

Dear Parents

Your son might have told you that in Civics yesterday (Thursday 20 Oct) we dealt with the topic of food – mainly food for the hikes.

Please click on the two documents that I've attached. In fact, your son was given these yesterday in a font size that is probably more suited to the younger eye... These docs have been on the website for a while, but have all now been updated.

Your son should also go to Mr Court's classroom (G2) to collect a large box (for the food for the second hike) and a small box (for the 24 hr solo).

The most important thing from past experience is that by far the majority of boys say (in fact they blame their mothers!) they pack way too much food. More than 1 kg per day is too much.

I went to Pinelands Pick 'n Pay in preparation for the talk and, yes there are a wide variety of products available at a variety of prices, but the pack we are recommending works out to cost around R240 per day – a 14% increase from last year. I also noted that some items we recommend are not at that store this year (Super C, individual sachets of cereals other than Oat so Easy, for example), so some shopping around might need to be done to get the right mix of things. I also took the opportunity to give the list to the assistant store manager and he said he would do his best to see he keeps stock of most of the items.

It might also interest you to know that Mr Henchie contributed to the presentation yesterday and when I, for example said that I don't go for the dehydrated food (costing between R152 to R180 per meal) he said he opted for a balance and perhaps went for one special meal amongst the tuna and 2-minute noodles we are recommending. The point being that you in discussion with your son, must find the right mix. Mr Henchie also pointed out that at the end of Epic, we fill a 110 litre container of excess food – which we donate to local homes in Clanwilliam.

I also had on display a variety of these dehydrated foods that were kindly supplied to us by Margaret Edelstein of City Rock (<http://cityrock.co.za/capetown/>).

- Next week's Civics period will be on snakes. The following week is a panel discussion. We invite a group of Grade 11s and they answer questions about their Epic experiences, what they packed etc. You might want to hold on your final food purchases until then.
- We're concerned about the number of cases of mumps that are being recorded. I believe you have had a communication in this regard. If your son is unwell (particularly if he is complaining of swollen facial glands), please don't send him to school – get him checked out first.
- The response to the medical updating of records has not been good. I've sent the list through to the house directors and already some of you have responded. Whilst on updating, please also check that your personal information is correct – this you do via MyBishopsLife and click on Parent Details. If the information is incorrect, there is a link at the bottom which allows you to enter the correct information. It's really important this information is 100% correct. Once this is done, I then get in touch with all those who have indicated things like allergies to bee stings – we have to agree on a management process that will work in the unlikely event of treatment being required.
- I also need to know about all those with special dietary requirements ('more' does not count!) – Halaal, Kosher, food allergies etc. We have to cater appropriately. My thanks to

those who have contacted me already. I'll be in touch with you nearer to the end of the month.

- A huge thanks to the moms who are helping with the crafts. We're making a request for cash and or goods – please see letter #8 on the website. The response so far has been very slow (I know you've only had the letter for under a week...), so if I could ask you to please do something to help us here it would be greatly appreciated.

**A reminder of dates:**

- Last academic day is Friday 3 November
- Monday 6 November – Letter from dad/father figure (details on the website)
- Monday 6 November to Friday 10 November – A two day Epic Seminar followed by a two day First Aid course and a practice hike and bag check. (Details to follow)
- Sunday 12 November at 6.30 pm – Blessing of Boots Service
- Monday 13 November – a free day unless the bag check registered a 'fail'!
- Tuesday 14 November – depart for Epic (meet at the Astro at 5.30 am)
- Tuesday 28 November to Wednesday 29 November – Dads/father figure join sons for the last night.
- Wednesday 29 November – Last day of Epic

You can find copies of previous letters, documents relating to Epic as well as other details on our website: <http://college.bishops.org.za/epic/default.aspx>.

Kind regards

Graham