



# The British School

Caroline Drumm  
Principal

P.O. Box 566, Jhamsikhel, Patan  
Kathmandu, Nepal

23rd September 2022

Dear Parents,

**Year 5 Trip Himalika -15th -18th November 2022**  
**Parent Information session: 17th October 2.45pm - 3.15pm**

We will be holding an information afternoon on **the 17th October , 2.45pm to 3.15pm** to discuss the information given below in more detail.

We are taking both Year 5 classes to Himalika for our residential trip. The children will be staying in tents in the grounds of the resort. The site is beautifully situated and perfectly suited for our activities, linking with our Term 2 IPC unit 'Go with the flow'. This is an exciting destination for us, and we know that the staff at the Himalika will look after us extremely well. For your information their website is here. The children will be undertaking a range of adventurous activities as well as learning about the local community. The cost of the trip will be covered by the school and will include transport, accommodation and food.

Please find a packing list attached and a personal details form. **All bags must be clearly marked with your child's name.** We also need three contact telephone numbers for the period we are away. Please fill in this form and return to your class teacher by **1st November** at the latest.

We encourage you to include your child in the packing process so they have awareness of packing appropriately for a specific purpose. The children will be carrying their bags so please keep clothes **to a minimum** (only those items on the list) in order for the children to be able to manage this comfortably.

Whilst packing, the children should read through the list, choose the items carefully, lay them out, and then be shown how to pack their bag so they can then have a go themselves and know what they have. During the expedition they will be packing their bags independently at the end of the trip.

It is essential that we are aware of any medical problems that your child may have. Please inform us of any medication s/he may be taking. Please put medication in a clearly labelled plastic bag which includes dosage instructions. This must be handed to your class teacher on the morning of departure.

It is recommended that you arrange your own medical insurance cover for the duration of the trip since the school does not have cover for individual children.

Patron: H.E.The British Ambassador

Telephone: 977-1-5421794, 977-1-5422012, e-mail: [tbs@tbs.edu.np](mailto:tbs@tbs.edu.np) website: [www.tbskathmandu.org](http://www.tbskathmandu.org)



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The children will leave school in the morning of **Tuesday 15th November**. Please drop your child off with their bags at the front gate as normal to register. We return on **Friday 18th** by 3pm (Traffic dependent). Please be at school to meet your child when we return.

The children need to bring in their small day packs containing a **packed lunch** and **drink in a reusable bottle**.

Please do not send your children with mobile phones - we will have school mobile phones in case of emergency and remain in contact with the school who will be able to pass any messages along to us should it be required. If the Internet connection allows, we'll also post pictures of the exciting things we're doing on SeeSaw.

If you have any queries please do not hesitate to contact Ms Yates or Ms Harris,  
Yours sincerely,

**Alex Yates**

**Kat Harris**

Class Teacher

Class Teacher

*Enclosed below:*

- *Suggested packing list*
- *Form for emergency contacts, medication and dietary requirements*

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## **Suggested packing list for Year 5 Residential Trip to Himalika**

We suggest that you bring the following items:

Jacket for cold evenings and mornings  
Warm sweater / jumper  
Waterproof coat  
Hiking trainers  
Pyjamas  
Change of underwear for each day  
4 short sleeved T-shirts  
2 long sleeved t-shirts  
2 pairs of shorts  
2 pairs of long trousers or tracksuit bottoms  
1L Water bottle  
Towel  
Toothbrush /paste  
Torch or Headtorch (with new batteries please)  
Sun Cream  
Insect repellent  
Hand sanitizer  
6 pairs of socks  
Sunhat  
Warm hat  
Bathing suit  
Sports shoes (that can get wet)

### **Optional:**

- Board games
- Any extras such as binoculars or cameras must be the responsibility of your child.
- Please put all these in a small holdall /rucksack. The children will also need a small day bag to carry things when we go walking. Please note that suitcases are not ideal for the landscape at the Himalika camp.
- Sunglasses

Please try and name as many of the items as possible.

**If you have any queries please contact Mrs Yates or Ms Harris.**

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## Y5 Himalika Trip - 15th November 2022

|  |  |
|--|--|
| Name of student  |  |
| Date of birth  |  |
| Name of Parent/Guardian  |  |
| Emergency contact number 1   |  |
| Emergency contact number 2   |  |
| Emergency contact number 3   |  |
| Existing medical conditions including any allergies (e.g. to food, insect bites or medication).  |  |
| Any medication currently being taken – <b>please note this means <u>all</u> medication including creams and travel sickness pills. Teachers will take charge of all medication on the trip and it is important we have accurate records.</b> |  |
| Medical insurance company name and policy number   |  |
| Dietary requirements (e.g. vegetarian, only eat certain meats)   |  |
| Any other information that staff should be aware of  |  |

We would also like you to sign the declaration below to confirm that:

- Your child is attending the trip and that you accept that the staff are acting in 'loco parentis' and that in the event of an incident you agree to their taking all measures which they deem necessary to ensure the safety of your son or daughter.
- That your son or daughter has up to date health insurance for the trip.
- That we can administer paracetamol, ibuprofen, antihistamines for health problems such as headaches and insect bites.

Name of child ..... Signature of Parent/Guardian .....

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