



# The British School

Caroline Drumm  
Principal

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

25th September 2024

Dear Parents and Carers,

## Y4 Trip to Herb Nepal 6th-8th November 2024

We are taking both Year 4 classes to Herb Nepal in Bhaktapur for our residential trip. The children will be staying for **two nights** in tents located on site. The site is beautifully situated and perfectly suited for our activities, linking with our TBS vision of the 5 Cs (Challenge, Community, Creativity, Compassion and Confidence). This is an exciting destination for us, and we know that the staff at Herb Nepal will look after us extremely well. For your information their website is <https://www.herbnepal.com>. The children will be undertaking a range of adventurous outdoor activities as well as learning about sustainable farming. 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 **Friday, November 2nd** 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 and to be familiar with where their belongings are.

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.

The children will leave school at about **9:30 am** on the morning of their trip. Please drop your child off with their bags at the front gate at normal drop-off time.

On the final day of the trip, we return to school by about **2:00 pm**. Please be at school to meet your child when we return.

Patron: H.E.The British Ambassador

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



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For the first day, the children need to bring in their small day packs containing a **pack lunch, snack and drink/full water 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 you have any queries please do not hesitate to contact Ms Coleing or Ms Morgan.

Yours sincerely,

**Ms Coleing**

**Ms Morgan**

Class Teacher

Class Teacher

*Enclosed below:*

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

## **Suggested packing list for Year 4 Residential Trip to Herb Nepal**

We suggest that you bring the following items:

Sleeping bag and mat  
Jacket/waterproof coat for cold evenings and mornings  
Warm sweater / jumper  
Hiking trainers or trekking shoes  
Pyjamas  
Change of underwear for each day (extra if accidents are possible)  
2 short sleeved t-shirts- House shirts encouraged  
1 long sleeved t-shirt  
1 pair of shorts  
1 pair long trousers or tracksuit  
Water bottle  
Small towel for showering  
Toothbrush and toothpaste  
Torch (with new batteries please)  
Sun Cream  
Insect repellent  
2 pairs of socks

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Sunhat  
Book for reading

- Any extras such as binoculars 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 (particularly rolling) are not suitable for the landscape at Herb Nepal.

Please try and write your child's name on as many of the items as possible. Many thanks!

## Y4 Herb Nepal Trip 6th-8th November 2024

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	

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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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