



Morton Academy

The best in everyone™

Part of United Learning

MA/TR/50Mile

20th May 2025

Dear Parent/Carer

50 Mile Walk

Some years before the late President John F Kennedy was assassinated, he challenged the youth of America to prove themselves by undertaking a tough physical challenge, ie swim a lake, climb a high mountain or walk 50 miles in 24 hours.

2025 will be the 50th year that the school has organised a 50 mile walk for senior students to try and gain a 'Kennedy Certificate', which the school awards to successful walkers. It is not a sponsored walk; the aim is to complete the walk, not to raise money. This year's walk is to be held on **Friday, 20th June** and your son/daughter has expressed an interest in taking part in the event.

The main details of the walk are as follows: -

1. The walk will, as usual, take place around the footpath at Talkin Tarn, Brampton. At no time will the students be walking on a road.
 2. Transport will be provided to take the walkers to the circuit. The buses will leave school at **5.00 am PROMPT**. Unfortunately, we are unable to wait for any latecomers. Any latecomers will be expected to be in school, in full school uniform at 8.35 am.
 3. Each student will have to be properly equipped and a list of equipment is attached.
 4. The walk will be supervised at all times by school staff and full safety precautions will be observed. However, it must be pointed out that this walk is a very serious event and a tremendous test of physical fitness and character. Students take part entirely at their own risk and staff cannot be held responsible for any ill-effects that may occur. If your child requires any pain relief medication throughout the day, the child's parent/carers is the only one that has permission to administer the medication. The Academy will not administer pain relief to students.
 5. Many of the walkers will not complete the walk until the early hours of Saturday and parents should not worry if their son/daughter has not returned before darkness. Any offers of help in the latter stages of the walk from parents who have cars would be much appreciated.
 6. Parents must sign out their children with the supervisory staff when collecting them from the walk so that staff know which students are still on site.
- Please note: It is the responsibility of the parent/carers to ensure their child is collected once they have completed the walk.***
7. Parents are invited to support and encourage their children as much as possible through this very demanding challenge and resist the temptation to take them home at the first sign of distress.

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8. Full instructions will be given to the students at a meeting in school, but if you require any further information, please feel free to contact me at school.
9. A charge of **£20** will be made to each student to cover the cost of buses, hire of equipment, drinks, first aid, insurance, etc. **Payment must be received, no later than Monday, 9th June.**
10. Because the walk is a serious physical challenge, clearly students who have not regularly participated in their PE lessons during the year may not be able to attempt it. Similarly, students whose behaviour is a problem in school will not be allowed to take part.

Finally, if you are willing for your son/daughter to take part in the Kennedy Challenge Walk, please could you sign and return the attached slip and consent form.

Yours sincerely

M Armstrong

Mr M Armstrong
Event Organiser

Morton Academy 50 Mile Walk - Friday, 20th June 2025

I give permission for: _____ to take part in the 50 Mile Walk.

I enclose:

- ☐ Completed medical/consent form
- ☐ I confirm payment will be made via Parent Pay
- ☐ I confirm that the medical and contact information are as currently held by the school.

Signed: _____ (Parent/Carer) Date: _____

Please return your permission slip to Reception by **Friday, 6th June at the latest** as places may be limited and to assist in planning for numbers.

Morton Academy – 50 Mile Walk

Equipment List

- Torch and spare batteries - *essential if a student is still walking after 15 hours*
- Comfortable shoes/boots - *a spare pair should also be taken to Talkin Tarn. Plimsolls are not suitable*
- Several pairs of woollen socks - *pure wool socks are best as they help prevent blisters; nylon socks should be avoided*
- Gloves
- Waterproof jacket/trousers
- Comfortable clothing – *loose fitting clothes are best – no denim*
- Blister kit – *first aid plasters, foot powder, tissues, midge repellent etc. (in addition the school will have first aid equipment available)*
- Food – *sufficient energy-giving food to last for 18 hours. Lots of fruit, sweets, Lucozade etc (not fizzy drinks). Coffee, tea or squash will be available later in the day from the checkpoint.*
- To help to make the event more sustainable, it would be useful to bring a refillable water bottle and an insulated travel mug if you think you may like to wander round with a hot drink.
- Electronic equipment may be brought, but at the students own risk.

Please make sure that all clothing and equipment is marked with your child's name.

Medical Information Consent Form

Visit to: **50 Mile Walk – Talkin Tarn, Brampton**

On: **Friday 20th June 2025**

I wish my child _____ to take part in the above event organised by the school. I agree to him/her taking part in the activities described.

Please complete all sections:

	Yes	No
1. Does your child suffer from any allergies (e.g.. penicillin/ plasters)	<input type="checkbox"/>	<input type="checkbox"/>
If yes, what causes this (if known)		
.....		
2. Is your child taking any medication at present?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, please give details		
.....		
3. Does your child have any pre-existing medical conditions? (e.g. asthma, diabetes).	<input type="checkbox"/>	<input type="checkbox"/>
If yes, please state which		
.....		
4. Has your child had any contagious or infectious disease in the last 3 months?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, what was this		
.....		
5. Does your child suffer from travel sickness?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are there any activities in which your child may not participate?	<input type="checkbox"/>	<input type="checkbox"/>
Please specify		
.....		

7. Has your child any special dietary requirements?

☐☐

What are these?

.....

.....

8. Has your child had a tetanus vaccination?

☐☐

9. Doctor's Name

Doctor's Telephone No.

10. You will be aware that whilst away, the staff assume a 'duty of care' for your child, this means staff should act as a reasonable parent. If there is an accident, you will be informed but staff will authorise immediate medical treatment. I have ensured that my child is aware of the need to comply with instructions given by teachers and other responsible adults in authority during this visit.

My child's payment will be paid via Parent Pay.

Parent Name (Please print)

Signature

Address

.....

Tel No

Emergency Contact

(For the actual day of the 50 Mile Walk)