

**Culcheth Hall  
School**



**Ski Trip  
2010  
Aprica, Italy**

**Information  
Booklet**

# Pupils Going To Aprica, Italy 2010

## Year 7:

Ellie Hartland  
Isabella Haynes  
Olivia Knowles Adams  
Amelia Richards  
Abigail Smith  
Emily Waldie

## Year 8:

Georgia Galvin  
Emma Longsdale  
Georgina Rimmer  
Caroline Sinagola

## Year 9:

Samantha Eastburn  
Elizabeth Kenney  
Amani Khan  
Gulamira Naseem

## Year 10:

Charlotte Brookes  
Sarah Carrington  
Hannah Fletcher  
Tara Gilson  
Francesca Manley  
Sophie Ounsworth  
Fiona Smith  
Fiona Whitfield

## Year 11:

Charlotte Haves  
Francesca Stonier

## Teacher Groups

Your daughter will be placed with a member of staff that will act as their 'Lead Teacher' for the duration of the ski trip.

These are NOT ski groups or room allocations. This role will simply allow for easier head counts, look after your daughter's pocket money and any medication they require.

### Mrs Hughes

Samantha Eastburn  
Elizabeth Kenney  
Gulamira Naseem  
Amani Khan  
Georgia Galvin  
Emma Longsdale  
Georgina Rimmer  
Caroline Sinagola

### Mrs Chevalier

Charlotte Brookes  
Sarah Carrington  
Hannah Fletcher  
Tara Gilson  
Francesca Manley  
Sophie Ounsworth  
Fiona Smith  
Fiona Whitfield

### Miss Spencer

Charlotte Haves  
Francesca Stonier  
Ellie Hartland  
Emily Waldie  
Olivia Knowles  
Abigail Smith  
Amelia Richards  
Isabella Haynes

## Morning & Evening Duties

### Morning Duties:

1. There will be a 'morning call'  $\frac{3}{4}$  hour before breakfast time.
2. ALL girls must attend all meals at the correct time.

### NO FOOD = NO SKIING!

3. Girls must come down to breakfast in their ski trousers,  
thin layer top and appropriate footwear
4. All other items needed for the day are to be organised on their bed to collect after breakfast

### Evening Duties:

Girls will be in their own rooms between 10 -10.15pm (depending on the evening activity). Lights out and quiet by 10.30pm. Staff will constantly check girls until they are completely satisfied that there are no problems and everywhere is quiet.

Room inspections will take place every evening, with prizes for the tidiest rooms!!

## What Should I Pack In My Suitcase?

As we are travelling by air, please remember that there will be a baggage and weight limit! Only one medium sized suitcase is allowed per passenger!

Please ensure you have the following:

- Warm and waterproof ski jacket
- Warm and waterproof ski salopettes
- 2 – 3 fleeced tops to go underneath the ski jacket
- 6 long sleeved t-shirts
- 3 – 4 pairs of thick, seamless ski socks
- Thick tights
- Hat
- Goggles
- And/or sunglasses
- Scarf
- High factor suncream (at least 15 SPF)
- Small rucksack
- Good pair of trainers or walking boots
- Warm and sensible evening clothes eg jeans and jumpers
- Swimming costume
- Toiletries
- Towels x 2
- 2 pin travel adapter plug
- Hairdryer

NB: High heels and thin clothes are NOT appropriate for a ski resort!

If your daughter is required to take any form of medication whilst away from home, please can you ensure that there are sufficient amounts for the duration of the trip.

All medication MUST be labelled, with your daughter's name and clear instructions regarding correct dosage

## Pocket Money

It is advised that your daughter takes no more than €15-20 per day for spending money. The only things that they may wish to spend their money on are souvenirs, the occasional snack and a phone card to call home.

To ensure that your daughter's money remains safe and isn't spent all in one go, please can parents divide the total amount of spending money, as follows:

1. For each day of the trip (excluding departure day), your daughter will need an envelope, which contains the daily allowance of spending money.
2. Each envelope must be clearly marked with your daughter's name and the day that the money is to be issued.
3. All 7 envelopes must be handed in with your daughter's passport and E111 card at the final Parents' Meeting at Culcheth Hall. This will take place approximately one week from departure.

Every morning after breakfast, your daughter will have the opportunity to collect and sign for their daily allowance of spending money from their 'Lead Teacher'.

# What Should I Pack In My Hand Luggage?

## Suggested Items:

- Magazines/Books
- iPod
- Camera
- Small Snack
- Compact travel pillow
- Small amount of money to spend at the airport

The Department for Transport has set the maximum size for an item of hand baggage as **56cm x 45cm x 25cm**

Wherever possible you should pack liquids in your hold baggage, as there are restrictions on the amount you can take in your hand luggage.

## Liquids Include:

- all drinks, including water, soup and syrups
- cosmetics and toiletries, including creams, lotions, oils, perfumes, mascara and lipsticks
- sprays, including shaving foam, hairspray and spray deodorants
- pastes, including toothpaste
- gels, including hair and shower gel
- contact lens solution
- any other solutions and items of similar consistency

## Taking liquids in your hand baggage



If you need certain liquids during the flight, you can take them into the cabin in limited quantities as follows:

- containers must hold no more than 100ml
- containers must be carried in a single, transparent, re-sealable plastic bag, which holds no more than a litre and measures approximately 20cm x 20cm
- contents must fit comfortably inside the bag so it can be sealed
- the bag must not be knotted or tied at the top
- each passenger can carry only one of these bags
- the bag must be presented for examination at the airport security point

Containers larger than 100ml (excluding essential medicines) will not be allowed through the security point even if they are only part full.

All party members are required to travel to and from the resort in their 'Group Hooded Top'. This item of clothing, will ensure that all party members can be easily identified in busy public areas, and is recommended as a health and safety measure for school groups.

