



# Ebbw Fawr Learning Community

## Cymuned Ddysgu Ebwy Fawr

**Director/Cyfarwyddwr:** Graeme Harkness

**W:** [www.ebbwfawr.co.uk](http://www.ebbwfawr.co.uk)

Our Ref: RJ/SL

16 January 2015

Dear Parent/Carer

LEYSIN, SWITZERLAND: EASTER 2015

I would now like to invite you and your son/daughter to a meeting at school on **Thursday February 5th at 5.00pm in the school hall**. It is school policy for parents/carers to attend a meeting in advance of a residential visit and thus important that you attend.

I shall also be talking about the school's expectations relating to maintaining good relationships and following appropriate behaviours so that everyone, adults and students, enjoy themselves within agreed boundaries. You will, of course, be able to ask questions during the evening.

For your information included with this letter are:

- \* Outline travel itinerary.
- \* Key information for students and parents.
- \* Kit list.
- \* Money
- \* Rules

**Passports and EHIC must be given to Mrs Long in Student Services before Thursday 5<sup>th</sup> February.**

I look forward to seeing you at the meeting however, if you are unable to come then you may make alternative arrangements for you to speak to me in order to receive the necessary information. If you have any questions before this meeting I can be contacted by telephone on 01495 354690 or by e-mail [rjohns@ebbwfawr.co.uk](mailto:rjohns@ebbwfawr.co.uk).

Yours faithfully

RC Johns  
Ski Party Leader.





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**W:** [www.ebbwfawr.co.uk](http://www.ebbwfawr.co.uk)

**Primary Phase/Cyfnod Cynradd:** Strand Annealing Lane, Ebbw Vale NP23 6AN T: 01495 357755 F: 01495 354693

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## **LEYSIN, SWITZERLAND: EASTER 2015**

### **FINAL DETAILS FOR SKI TRIP TO LEYSIN, EASTER 2015.**

We will be meeting at the school gates adjacent to the Leisure Centre at 7.00pm for a 7.30pm departure on the evening of Friday 27th March 2015.

I would like to ask all parents to ensure that pupils are at the gates separating the school to the Leisure Centre for 7.00pm, ready for departure. Can I also ask that all cars are kept clear of the bus lay-by, thus enabling the buses to arrive and depart in a safe manner. All pupils' baggage can be kept on the pavement ready to be put onto the bus. Pupils will be directed to their correct bus by staff. No pupil is to get on the bus without having staff permission to do so.

At the end of our trip we are scheduled to depart from the resort after dinner on Thursday 2<sup>nd</sup> April, 2015 in order to get the ferry back on Friday morning.

Our scheduled return time to school is 3.00pm on Friday 3rd April, 2015.

If we are able to take an earlier crossing we will do so. When we are near enough to make an accurate estimate of our return time we will inform pupils and they will be able to ring ahead to arrange collection. We will provide mobile phones for pupils who do not have their own. Please ensure there is someone available for at least 3 hours either side of the scheduled arrival time.

In the event of your needing to contact the ski party during the week Marie Anderson (Business & Facilities manager) will act as our home contact. Please ring her on 07530 705483 and she will then contact myself in Switzerland. Please do not ring the hotel or school directly.

On the day of departure there are a few points to bear in mind. Baggage should be kept to ONE medium-sized piece of main luggage (15kg) and a sensible piece of hand luggage which could be stored under a seat or on the overhead luggage rack. No hard suitcases please. All buses have a maximum baggage capacity and this cannot be exceeded.

Whilst on the coach and if required we will be collecting in students' money for the bank, so these need to be kept in hand baggage. Students will also need to have any essential medication (such as inhalers) with them on the coach and at all times during activities.

### **Passports and European Health cards should already be in our possession.**

Could you please check that your child's passport expiry date is more than 6 months post the ski trip. Furthermore as a reminder, they will need a European Health Insurance Card (EHIC) which can be applied for on-line at [www.applyehic.org](http://www.applyehic.org).

I would recommend applying as soon as possible as they can take several weeks to arrive. Without such a card and a passport 6 months in date, your child will not be insured and will not be able to travel abroad. The ski fit process will begin on arrival into our resort and students will be provided with their own individual skis, ski boots, poles and a helmet for the week.

Wearing of the helmet is compulsory and it is required by European Law as well as the Ski School that it is worn for all skiing sessions.

Pupils will not be allowed to ski without it. It may also be required for the ice skating session.

It is important that students wear a pair of sensible shoes for the journey; something more substantial than a light pair of trainers is essential for walking around the area.

Please remember that pupils will not be allowed to use their mobile phones, should they choose to bring them, at meal times and whilst on the slopes, without exception. Also, it goes without saying that alcohol and smoking is prohibited at all times.

