Passports must be handed in in person by the end of February but preferably before if you are not travelling with them.