



**HEDINGHAM SCHOOL
AND SIXTH FORM**
ACHIEVEMENT & EXCELLENCE

2 July 2026

Official Sensitive

Dear Parent/Guardian

Final Trip Information for Activities Week 2026

Thank you for your support with these visits. The student meetings have taken place this week and they are very excited to take part in a completely different school week.

These are the details for each day:

Date	Activities	Requirements
Monday 06 July	Normal lessons	Non uniform day, but lesson equipment required
Tuesday 07 July	Normal lesson and Sports Day	Normal school PE Kit, but lesson equipment required
Wednesday 08 July	Year 10 Work Experience starts Years 7-9 visits Years 7-9 in-school activities	Non-uniform Non-uniform sports kit
Thursday 09 July	Year 10 Work Experience continues Years 7-9 visits Years 7-9 in-school activities	Non-uniform Non-uniform sports kit
Friday 10 July	Year 10 Work Experience – last day Years 7-9 House Competitions	Non-uniform sports kit

Timings for the in-school activities will be the same as a normal school day. School buses will run as normal.

Timings for the trips are below; we have maximised the time at each venue where possible. Students will be informed when the coach is 30 minutes from school. Please ensure they are promptly collected. Thank you.

Wednesday 08 July	Students need to arrive at:	Approximate return time
Chessington World of Adventures	07:15	19:00
Legoland	07:15	19:00
PGL Marchants Hill	08:30	15:30 on Friday 10 July
Climb the O₂	08:00	16:30
Wicked	08:30	19:30
Year 12 Walton on the Naze	09:00	15:30

Thursday 09 July	Students need to arrive at:	Approximate return time
Go Ape at Hylands Park	08:00	15:45
Nuclear Races at Brentwood	08:30	15:00
Sealife Centre & Festival Park cinema	08:30	16:30
Six	08:30	20:15

During the student meetings this week, the following expectations have been outlined to the students. If you could please reinforce these:

Clothing expectations

Although the students are able to wear non-school uniform, they are still representing the school. We therefore ask for clothing to be appropriate for this and the activity they are doing, eg

- Bring a hat/cap for trips that are predominantly outdoors
- No short skirts or very short shorts
- No tops with thin spaghetti straps or midriffs on show
- Suitable footwear for each activity

Behaviour expectations

As above, the students are visiting these venues as part of the school, and we expect them to promptly follow staff instructions and behave in a way that will not negatively affect members of the public or bring the school into disrepute. The school reserve the right to withdraw a student from any trip if behaviour is a concern.

Hot weather arrangements

You may have seen the weather forecast for next week and it is predicted that some days will reach 30°C. We have carried out specific risk assessments related to high temperatures. The activities at the PGL centre will be carefully monitored and regular breaks taken by both staff from the school and the centre.

There are also a large number of school staff that are first aid trained on each trip.

The trips that we have given particular attention to with regard to high temperatures are:

- **Walking over the O₂.** These walks are 90 minute long and all students will have started their walk by 11:30 prior to the hottest part of the day. Staff will keep a check on the students throughout the walk, particularly in the second half. Students have been asked to bring a hat and a water bottle. After around 13:00 (at the end of the walk), all of the students will be checked by staff and will not be allowed to explore the inside of the O₂ (which is much cooler) until all checks have been completed.
- **Go Ape** – students will predominantly be in the shade and **Nuclear Wild Forest**, also has a lot of shade plus students will be cooled by the mud/water obstacles.
- **Chessington and Legoland.** The students could be outside all day on these trips. They have been asked to bring sunscreen, a hat to wear and a water bottle, and have been informed about the following arrangements:
 - There will be a staff check-in point where all students will be required to attend and see a member of school staff for a welfare check in the afternoon
 - The information/first aid area of each theme park will be identified for students, and staff will leave their mobile numbers with park staff in these areas so that they can be contacted if needed. Areas to refill their water bottles will also be identified for them.

- Students will be given emergency cards which will not only have contact details on them for staff on the trip and at the school, but also the following reminders:

Water • Hat • Shade • Tell an adult if you feel unwell

- **Drink** water regularly — don't wait until you feel thirsty.
- **Refill** your water bottle whenever possible.
- Wear your **hat**/cap and keep it on when outdoors.
- Use **sunscreen** as instructed by staff.
- Stay in the **shade** during breaks where possible.
- **Tell** a member of staff immediately if you feel unwell.

Early warning signs of heat illness:

- Headache, dizziness or feeling faint
- Nausea, unusual tiredness or muscle cramps

Please contact the specific leader for each trip if you required additional information.

Lunches and Snacks

Trip leaders will have informed students if a packed lunch is required. Students eligible for free school meals will have a lunch provided for them. Please be aware that a number of students attending these trips have serious allergies. We therefore ask that all packed lunches and snacks are nut free.

Emergency contact information for trips

All students will be given an emergency number for one of our trip phones in order to contact staff if needed. In addition to this, there will also be an out of hours number to contact the school if required in an emergency. This will be circulated prior to the trips next week.

Thank you again for supporting our activities week!

Yours sincerely



Mrs K Hillman
Assistant Headteacher/Activities Week Organiser

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