One of our après-ski activities will be swimming. Although the hotel provides towels for use in the rooms they will not be able to take these to the pool so they will need to bring a suitable towel to take with them for this activity.

Finally, European law states that all coach passengers must wear seat belts where fitted (which of course they will be on our coaches). Our staff will monitor this and do our best to enforce it but it is impossible to watch every student all of the time. We have to trust that students will be sensible and keep belts on, particularly at night. In the event of the coach being stopped by the police the fine is approximately €150 per person not wearing a belt. However, the safety consideration should be a far greater deterrent.

As regards meals en route, I suggest budgeting around £20 per pupil for evening meal, breakfast and lunch on our outward journey and breakfast on return. Food and drink can be consumed on the coach, although please be mindful that all rubbish must be disposed of in the bags provided.

Behaviour whilst travelling and throughout our time in resort must be exemplary at all times.

## **Kit List Leysin: 2015**

### **What to wear when skiing**

Please remember that we are skiing at high altitude, so clothing and food are a very high priority. You must be dressed properly at all times, eat all meals and re-hydrate regularly. 2000 meters up a mountain is not the same as your local high street, so you need to dress accordingly. You must be prepared for low temperatures, wind, snow and strong sunshine – maybe all on the same day.

A good place to buy discounted brand items is TK Maxx or local supermarkets (look at labels for guarantees that fabrics will keep you dry). You may also get some bargains on Ebay but you will need to be careful on more expensive items to assess the quality. If this is your first trip you may prefer to borrow clothing.

A weather proof outer layer of jacket and trousers or salopettes (dungaree style trousers) provides the first defence against the elements. These can be non-insulated “shell type” garment or can be insulated. Adding different layers underneath will control thermal and comfort requirements.

You must have a pair of goggles as these are essential for skiing when it is actually snowing. Sunglasses are only suitable in fair weather. You must never ski without eye protection. In the rarified air of the mountains the sun's rays are also reflected off the snow. Full UV protection is essential to prevent sunburn [skin cancer] and sore eyes or even snow blindness. "There is no such thing as bad weather, only inappropriate clothing."

## **Clothing/personal equipment**

- \* Outer jacket – MUST have zipped pockets and a hood. It must be made of a water-repellant fabric that keeps the wind out.
- \* Salopettes or boarding trousers – all should have an elasticated snow cuff at the bottom to fit over the boots and prevent snow going up inside the trouser leg.
- \* Thermal wear – pair of thin tracksuit bottoms, skins to wear underneath salopettes on very cold days. Long sleeved t-shirt or thermal top – polo neck style is ideal.
- \* Additional layers – you will need a couple of fleeces/sweatshirts/thermal shirts of varying thickness to layer under your jacket. Remember it is easier to remove a thin layer when you get to hot than to try and get warm when you are not wearing enough clothing.
- \* Socks – 3 pairs, Natural fibres [wool 50-80%] are best NOT Cotton/Nylon/acrylic, tube style with no seams/no ribs. Proper loop stitch or fibre pile ski socks
- \* Ski gloves - good quality fabric or leather (NOT vinyl) – as waterproof as possible. You may prefer mittens if you are particularly prone to cold hands but they are not as convenient as gloves when adjusting equipment – most prefer gloves for this reason. Thermal liner gloves can also help keep fingers warm. Cuffs on gloves must be long enough not to leave a gap at the wrist, even with arms outstretched.
- \* Goggles are essential – used in snowy or overcast conditions or if traveling at speed. If the lenses are strongly tinted then they could be used instead of sunglasses. The most expensive double layer lenses are stronger and less prone to misting.
- \* Sunglasses – must have plastic lenses with high level [100%] UV protection. Ordinary sunglasses with limited tinting are not acceptable. The glasses should screen out glare at the edges as well so wrap around styles are best.
- \* Helmets – You will be provided with your own personal helmet. These are considered essential for snowboarders and for skiers for safety reasons.
- \* Small rucksack (optional) - to carry small items, extra clothing, cameras, drinking water in an unbreakable bottle [plastic 'Evian' bottles will break in falls!], chocolate bars etc.
- \* Scarf or neck warmer (optional)
- \* Sun cream & lip salve – high protection factor is essential – 25+. If you are fair skinned buy the highest factor. Be prepared to reapply regularly– once every two hours – the effectiveness is reduced by sweating, wiping your face and diving head first into snow drifts! [Reapply after falls]. The nose and ear lobes are the most vulnerable areas

## Packing list

NB only one medium size case per student will be allowed in the coach locker. Ski equipment e.g. skis and boots will be transported in addition to this.

