



# Herne Bay High School Ski Trip Information Pack Feb/Mar 2020

## Pila - Aosta Valley, Italy

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### **Trip Dates and a Typical Day:**

- Depart: on Saturday 29th February 2020, time TBC, by coach via Dover-Calais ferry to Italy.
- Arrive on Sunday 1st March at ski hire to collect/fit ski equipment and then head to the hotel.
- Monday 2nd-Saturday 7th Ski and Apres Ski sessions each day.
- Departing on Saturday 7th once returned to the hotel and showered, travelling by coach via Calais-Dover ferry.
- Arrive back at HBHS in the morning of Sunday 8th March 2020, time TBC.

### **A general day looks like:**

7-8:00am breakfast.	15:00pm head down gondola and to ski hire
8.30am leave for ski hire	16:00pm return to hotel to shower/change
9.30am head up gondola to meet the instructors	18.30pm evening meal
10am-12pm ski lesson	19.30pm apres ski
12-13pm lunch	21.00pm settle down in hotel
13-15pm ski lesson	22.00pm lights out

### **Emergency Contact Information:**

In the event of an emergency or any problems where parent/guardian needs to make contact with their child, **at any time**, you should do so by contacting Mr Harris on 01227 289440. Mr Harris will then relay the message to Mr Beeson who will inform the student and deal with the situation appropriately. In the event of an injury or any other occasion that a parent/guardian needs contacting, Mr Beeson will contact Mr Harris, who will then relay the message to the parent/guardian.

We respectfully request that parents/guardians and students are sensitive when sharing information about the trip on social media: please avoid sharing anything that could potentially upset others, including information of which they may not yet be aware.

### **Staffing:**

Mr Beeson is the trip leader. There will be 7 other members of staff on the trip who are still TBC. If you have any questions about the trip or any of the information in this booklet you should contact Mr Beeson on 01227 361221 or your son/daughter should go to the PE office to see him.

### **Hotel Information**

We will be staying at Hotel St Nicolas, a 3\* hotel overlooking the mountain range of the Gran Paradiso National Park. The address is: Hotel St Nicolas, Frazione Fossaz 4, 11010 Saint Nicolas, Aosta, Italy. More information can be found here: <http://www.interski.co.uk/Schools/hotel.php?hId=87&rlId=3>

### **Skiing Information (in Pila)**

We will be skiing at the Pila resort, Aosta. The Pila ski resort has a great view of the Alps, including the Matterhorn and Mont Blanc. Views of this natural beauty can be taken in during the gondola ride, which takes you from the town of Aosta up to the Pila resort, which sits at 1800m. The highest run Pila offers is at 2700m. Once up at Pila the students will get to learn and ski on the 70+km of skiing available to them, suitable for all abilities. The resort boasts a variety of modern ski lifts, 400+ snow cannons and wide open runs making it perfect for beginners. For more information on Pila please visit: <http://www.interski.co.uk/Schools/resort.php?rlId=3>

During the trip the students will enjoy 6 days of skiing, with a fully qualified instructor. The ski day will be broken down into two 2 hour sessions, with a 1 hour lunch break in between. The difficulty of the activities in which groups of students participate will be dependent on their ability.

### **Ski Lesson Information (prior to departure)**

Prior to going on the trip, all students will receive 3 x 1 hour training sessions at Chatham Ski centre, Gillingham. These sessions will serve several purposes. Firstly, they allow us to gauge the ability of all students on the trip and group them appropriately. Secondly, it allows students the opportunity to learn some basic skills so they can take full advantage when out on the slopes in Italy. Finally, students can get used to putting ski boots and skis on and off to save time and be more efficient on the slopes.

Students will be taken to and from the ski centre by school minibus and will then need picking up/to make their own way home afterwards from the Arena entrance. The dates and times for the lessons will be confirmed closer to the time.

Whilst we appreciate there might be students on the trip who are experienced skiers, we would still like them to attend the sessions to enable us to assess them on their ability for grouping purposes.

### **Evening Activities**

Each evening after skiing the students will have an opportunity to partake in an evening activity. These activities vary and will be confirmed closer to the trip. Some potential evening activities include tubing, a quiz night, bowling, a pizza night and an awards ceremony to finish off the week.

### **Travel**

We will be travelling by coach from Herne Bay High School via the Dover to Calais ferry. Once in Calais we will then continue our journey to Aosta, Italy. The coach will be fully air conditioned, with a toilet and every seat will have a seatbelt.

Students need to ensure they bring enough food and drink for the journey and enough to keep them entertained for the duration of the journey, which can take over 18 hours.

Student will receive a continental breakfast at a service station on route to Aosta and there will also be other stops along the way for use of the toilets and to stretch their legs. We advise that students avoid spending too much money in these services as they can be expensive. On the return journey there will again be several stops as with on the way and students will also receive a meal on the ferry, should they wish. Both the continental breakfast and the meal on the ferry are included in the price.

