



Catmose College
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Principal: Stuart Williams

Dear Parents

26 January 2010
RAS/SPW

Ski Trip – Prato Nevoso 13 – 21 February 2010 FINAL DETAILS

With only three weeks to departure, I write with final details and reminders. There is a change to the staff travelling with us. Owing to unforeseen circumstances Mr and Mrs Marsh are unable to accompany us. Mr Simon Dean and Mrs Jenny Oates are now joining us. Please take note of all information given and contact me with any queries.

PASSPORTS AND EUROPEAN HEALTH INSURANCE CARD

Both these documents need to be handed in to the college reception by Friday 5 February. Receipts will be issued. Please remember that the European Health Insurance card can be obtained through the post office or online from www.dh.gov.uk (N.B. The E111 is no longer valid.)

MEDICAL and CONTACT DETAILS

Thank you for supplying the requested details and consent forms. If there have been any changes to this information in the interim, please inform me of these changes as soon as possible as the insurance company must be informed, as well as it being pertinent to our care of your child. I will assume that the contact details already given are still correct unless you inform me otherwise.

NUTS AND NUT PRODUCTS

Students must not bring these on the journey as we have a student with a severe nut allergy who may be affected by these even if he does not come into direct contact with them.

ADMINISTRATION OF MEDICINES

At the end of this letter there is a list of over-the-counter medication we take as part of our first aid kit. We require your authority if you wish us to administer such medicines should your child suffer from any minor ailments whilst away. Please initial each medicine you are happy for your child to receive and sign and date the statement. We do not give medicines lightly and use our judgement as we would if assessing our own children. In the event of a child with a headache, we take particular care to ascertain that he or she has not bumped his/her head during the course of the day.

May I remind you that prescribed medicines should be handed in clearly labelled with name, dosage and times of dosage. Please also include the information leaflet. Students who use inhalers must keep one on their person, handing in a spare clearly labelled.



Travel sickness: If your child suffers from travel sickness, please ensure tablets are taken in good time before we set off and that sufficient medication is provided for the return journey. Students who suffer from travel sickness will sit towards the front of the coach.

LUGGAGE ALLOWANCES

One medium sized suitcase (soft bags are preferable) and one piece of hand-luggage. Ski boots in a boot bag if students bringing their own. Please refer to the Travel Advice notes below.

POCKET MONEY

Please hand this in by Monday 8 February 3.15pm in a clearly labelled envelope with the student's name and form and the amount in euros. Ideally, we would like students to bring money in small denominations. Students will have the opportunity to access their money on a daily basis. It will be kept in the hotel safe and issued by a member of college staff.

We look forward to the trip and will do everything we can to ensure your children have a happy, safe and exciting trip. In the meantime if you have any further queries or questions please do not hesitate to contact me.

Yours sincerely

Rosemary Stapleton
Party leader

RETURN TO RECEPTION BY FRIDAY 5 FEBRUARY 2010

ADMINISTRATION OF MEDICINES – PARENTAL PERMISSION

Name of student _____ Form _____

I give permission for Mrs R Stapleton or Mrs D Powell to administer the following medicines to my child in the event of minor illness.

Paracetamol (period pain/headaches) Soluble or tablet form	
Ibuprofen (as above)	
Ibuprofen gel (muscle aches)	
Boots cough remedy	
Lemsip (flu symptoms)	
Imodium (diarrhoea)	
Plasters and blister plasters	

Please initial each medicine you will allow us to administer if required

Signature _____ Date _____

Please print name _____

TRAVEL ADVICE FOR STUDENTS

We will be travelling on the coach for a long time, so here are some 'dos and don'ts' to make the journey more comfortable for everyone.

Do not bring bulky bags for hand luggage; storage is limited and you will need space.

Wear loose comfortable clothing – a leisure suit, jogging trousers and sweat shirt or similar would be suitable. Pyjamas are not appropriate wear.

There will be regular comfort stops to get something to eat and drink so you do not need to bring a lot of food. There will be an opportunity to purchase a meal on the ferry.

You will need to have a mix of English money and euros in your wallet for the journey.

Do bring:

- Travel pills if needed and any prescribed medication you need to take
- magazines, books, ipod, puzzle books and pens.
- DVDs - but only appropriate certificates i.e. 12 certificates or less
- a pillow and something warm e.g. a travel blanket – we are travelling overnight.
- Water, juice, (boxes or small bottle – not cans) fresh fruit, plain biscuits
- Toothbrush and paste
- Wet wipes, toothbrush and paste

Do not bring:

- **nuts or any products containing nuts**
- fizzy drinks, sugar filled sweets such as Haribos, flumps, cola sweets and laces etc...
- Chewing gum

These will be confiscated

- Speakers

If you decide to bring a mobile phone, we do not recommend its use abroad as the tariffs are high.

Remember once on the bus you will not be able to get into your suitcase until we arrive.