

Dear parents/care-givers

Wednesday 13th March



On Tuesday March 19th the Opuke children (years 5 and 6) will be taking part in a biking day around Methven. The purpose for this activity is to get out into the community, participate in a fun fitness activity and work together as a team.

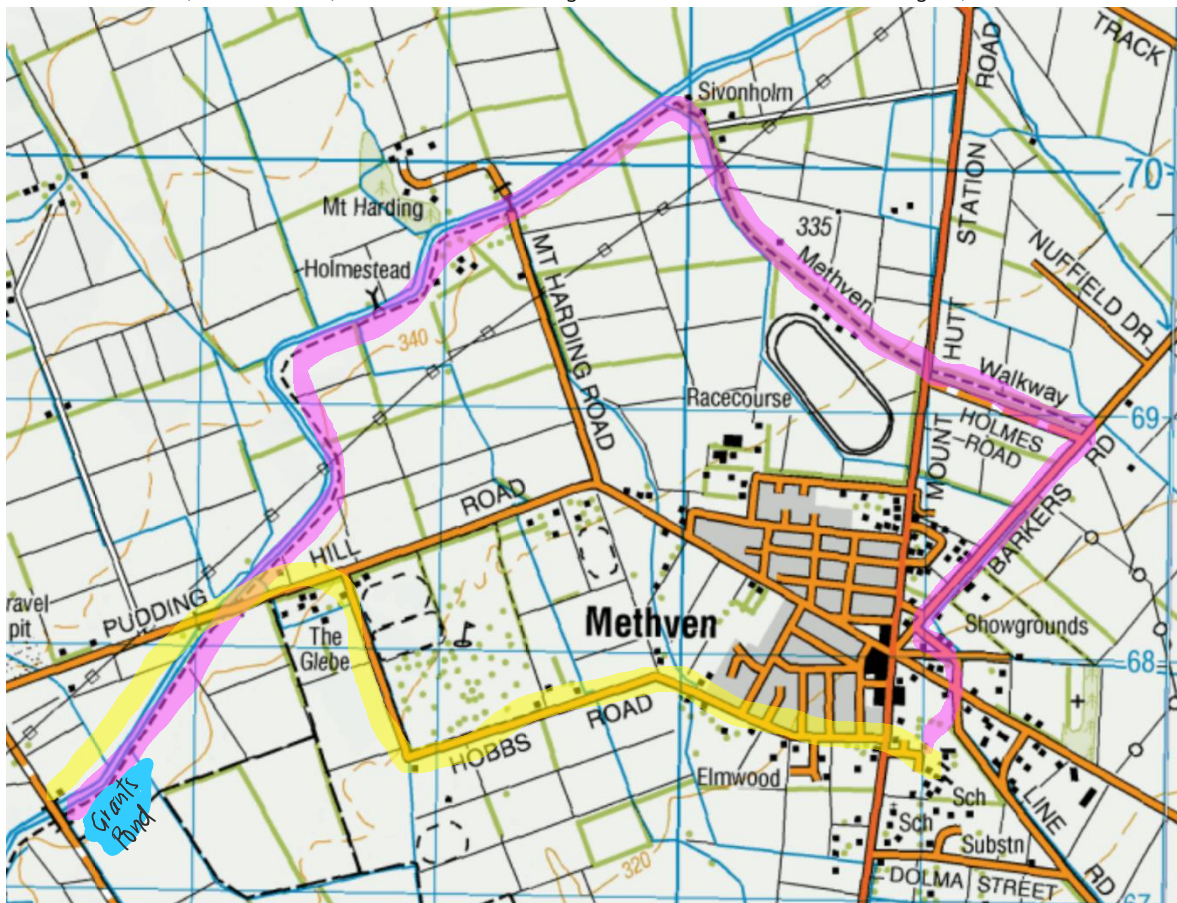
We will be biking from school, through the Methven walkway, along the RDR and up to Hannah Grant's farm. Please see the map below for the route. Once we arrive at Grants' farm, we will be doing some water activities on and near their irrigation pond to continue our water safety work, we have been doing during our swimming time at the school pool. If the weather is cold, we will cancel the water part and continue with the biking. Please ensure your child wears suitable clothing and footwear and has an extra warm layer. Please see the gear list for suggestions.

We will be doing a variety of water activities so the children will need to bring a wetsuit (optional) and a life-jacket (if they have one).

Each child will need a working bicycle. If your child needs to borrow a bike or you have a spare bike, please let us know. If you are struggling to find a bike for your child, please contact their classroom teacher and we will sort one out. Children will also require a helmet, a solid packed lunch with extra snacks and a full drink bottle. First aid will be carried, and one vehicle will be available in case of an emergency or a bike malfunction.

We have plenty of staff so therefore do not require any parent help. Bikes will need to be brought to school by 9 am on the 19th. There will be a designated area on the field5 for them. They can also be delivered on Monday if that is easier.

Please fill in the permission slip below and return by FRIDAY MARCH 15TH. It is very important that these are returned on



time if we need to organise spare bicycles. We appreciate your help with this.

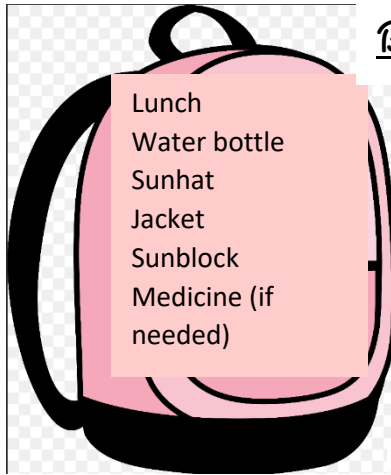
- Way home
- Way there
- = Grants pond

Kind regards

Odele Warburton, Milly Deans, Hannah Grant, Jane McCulloch, Keryn Hooker

Opuke bike/water day gear checklist: - 2 BAGS

Other bag – (will go on trailer)



Back Pack

Lunch
Water bottle
Sunhat
Jacket
Sunblock
Medicine (if needed)



Wetsuit
Life Jacket
Togs & Towel
Warm Top
Spare clothes if needed
Undies

Shorts & t-shirt (with sleeves) and hoodie

Togs on underneath

Sneakers that can get wet



Helmet

Bike with pumped tyres

Opuke Bike Around Methven Trip

I give permission for _____ to attend the bike day on TUESDAY MARCH 19TH

My child does/does not have a bicycle (please circle)

I have a spare bicycle Yes/no (please circle) Number of spare bikes: _____

I have spare life-jackets Yes/No Number: _____

Are there any medical conditions or things we need to be aware of?

First aid requirements; e.g, inhalers, EpiPen _____

Emergency contact details:

Name:

Phone Number:

& Phone Number: