BEECHEN CLIFF

The Great Walk

Friday
October 21st 2016

Name: _____

Milton

An opportunity for all of

BEECHEN CLIFF

**to raise money to support
extra-curricular activities and
a chance to bid for funds to enable activities
chosen by you**

The Great Walk 2016
Sponsorship and Gift Aid Declaration Form
Pay your sponsorship money by using Parent Pay

Full Name	Home Address	Postcode	Amount	*Gift Aid

*If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity event named above to reclaim tax on the donation detailed above, given on the date processed. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

full name + home address + postcode + √ = gift aid

Milton

Arrive at **school** at 8:15 am

Register in the **Hall**

Start outside **The Main Doors** at 8:30 am

Lunch at 11:30 am

Return to **Beechen Cliff School**

Finish by 3:00 pm

Please remember these points

- Raise as much money as you can
- Bring your sponsorship form with you
- Register with your Head of House in the Main Hall when you arrive
- Wait in the yards until the start at 8:30 am outside The Main Doors
- Wear comfortable clothes
- Wear comfortable footwear : trainers with good socks
- Bring with you in your small back pack :
  o A waterproof coat – if it's going to rain
  o At least 1 litre of a drink - water is best
  o Your lunch and any snacks you will need for the walk
    (slow release carbohydrates are best – beware of sugary drinks/sweets)
  o Any medication you need – your inhaler
- Walk don't run … it's a long way
- Bring a few plasters just in case you get blisters
- Please bring your mobile phone (to be used in an emergency only)
- Texting and walking don't really mix – so be careful
- IPods and MP3 players may distract : you should leave them at home
- For safety, walk in groups of 3 to 5, but be careful not to block the footpath
- Be considerate to other walkers and path users: keep to the LEFT if possible
- Please put all sweet wrappers and other rubbish in bins or take it home
- If there is an emergency, talk to a member of staff on the towpath
- Once you are back at school, register so we know you have completed the walk
- Cheer on and congratulate all those who finish !

And Finally: Enjoy your walk
Emergency contact number for school:
01225 480466

Milton

Start	Lunch	Return	Miles
✓			

Medical Information – please complete if necessary