Students should dress in comfortable clothing for the journey and may wish to bring a small pillow and blanket onto the coach to help them sleep comfortably. If they choose to do this, we do ask that they are mindful of other students and don't take up too much space as there will be no spare seats on the coach. There is a DVD player on the coach and students may bring a film (U15 age rating) if they wish: we will hold a vote to decide which film(s) to view during the journey.

### **Passports & EHIC Cards**

**Every child** must provide their **own passport and EHIC cards** for the trip. Passports and EHIC cards must be handed in to Mr Beeson no later than **Friday 14th February** (unless you are going away during half term). Once handed in, all passports and EHIC cards will then be kept in the school safe until departure, where Mr Beeson will then keep hold of them for the necessary times. Once in Italy, all passports will then be stored in the hotel safe until departure. Whilst at the resort, EHIC cards will stay with the students in case they are needed for any treatments. If your child does not have a passport or EHIC card or there are any issues with this, then please let Mr Beeson know ASAP.

### Luggage

Students are permitted to bring one suitcase with them. **The size must not exceed 76x28x28cm (30x15x15 inches)**. This will then be stored on the coach at departure until we arrive at the hotel, so please do not put anything you might need during the journey inside of it.

Students can also bring **one** small rucksack onto the coach with them with food, drink and any entertainment for the coach journey. Please note though the school will accept no responsibility for any damage or loss of personal devices, such as mobile phones or tablets, that have been brought on the trip.

### Payment Plan

The remaining £815 balance will be divided between 7 instalments, outlined in the payment plan shown below:

- Deposit of £100 by Friday 10th May 2019.
- 1st instalment of £120 by Friday 7th June 2019.
- 2nd instalment of £120 by Friday 5th July 2019.
- 3rd instalment of £120 by Friday 13th September 2019.
- 4th instalment of £120 by Friday 4th October 2019.
- 5th instalment of £120 by Friday 8th November 2019.
- Final instalment of £115 by Friday 6th December 2019.

Please note that each instalment must be paid on or before the date shown above via the Parent Pay App. Failure to make the payment by this time, without a valid reason, may result in surrendering of your place on the trip. In this case all money paid, **except the deposit**, will be refunded and the place filled using the waiting list.

We are able to accept larger payments for those who wish to get outstanding balances paid off more quickly, but unfortunately we cannot accept smaller payments.

All payments should be made directly to the school via the Parent Pay app, not to PE or the finance office (unless agreed otherwise).

If there are any issues with anything to do with payment or meeting the instalment deadlines, you should contact Mr Beeson ASAP on 01227 361221.

### Spending Money

Students may wish to bring some spending money for use in the service stations on the journey to and from Aosta, for extra snacks and beverages beyond that of the food supplied whilst out skiing or during meal times and they may also wish to get a souvenir/ice cream etc from the town.

We are happy for students to do this but we advise that no large sums of money are brought as the main purpose of the trip is to ski and therefore there will not be many opportunities to buy anything expensive. Our recommendation is that no student should bring more than 50 euros. All money that students bring will be stored in the 'bank' run by Mrs Bourne, for students to draw upon when they wish.

### **Trip Insurance**

Throughout the whole trip the students will be covered by Interski's fully comprehensive travel, medical and winter sports insurance, through Fogg Travel Insurance Services Ltd. This covers the students completely during the whole trip. Most importantly, this means that should anyone get injured on the slopes, they are covered to receive medical treatment, providing they have their EHIC card. Please find attached a breakdown of the insurance policy should you wish to look at it in more detail.

### **Student Information, Health and Medication**

You need to complete the medical and information questionnaire attached and return it ASAP. Both of these are vitally important as they are used to make all school and Interski staff aware of any health issues and the information supplied is used to get ski boots and skis adjusted and ready for our arrival to speed up the process. Without this information (height, weight and ability) the process will be slowed down.

Please also include any medication that your son/daughter will require and quantities/times for administration of this. Should this change before departure, Mr Beeson must be informed.

Upon arrival on departure day all medication, with a second copy of instructions included, will need to be handed to the teacher in charge of medication. They will then safely look after it and administer it as per your instructions throughout the trip. We ask that you please ensure there is enough medication for the duration of the trip and some spare in case of emergencies. In the case of asthma pumps, we ask that the student carries one and a spare is given to the TiC.

### **Student Code of Conduct**

Prior to the trip students are expected to demonstrate appropriate behaviour at all times. If any student begins to receive excessive numbers of behaviour points for poor behaviour, as stated on the original letter, the school reserves the right to remove the student from the trip.