Also don't forget to pack:

- \* Wash/Shower kit/hair care/cosmetics
- \* Sensible footwear for snow/slush/ice in the resort (good trainers will do but bring snow boots or walking boots if you have them) – foot wear must have a good tread pattern.
- \* Changes of ordinary underwear, socks etc and sleep wear
- \* Personal first aid items e.g. paracetamol, Strepsils, Ibuprofen and plasters/Compeed for blisters
- \* Casual wear for evenings – you do not need a new outfit for every evening!
- \* Spare gloves [the ones you wear during the day may need drying out!]
- \* Hat for après ski – a warm, cosy version that covers the ears. Close knit /weave fabrics are essential as the hat must be wind proof.
- \* Swim wear suitable for the pool and a swimming towel
- \* Chargers with a European two pin conversion plug

Towels for everyday use are provided by the hotel

- \* Passport (**Passports must be handed in to Mrs Long in Student Services before 5<sup>th</sup> February**)
- \* EHIC [European Health Insurance Card - which replaces the old E111] - these can be obtained from post offices and online, <https://www.ehic.org.uk> (**EHIC must be handed in to Mrs Long in Student Services before 5<sup>th</sup> February**)
- \* Money [€uros] – allow 10 € per day for any extras you require, e.g. drinks, etc. on mountain plus any personal spending money. 0.5 cent coins are useful for the pay-as-you-enter toilets at some motorway service stations.

On the coach in a small bag/rucksack

- \* Basic wash kit incl. tooth brush
- \* Packed food/water - no alcohol.
- \* DVDs, Games e.g. playing cards
- \* Notebook/pen/pencil
- \* Chocolate/sweets

- \* Camera /personal stereo/ mobile phone
- \* Batteries for camera, personal stereo, etc.
- \* Personal medication as discussed with a member of staff
- \* Ski socks (1 pair)– boot fitting will take place before arrival at the hotel

Clothes for travel on the coach

Comfy, warm, loose clothing, ski jacket for stops at Services/ Ferry/ Arrival at Hotel.

And if you want to get some sleep.....A pillow and / or blanket

EC REGULATIONS: Seat belts must be worn on the coach

## **Money.**

Sterling will be needed for the ferry crossings on the outward and return journeys. In the UK we are unlikely to make stops at motorway service stations. Ferries are expensive for meals so snacks/your own sandwiches may be better value.

On the outward trip we may stop in a French or Swiss Service Station and we will need to buy breakfast in a motorway service station. On the return trip we may need to buy breakfast in France if the ferry is delayed but it is more likely we will eat on the ferry. We will need to have some Euros for these stops (about 20 -25 Euros). Again, loose Euro cents change is also useful for toilet stops.

Money for the journey should be in a safe wallet/purse/money belt and will need to be looked after. The bulk of the money for Switzerland can be packed in the centre of your suitcase.

Breakfast, lunch and dinner are provided in the cost already paid as are all drinks at mealtimes. Drinks in the Hotel and in the mountain restaurants could be a major expenditure. Skiing gets rid of large quantities of moisture from the body and this is exaggerated by the altitude. The water in the Hotel is free, delicious and pure. You can buy soft drinks at supermarkets. It is not possible to be exact about how much to take. **The Euro equivalent of £150 should be more than enough.**

## **Rules for living together**

- \* ALWAYS THINK OF THE EFFECT OF YOUR BEHAVIOUR ON OTHER PEOPLE
- \* BE POSITIVE IN EVERYTHING YOU DO.
- \* RESPECT AND COMPLY WITH GROUP/HOTEL RULES.
- \* BE SENSIBLE AT ALL TIMES IN THE HOTEL – RESPECT RULES ON NOISE.

- \* USE YOUR BEDROOM OR PUBLIC AREAS ONLY.
- \* ONLY LEAVE THE HOTEL WITH PERMISSION.
- \* SKIING or SNOWBOARDING ONLY WHEN WITH AN INSTRUCTOR.
- \* ALWAYS OBEY INSTRUCTIONS FROM STAFF AND INSTRUCTORS IMMEDIATELY.
- \* 'RULE OF FOUR' - ALWAYS BE WITH AT LEAST 3 OTHER PEOPLE OUTSIDE THE HOTEL.
- \* ALWAYS BE ON TIME FOR MEETINGS.
- \* KEEP YOUR VALUABLES OUT OF SIGHT AND KEEP YOUR ROOM TIDY.
- \* THINK ABOUT THE POTENTIAL RISK OF ANYTHING YOU DO, BEFORE YOU DO SOMETHING STUPID!

Having visited the resort and the hotel I am confident that we have all the ingredients of a great trip.

**If you have any last minute questions or concerns that please feel free to contact me at school.**



Leysin, Switzerland: Easter 2015

Please complete the following & return to Student Services at your earliest convenience.

Name / Form: \_\_\_\_\_

Ability: \_\_\_\_\_

(Beginner/intermediate/advanced)

Height (cm)

\_\_\_\_\_

Weight (lbs)

\_\_\_\_\_

Boot Size

\_\_\_\_\_