



9<sup>th</sup> June 2022

Dear Parents and Guardians of students in the Lower Sixth

## **Alternative Curriculum Week – Lihou island wellness retreat (Monday 27 June – Tuesday 28 June)**

Please find the outlined activities and timings for students attending the Lihou Island Wellness Retreat.

### **Consent Form**

It is essential that this form is completed by **Friday 17<sup>th</sup> June**. We cannot allow students to participate in any activities unless it has been completed

<https://forms.office.com/r/qzZLwzxq2t>

There will be times during the retreat when students are remotely supervised on Lihou. Please indicate if you are happy for your child to be remotely supervised at these times and also to swim, via the online consent form above.

### **Monday 27<sup>th</sup> June**

- Students to attend College for morning activities with their 'kit bag' for Lihou. Students are permitted to wear non-uniform.
- 11.00am: Students will be bussed from College to Lihou Island Headland car park. Load bags onto the trailer
- Walk across the causeway (the path is uneven and there will be rockpools to cross so suitable footwear is advised)
- Settle into rooms
- Swim in the Venus pool (wetsuits are optional)
- Games and activities
- Cook and enjoy evening meal
- Sunset mindfulness and relaxation

### **Tuesday 28<sup>th</sup> June**

- Sunrise – ish! Yoga
- Breakfast
- Sea Swimming on Lihou Beach
- House tidy / clean
- Walk back across the causeway
- 13:00: students dismissed from Lihou Island Headland Car Park.

### **Lihou Kit List**

- Sleeping bag or quilt (packed in a waterproof cover/bag i.e. bin liner taped closed)
- Pillow case and a single sheet
- Wash kit and towel
- Indoor footwear (slippers or similar)
- Waterproof jacket
- Training shoes (not best)
- Warm jumper/fleece top
- Wellington boots
- Hat and sun cream
- Personal clothing
- Bathers and sun cream
- Any medicines/inhalers that have been prescribed
- Drinks bottle
- Pen/pencil and notebook

### **NOTE**

**Please do not bring valuables to the house as no responsibility can be taken for these items should they get damaged or lost. As there is currently no facility to purchase anything on Lihou during a stay, there is no requirement for money.**

Should you have any queries, please do not hesitate to contact Miss Clements or Mrs Cheshire.

Yours sincerely

*Emma Clements*

### **Head of Sixth Form and Enrichment**

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