With the trip being during term time, should the students attendance or achievement fall below an acceptable standard, again as stated on the original letter, the school reserves the right to remove the student from the trip.

In any of the cases above, before the student is removed both the student and parent/guardian will be contacted by a member of staff where an agreement will be made on how the student can improve. If the student fails to stick to the boundaries set out in the agreement, in extreme cases the parents/guardians will be contacted and the student removed from the trip.

Whilst on the trip the students are asked to remember they are representing the school 24 hours a day for the whole duration. Therefore they will be expected to follow the school's code of conduct with regards to their attitude and behaviour. Should they fail to do this, they will be spoken to by a member of staff. Should this reoccur or occur in more serious circumstances, parents will be notified to discuss the next steps. In very extreme circumstances the student will be sent home, with cost for transport of the student and a member of staff being covered by the parent/guardian.

At the end of the trip there will be a small awards ceremony where both the school and Interski will reward students with certificates and small prizes . Awards are for demonstrating excellent behaviour, attitude, effort and anything else worth of recognition. If the whole group demonstrates exceptional behaviour then Interski might put them forward for 'Group of the Year' where they have the opportunity to win a free ski trip.

## Equipment List & Advice

Please find attached a kit list of everything it is advised your son/daughter brings on the trip.

We appreciate that specialist ski clothing can be expensive or confusing to look for so please see below some options for the best places to find it at reasonable prices. *Please note a helmet must be worn at all times whilst skiing by all participants and will be provided as part of the price. We are not able to reduce the price should any student wish to bring their own helmet.*

We are also able to offer the opportunity to hire the ski specific kit (jacket and salopettes/trousers) through Interski. The price is £30 for the week for both items and they will be in the hotel waiting on arrival on the Sunday. Should the kit supplied be the wrong size then we can exchange it before they ski on the Monday. If at any point during the week the clothing get damaged or wet, Interski will also supply a new set for the rest of the week.

### Recommended retailers:

- Go Outdoors—closest store: Maynard Rd, Canterbury CT1 3RH. Website: <http://www.gooutdoors.co.uk/>
- Sports Direct—closest store: Stour Retail Park, Sturry, Canterbury CT1 1AD. Website: <http://www.sportsdirect.com/>
- Mountain Warehouse—closest store: 14 The Parade, Canterbury CT1 2SG. Website: <https://www.mountainwarehouse.com/>
- Cotswold Outdoors—closest store: 15-16 Guildhall St, Canterbury CT1 2JG. Website: <http://www.cotswoldoutdoor.com/>
- Aldi—Website: <https://www.aldi.co.uk/specialbuys/about-our-specialbuys/skiing>

If anyone is having any difficulties acquiring any of the specialist equipment, or anything else on the kit list, then please contact Mr Beeson ASAP on 01227 361221 or your son/daughter should go to the PE office and ask for him.

### Brief descriptions:

*Ski Jacket—wind and waterproof, with plenty of pockets and the ability to zip all the way to the chin.*

*Ski Salopettes/Trousers—wind and waterproof and preferably elasticated ankle cuffs large enough to go over ski boots.*

*Ski Gloves—waterproof and preferably fleece lined to keep hands warm with elastic or cord to go around the wrists so that if they are taken off they cannot be dropped. Woollen gloves are not allowed.*

*Ski Goggles/Sunglasses— these need to protect the eyes whilst in the higher altitude and with the added glare from the snow. It is advised that these are UV protected and UVB resistant.*

*Warm hat—this is to go under the helmet to keep the head warm, therefore hats with knitted patterns/ ball balls are not appropriate as they will not fit.*

**Kit List:****Ski Clothing**

1 x Ski jacket

1 x Salopettes (ski trousers)

2 x Thick warm fleece/jumper

1 x Ski goggles (UV protective)

1 x Sunglasses (UV protective)

1 x Ski gloves

1 x Warm hat

1 x Neck warmer/snood/Buff

3-6 x Thermal tops

3-6 x Thermal trousers

3-6 x Thick socks

Sun cream &amp; lip balm

**Non Ski Clothing**

3-6 x Casual clothing for evenings (t-shirt, tracksuit trousers, jeans, hoodies, fleeces etc.)

Plenty of underwear (including spares in case it gets wet skiing)

1 x Sturdy boots/trainers for walking on snow.

1 x indoor shoes

**General Kit**

1x Wash bag (shower gel, shampoo, deodorant, hairbrush, toothbrush, tooth paste etc)

1` x Towel

1 x Nightwear

1 x Pillow for the journey

1 x Blanket for the journey

1 x Small day sack to carry around anything needed each day

Any additional food and drink required for the journeying

Snack bars/cereal bars for whilst out skiing on the slopes

Passport &amp; EHIC card

Spending money

Entertainment (cards, books, games etc.)

Mobile phone and charger



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