



Dear Parents and Carers,

We are very excited to let you know about our upcoming PEAK Week, taking place week beginning Monday 29th June.



During PEAK Week, children will be off their usual timetable and will take part in a wide range of enriching activities designed to inspire, motivate and engage them in new and exciting ways. Activities will range from creative experiences such as art, sewing and singing, to physical challenges including team sports, dance and orienteering, as well as wellbeing and confidence-building activities - and even some Forest School-style sessions. This gives children a real flavour of trying something new, working with different classmates and discovering talents or interests they may not yet know they have.

Clothing for the Week

Due to the active and varied nature of the week, we kindly ask that all children come to school dressed in their PE kit every day. Please ensure they are wearing appropriate footwear and clothing suitable for being active both indoors and outdoors. Dependent on the weather, please also ensure that your child has applied sunscreen before school and brings some with them, or they have waterproof clothing / spare changes of clothes with them – activities will go ahead regardless of the weather!

Forest School Sessions

As part of PEAK Week, children will also take part in a Forest School activity. On their allocated day, children will need to bring/wear the following items:

- Long trousers
- Long-sleeved top
- Waterproof coat and/or trousers
- Wellies or old trainers

Please see the schedule below for when each class will take part:

Monday: Y5 (both classes), Y1B (Godrevy)

Tuesday: Y3 (both classes), Y1A (Rinsey), Reception A (Poldhu)

Wednesday: Y6B (Holywell) and Y4B (Gwithian)

Thursday: Y6A (Fistral)

Friday: Y2 (both classes), Reception B (Gunwalloe), Y4A (Coverack)



Parc Eglos School
Church Hill, Helston, Cornwall TR13 8UP
Head Teacher: Vicky Sanderson
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Beach Days (Y2-6)

If you have signed your child up to the Beach Days with MAKAI, please see details below.

Wetsuits

If your child owns a full-length wetsuit, we encourage them to bring it along. If not, MAKAI will provide warm, full-length high-quality wetsuits.

What to bring

- A robe / changing robe and/or a towel.
- A swimsuit (ideally worn under their clothes to school/to the beach) to wear under their own wetsuit or the one provided by MAKAI.
- All personal equipment should be clearly labelled with your child's name and school.
- A packed lunch, sunscreen (SPF 30+), a large drink, and warm spare clothing.

Timings

If you are dropping your child off at Praa Sands & collecting them on the day, **please drop them between 9:30-9:45am and collect them again at 2:30pm**. Please be aware of the car parking charges whilst you are dropping off/collecting. Members of school staff will be there from 9:30am.

If your child is not attending the session, they will be placed within another class for the day and will repeat some of the activities they will experience across the week with a different year group.

As a reminder, the allocated days are:

Monday: Year 2

Tuesday: Year 4

Wednesday: Year 3

Thursday: Year 5

Friday: Year 6

Pebbles

As part of one of the activities, the children will need a pebble each. We are asking that every child please bring a medium/large pebble (one that they can hold in the palm of their hand) to school with them on Monday 29th June, ready for the activity during the week.

PEAK Party!

Every morning from 8:30 - 8:45am, Mrs Thorpe will be hosting a fun and energising 'PEAK Party' on the field/playground. Children and parents are warmly invited to join - it's a great way to start the day with positivity and movement!

We are confident that PEAK Week will be a brilliant and memorable experience, giving our children the opportunity to try a wide variety of activities, work together as a team, build confidence and discover new skills and talents. We can't wait to see them rise to the challenge and make the most of every opportunity.

Thank you, as always, for your continued support. If you have any questions, please do not hesitate to get in contact with us.



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