



THE KING'S SCHOOL

OTTERY ST MARY • DEVON • EX11 1RA • TEL 01404 812982

Founded 1545 Headteacher: Mr Rob Gammon BSc Hons PGCE NPQH

June 2026

Dear Parent/Guardian,

Project Week 2026

ADRENALINE A: MONDAY 6TH – THURSDAY 9TH JULY 2026

Your child is due to take part in the Adrenaline A four-day project block during Project Week 2026.

Please see below details of the four days, including equipment required and forms that need to be returned via Edulink. Each day students should bring a **packed lunch and enough fluids to last the day** (this will be provided for any student entitled to free school meals).

Jewellery **must not be worn** for any of the four days.

MONDAY 6th July – Reach Outdoors - Coasteering

We will be travelling to Anstey's Cove near Torquay by coach and will depart at 8am prompt to allow for the tides. The group will return by 3.20pm to travel home via their usual mode of transport.

Experienced instructors at Reach Outdoors will lead coasteering activities upon arrival. All specialist equipment required for the activities will be provided, including wetsuits, buoyancy aids, helmets and harnesses.

Students must do / bring the following:

- ✓ Have a big breakfast prior to departure as this activity is physically strenuous
- ✓ Comfortable clothing and footwear suitable for outdoor activity – no sandals, crocs or open-toe shoes
- ✓ Swimming costume / swim shorts to wear under wetsuits and rash vests (provided)
- ✓ Pair of shorts to wear over wetsuits to help protect the wetsuits
- ✓ Spare pair of old trainers and thick socks to wear in the sea – they will get wet!
- ✓ Change of clothing for after the coasteering session
- ✓ Towel
- ✓ Refillable water bottle
- ✓ Sun cream and hat
- ✓ Packed lunch as offsite
- ✓ Any medication that is or may be required for any current illness/allergies, e.g. antihistamine/inhalers for students with allergies/asthma as the activity is physically strenuous

Please note that there are no changing facilities at this location. **Students should come to school with swimwear underneath travel clothing.**

Parents / Carers of all participating students must have completed and agreed to the Reach Outdoors Waiver Form, which will follow separately via Edulink.

The Reach Outdoors - Risk Management Summary is attached to this email.



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TUESDAY 7th July – Clip ‘n’ Climb, Exeter

We will be travelling to Clip ‘n’ Climb by coach and will depart at **9am prompt**, returning by 3.20pm for students to travel home via their usual mode of transport.

Students will challenge themselves on Clip ‘n’ Climb’s 25 indoor climbing walls.

Students should bring the following:

- ✓ Comfortable, loose fitting, flexible clothing for climbing activities
- ✓ Sturdy, comfortable footwear - trainers are ideal. Climbing shoes, shoes with heels, flip-flops or open toe shoes are not permitted
- ✓ Refillable water bottle
- ✓ Packed lunch as offsite
- ✓ Any medication that is or may be required for any current illness/allergies, e.g. antihistamine/inhalers for students with allergies/asthma as the activity is physically strenuous

Parents / Carers of all participating students must have read and agreed to the Clip ‘n’ Climb Terms & Conditions, which are attached to this email.

WEDNESDAY 8th July – Surf Saunton – Surfing in North Devon

We will be travelling to Saunton Surf School at Saunton Beach by coach and will depart at 8am prompt to allow for the extended journey time to North Devon.

The group will return by 3.20pm to travel home via their usual mode of transport.

Students should bring the following:

- ✓ Suitable, comfortable clothing to travel in and change back into
- ✓ Swim costume/swim shorts. **Please wear swim kit under travel clothes to assist with speed of changing on arrival.** Wetsuits and wet boots will be provided
- ✓ Rash vest if you have one (not essential)
- ✓ Towel
- ✓ Refillable water bottle
- ✓ Sun cream and hat. **Please apply cream prior to departure / enroute so it has time to soak in and does not wash off as soon as you go in the water**
- ✓ Packed lunch as offsite
- ✓ Any medication that is or may be required for any current illness/allergies, e.g. antihistamine/inhalers for students with allergies/asthma as the activity is physically strenuous

THURSDAY 9th July – Go Ape and Mountain Biking at Haldon Forest

We will be travelling to Haldon Forest by coach and will depart at **9am prompt**. The group will return by 3.20pm to travel home via their usual mode of transport.



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Students should bring the following:

- ✓ Comfortable clothing for outdoor activities – long trousers or leggings are required for some activities, but pack shorts too if the weather is hot
- ✓ Long sleeved tops and trousers **must be worn** to help prevent grazes. Cropped tops must not be worn
- ✓ Sturdy, comfortable footwear - trainers are ideal. No sandals, crocs, flip-flops or open-toe shoes
- ✓ Lightweight gloves for both activities
- ✓ Sun cream and hat / waterproof coat if wet and waterproof trousers (optional)
- ✓ Refillable water bottle
- ✓ Packed lunch as offsite
- ✓ Any medication that is or may be required for any current illness/allergies, e.g. antihistamine/inhalers for students with allergies/asthma as the centre is based in woodlands and the games are extremely active

Helmets and protective equipment will be provided for mountain biking.

Parents / Carers of all participating students must have completed and agreed to the Go Ape Risk Acknowledgement and Disclaimer Form, which will follow separately via Edulink.

Go Ape Safety Rules 2026 are attached to this email.

Your child will be asked to sign a Code of Conduct in school before Project Week and a copy is attached for your information.

Please be aware that, if your child commits a serious breach, or persistent breaches, of the school's behaviour policy during Project Week they may be removed from their designated activity and a refund will not be issued.

The school takes no responsibility for mobile phones / iPods / cameras should they be lost or stolen.

PLEASE ENSURE THAT YOU HAVE READ ALL THE ABOVE INFORMATION AND HAVE RETURNED THE PARENTAL CONSENT FORM AND WAIVERS VIA EDULINK BY 3.30PM ON FRIDAY 12TH JUNE 2026

If you would like further information or have any concerns about this trip, please contact me via email or by telephone on 01404 812982.

Yours faithfully,

Mrs Lisa Lewis

Project Week Lead