## A Typical Day in Aprica

This is only a guide to illustrate a typical day in Aprica.  
The times are subject to change.

<b>7.15am</b>	The <i>dreaded</i> wake up call!
<b>8.00am</b>	Breakfast
<b>8.30am</b>	Pocket money allocation
<b>9.15am</b>	Meet the Ski Instructors
<b>9.30am – 12.30pm</b>	Morning skiing lessons
<b>12.30 – 1.30pm</b>	Lunch on the slopes
<b>1.30 – 3.30pm</b>	Afternoon skiing lessons
<b>4.00pm</b>	Back to the hotel, rest, shower, free time and room inspections!
<b>6.00pm</b>	Dinner and review of the day
<b>7.00 – 9.30pm</b>	Evening Entertainment
<b>10.00pm</b>	Off to bed
<b>10.15 – 10.30pm</b>	Lights out and sweet dreams!

## Possible Evening Entertainment

After a hard day's skiing, there will be a programme of evening entertainment to completely tire everyone out! Below are some suggested activities, which will be booked once we arrive in the resort. However, they all depend upon availability.

All party members are expected and required to attend the evening entertainment programme.

- Floodlit 'Bum Boarding'
- Karaoke
- Quiz
- Disco
- Swimming
- Night time skiing

## Behaviour & Expectations

I would like to thank you for giving your daughter an opportunity to experience what I'm sure will be a memorable skiing trip to Aprica, Italy in 2010.

To make sure this trip is a success, your daughter has an important role to play in determining the types of memories that she takes away. As with any school trip, we have high expectations regarding your daughter's behaviour. We fully expect each and every member of the school party to adhere to the rules and respect each other.

The nature of the trip requires many rules to be put in place for the health and safety of the whole party. If for whatever reason your daughter does not abide by the set rules, then privileges will be taken away and consequences will be issued.

There will be:

- NO skiing without clear supervision or guidance from your daughter's ski instructor
- NO Smoking
- NO Alcohol/Drugs

If any pupil does not adhere to the rules, the following procedures will take place:

1. Removal of ski lift pass
2. Withdrawn from evening activities
3. Phone call home to parents
4. Full written report issued to the Headteacher
5. Possible exclusion from future school trips
6. In the unlikely event of any pupil demonstrating inappropriate and dangerous behaviour, an early flight home maybe booked at their parents' expense

## Mobile Phones

Whilst we are away in Aprica, it is recommended that pupils do not take their mobile phone away with them for the following reasons:

- High tariff for calls and text messages
- High risk of being lost, damaged or stolen
- Can contact home 'too easily'
- Distraction from the whole purpose of the trip

However, if your daughter decides to take their mobile phone with them, then they will remain their responsibility throughout the entire trip.

Members of staff accompanying your daughter will take NO RESPONSIBILITY for any item that is lost, damaged or stolen.

Any valuable item that is taken away is done so at the pupils' own risk.

## Skiing Code of Conduct

- Under absolutely NO circumstances will any pupil be allowed to ski unsupervised. Pupils must only ski with the guidance or supervision of their ski instructor.
- It is mandatory that all children who are under 14 yrs old, wear helmets whilst skiing in Italy. However, the ENTIRE school party will be wearing ski helmets for health and safety regulations during their 5 hours of ski tuition
- Pupils will be placed in skiing groups that match their skiing ability. Depending upon their level of progress throughout the week, pupils can be moved up or down groups.
- Each pupil is responsible to look after their own skiing equipment, including skis, poles, helmets and ski boots. Loss or damage to equipment will be the responsibility of the pupil, and possible charges by the rental shop in Aprica maybe made.
- It is HIGHLY DANGEROUS to use anybody else's skiing equipment. The ski bindings will be set to each individual's weight, level of ability and ski boot size.

The ski slopes are marked with 'coloured piste markers' and are graded in the following way:

GREEN: Nursery and Beginner slopes

BLUE: Beginner to Intermediate slopes

RED: Good Intermediate level

BLACK: Advanced and Demanding slopes

Even though your daughter will only ever ski under the direct supervision of their ski instructor, it is important that they are aware of the following safety procedures:

### RESPECT FOR OTHERS

You must behave in such a way that you do not endanger others.

### CONTROL OF SPEED AND SKIING

You must be in control, and adapt your speed and manner of skiing to your ability and the prevailing conditions of terrain, snow and weather, as well as to the density of other skiers.

### CHOICE OF ROUTE

You must choose your route in such a way that, when coming from behind, you do not endanger others ahead.

### OVERTAKING

Make sure that you leave enough room when overtaking others for any voluntary or involuntary movements that they may make.

### ENTERING AND STARTING

When entering a marked run, or starting again after stopping, make sure that you look both up and down the run to ensure that you can do so without endangering yourself or other skiers.

### STOPPING ON THE PISTE

Unless absolutely necessary, you must avoid stopping on the piste in narrow places or where visibility is restricted.

### CLIMBING AND DESCENDING ON FOOT

When climbing or descending on foot, you must keep to the sides of the piste.

### RESPECT FOR SIGNALS AND MARKINGS

You must respect all signals and markings.

## What To Do Now.....

1. Ensure that your daughter's passport has a minimum of 6 months before the expiry date, from the day of departure.
2. Get your daughter an E111 Insurance Card. These are free from the post office and can be obtained by simply completing a form and sending it off.
3. Passports, E111 Insurance cards and pocket money will be collected in the week before we travel and placed in the school safe.
4. The complete and final balance of £799.00 is due no later than 31<sup>st</sup> January 2010. Any late payments to SkiPlan may result in charges being issued.
5. Please inform Mrs Hughes immediately, if there are any changes to emergency contact information prior to departure.