



## St. Anne's C.E. (VC) Primary School

### "Together with God, Making Learning a Life Long Friend"

*We aspire to be guided in all that we do by our inclusive Christian ethos. We are enthusiastic about life-long learning and share wisdom in serving each other and our world. We encourage all to live lives of hope and aspiration, inspired through acquiring new skills and attributes. Dignity and respect are at the heart of our school.*

27<sup>th</sup> April, 2022

#### FOR THE ATTENTION OF THE PERSON WITH PARENTAL RESPONSIBILITY

#### RE: Y4 VISIT TO TITTESWORTH RESERVOIR - 7<sup>TH</sup> JUNE 2022

Our current topic is, among other things, all about health, fitness and wellbeing so this summer term we are learning all about different ways in which we can keep ourselves healthy, fit, happy and well. One of the most beneficial (and easiest) ways in which we can look after ourselves is by walking regularly, and in an increasingly sedentary world it is essential that children grow up with the habit of walking as a core component of their days, avoiding the very real dangers of sitting for extended periods on a daily basis as issues such as childhood obesity are at an all-time high. It is hard to find a consensus on how many steps children should aim for in a day, as research has lagged behind that for adults, but as a general rule anywhere between 10,000-16,000 seems to be a generally supported range to aim for in children of KS2 age which is beneficial.

As such, I thought it would be nice to share my love for walking in the outdoors with the children. In term-time, I always dedicate some time on Saturdays to an extended hike somewhere enjoyable, typically in the Peak District. Even if travelling is impossible, I always make sure I get out for a good yomp about. In holidays, I try to get out for a decent walk every day and a proper hike around 3 times a week or so. For physical and mental health, nothing beats getting out among the trees for a nice wander!

We will be going to Tittesworth Reservoir on the 7<sup>th</sup> June for a walk and picnic lunch. This is a nice and easy-going 7.7km walk along well-maintained trail paths and steps that take us through a variety of different terrain including some areas of established woodland for some beautiful views across the water over the hilly local area and of the Roaches off to the northeast. This walk tends to take most people 3-4 hours or so. We have toilets at the visitors' centre that we

**St Anne's C.E (V.C.) Primary School, Brown Edge, Stoke on Trent, Staffordshire ST6 8TA**

**Telephone Number: 01782 503102**

**[office@st-annes-brownedge.staffs.sch.uk](mailto:office@st-annes-brownedge.staffs.sch.uk)**



can use, and there are picnic benches there that we will use for our lunch after completing the trail.

Children are required to wear **suitable outdoor walking clothes** on the day of the trip. I recommend light, comfortable clothes that are easy to move in. Layers are best for the cold because they can be removed as needed. A sun hat, sunglasses and sun cream are strongly recommended, and check the weather forecast before coming but I tend to pack a thin waterproof layer whatever happens just in case. (They are often good for a makeshift picnic blanket if you want to sit on the grass anyway.)

Your child will need to bring a packed lunch in a bag, ideally a rucksack or backpack that they find comfortable as they will be bringing their lunch with them on the walk. If you wish for school to provide your child's lunch please let the office know by no later than Wednesday, 1<sup>st</sup> June, 2022.

Due to the rising cost of transport, following Mrs Rosson's survey we request that you drop off and collect your own children on this occasion. You are of course free to arrange transport with other parents. We ask that you drop off your child at and collect your child from:

**Tittesworth Visitor Centre,  
Meerbrook,  
Leek,  
ST13 8SN**

**Please drop off between 9.00 a.m. and 9.30 a.m.** (we will set off on the walk very shortly thereafter so as to have enough time to complete the loop and eat our lunch without having to rush the children before pickup) and from the same location **collect at 2:30 p.m.**

We are aware of a small number of parents who expressed that they would find this difficult following the survey. We request that if this is a problem for you, please contact the school office no later than Friday 20<sup>th</sup> May.

We would ask that you complete and return the slip below confirming arrangements for the day.

Thank you in anticipation of your support.

Yours sincerely,

Mr. J. Nixon  
Year 4 Class Teacher

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## Y4 VISIT TO TITTESWORTH RESERVOIR - 7<sup>TH</sup> JUNE 2022

Child's Name: \_\_\_\_\_ Year: 4

I confirm I have parental responsibility.

I confirm I will drop my child off at Tittesworth Visitor Centre between 9.00 am. and 9.30 a.m.

I confirm I will collect my child from Tittesworth Visitor Centre at 2.30 p.m.

I confirm that my child will need a picnic lunch provided by the school on 7<sup>th</sup> June 2022

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please Print Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

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