



Dear Parents and Carers,

We are delighted to share the first details of an exciting new addition to our Summer Term at Parc Eglos School - our very first Parc Eglos Active Kids Week - PEAK Week!



During PEAK Week, children across the school will take part in a wide range of sporting, outdoor and wellbeing activities, giving them the opportunity to experience new challenges, build confidence, work as a team and try activities they may not otherwise access. We are incredibly excited about this new initiative and know it will be a memorable experience for our pupils. Further information, including what children will need to bring on each day, will be shared with you closer to the time.

As part of PEAK Week, pupils in Years 2-6 will have the opportunity to spend a full day at Praa Sands Beach working with MAKAI (formerly Global Boarders). These beach days focus on physical activity, teamwork, confidence, and vital beach and water safety skills, all delivered by experienced instructors. Details of the activity for each year group are below.

### **Transport Arrangements**

In order to keep the cost of these days as low as possible for families, we are requesting that, where possible, parents transport children to and from Praa Sands Beach on their allocated day.

We did explore the option of hiring a coach for transport; however, this would increase the cost by approximately £10-£15 per child, which we felt was too much to ask. We are therefore kindly requesting that parents work together to arrange transport between themselves, including car sharing where possible.

Parc Eglos School  
Church Hill, Helston, Cornwall TR13 8UP  
Head Teacher: Vicky Sanderson  
T: 01326 572998  
E: [parceglossecretary@croftymat.org](mailto:parceglossecretary@croftymat.org)





For any children who are unable to be dropped off at the beach, a Trust minibus will be available to support transport.

When completing the upcoming form to indicate whether you would like your child to attend the beach day, please ensure you also confirm whether:

- You will be able to drop off and collect your child from Praa Sands, or
- You have arranged transport with another parent

This information is essential to help us plan safely and effectively.

### [Y2-6 PEAK Week Beach Day with MAKAI \(formerly Global Boarders\) - Fill out form](#)

We are extremely grateful, as always, for your support in helping make these experiences possible. PEAK Week promises to be a fantastic opportunity for pupils to learn new skills, challenge themselves and, most importantly, have fun.

If you have any questions in the meantime, please do not hesitate to contact the school office.  
Kind regards,

The Parc Eglos Team



### **Monday 29th June - Year 2 - Big Beach Day - £24 per child**

A fun and engaging introduction to the seaside for our younger pupils. Children will:

- Take part in a surf lifesaving-based beach experience
- Learn key beach safety skills, including how to spot rip currents and what to do if they get lost
- Enjoy beginner-friendly bodyboarding
- Play a range of structured beach and water-based games to build confidence and teamwork

All pupils will be provided with warm winter wetsuits.

The day also includes a visit from the RNLI lifeguards, who will talk to children about their role and demonstrate rescue equipment such as rescue boards, jet skis and inshore lifeboats.

---

### **Tuesday 30th June - Year 4 - Mega SUP / Bodyboard Day - £24 per child**

An exciting and confidence-building beach experience where pupils will:

- Work together on giant Mega SUP boards, developing balance, communication and teamwork
  - Take part in bodyboarding, building water confidence and wave awareness
  - Enjoy a range of fun, structured beach and water-based games
- 

### **Wednesday 1st July - Year 3 - Mega SUP / Bodyboard Day - £24 per child**

A highly active and engaging day similar in structure to Year 4's experience, focusing on:

- Teamwork and coordination on Mega SUP boards
  - Individual confidence through bodyboarding
  - Fun beach and water-based activities in a supportive environment
- 

### **Thursday 2nd July - Year 5 - Surf Safe Day - £24 per child**

This day introduces pupils to beginner surfing, while reinforcing essential beach safety knowledge. Pupils will:

- Learn basic surfing skills using large, stable 6-7ft surfboards
- Develop balance, confidence and wave awareness



- Learn about rip currents, beach flags and staying safe in the sea, delivered through a surf lifesaving framework

### Friday 3<sup>rd</sup> July - Year 6 - Surf Safe Day - £24 per child

A continuation of the Surf Safe experience, allowing pupils further opportunity to develop their surfing skills and deepen their understanding of beach and ocean safety.



Parc Eglos School  
Church Hill, Helston, Cornwall TR13 8UP  
Head Teacher: Vicky Sanderson  
T: 01326 572998  
E: [parceglossecretary@croftymat.org](mailto:parceglossecretary@croftymat.org)

