

Dear Grade 10 Epic Parents

Please can I also ask you to update your son's **Medical details**, along with his dietary requirements and allergies, if you have not done so already. Please visit the My Bishops Life parent portal (your son's profile) to do this. There are also several **consent forms** outstanding. **Please submit both of these by no later than 31 August.**

The boys have started their **Epic training**. I have introduced them to Epic, they have had the 'boots and cycling' talk and the Cape Leopard Trust talk, yesterday. They have partnered up, groups are being finalised this week, jackets have been tried on, signing up for the voluntary **1st Aid Course** (18&21 Sept) and **Beginner Cycling course** (Starting next Wednesday) is almost complete – there are still some spots open for these. They will enjoy preparation talks every second week during the last period on a Thursday (7 in total) and then, on the last Tuesday of term 3 (22 Sept), all grade 10 boys will **hike up Devil's Peak**, as a measure of where they are physically. Please can I ask that you ensure your son does this hike and that you do not leave for the holidays before the end of term!

Your boys have access to a **20% discount voucher** for Hi-Tec (available at the front office). These can be used to buy any gear, but particularly boots. Best to get boots and backpacks asap. The rule of thumb is always to buy boots that are one size bigger than what he usually wears. And to acquire a backpack no smaller than 65 litres. Boys may wear their boots to school.

You and the boys have been told that to have a good Epic, boys should be fit. Hiking, running and cycling in preparation is highly recommended. Boys who are physically prepared for Epic are far more likely to enjoy the 16-day experience. It's time for your son to make this a priority, with 3 months to go.

Now is also the time that parents should contact me about **serious medical concerns**, that their sons may have, so that we can make a special plan if need be. And if any **special arrangements** need to be considered. Sooner rather than later is always better for me.

As always, please contact me directly with any questions you might have, that are not answered on the website.

Kind regards

Graeme Klerck (Epic Director)

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