

June 2022

Dear families

We are really looking forward to the Catbells, Lake District Expedition which promises to be an unforgettable experience for our students.

The purpose of this letter is to:

- Show the route up the mountain
- Describe the itinerary
- Outline the kit list
- Describe the Code of Conduct that every student will need to agree to prior to the expedition.

Our Route

Catbells is 451m (1,480ft) and its distinctive shape makes it a well-known landmark with impressive views of Derwent Water, Keswick and the surrounding mountains.

Students will be placed in walking groups of no more than 12 persons and named after the famous climbers of history, such as Edmund Hillary and Tenzing Norgay.

Our coach will park near the base of Catbells from where we will commence our ascent.

A series of zig zag paths allow walkers to enjoy the views of Newlands Valley and back towards Derwent Water. Walkers reach the first depression and then must scramble dense rock in order to reach the summit.

After a lunch spent enjoying the spectacular views, groups carefully traverse back down the mountain and follow a clear path back to the awaiting coaches.



Kit List

- Sturdy walking shoes / trainers with good grip
- Lightweight walking trousers / tracksuit bottoms
- Lightweight t-shirt
- Fleece / Jumper
- Showerproof jacket
- Black rucksack
- Packed lunch

Students may also wish to bring

- Hand sanitiser
- Sun cream

Prohibited Items

- Mobile phones – these must be switched off and remain in rucksacks. Students will contact you when on the return journey
- Energy drinks – high sugar content drinks such as ‘Red Bull’ can cause heart arrhythmia and other side effects
- Money – money could get lost or stolen and there are no opportunities to purchase items

Itinerary

- Students need to arrive at the academy **before 0800**
- Students will sit down in the **Sports Hall**
- Depart Dixons Fazakerley Academy at **0830**
- Return from Catbells, Lake District at **1400**
- Arrive back at Dixons Fazakerley Academy at approximately **1700**

Code of Conduct

Our students are ambassadors for our school and their actions reflect on Dixons Fazakerley Academy, Dixons Academies Trust, the wider community and the city of Liverpool. Our high expectations means that we expect the following conduct during the expedition:

- Demonstrate our value of respect to all members of the public by: saying ‘please’ and ‘thank you’, saying ‘Good morning / afternoon’ to fellow fell walkers; walking sensibly and talking quietly
- Follow instructions from members of staff at the first time of asking
- Be considerate of others by walking in pairs up the mountain and by making way for others

In Loco Parentis

Please ensure that the In Loco Parentis form has been completed with up to date information regarding your child’s medical needs, emergency contact information and your child’s commitment to the Academy Code of Conduct.

If you have any questions, queries or concerns please do not hesitate to contact Mr Ashcroft at the academy. We look forward to a safe and successful expedition!

Yours faithfully

Mr B Ashcroft
Assistant Principal
Dixons Fazakerley Academy

