

Dear Grade 10 Parents

Fourth term exchange boys' parents can ignore this email.

Please can I ask you to fill in the **Epic Consent Form** by month end and send it to [nlewis@bishops.org.za](mailto:nlewis@bishops.org.za), if you have not done so already Thanks to the many parents who have been proactive in this regard. [Consent Form 2023](#)

Please can I also ask you to update your son's **medical details**, along with dietary requirements and allergies, if you have not done so already this year. There are about 60 outstanding. Please click [HERE 0](#) for help with the My Bishops Life parent portal.

Please would you let me know if you have a **vehicle** that we can borrow for the duration of Epic. It's always better to have Twin-cabs, Bakkies, 4X4s, or vehicles with high clearance, but any vehicle will be a help – they are only used on dirt roads, not on 4X4 tracks. We have THREE so far. Last year we used parent vehicles for the following jobs:

- Epic-Director's vehicle (simply getting around)
- Ranger's vehicle (getting rangers to the base of Tafelberg Mountain to enable boys on solo hikes to climb these peaks)
- Lead vehicle for the cycling
- Support vehicle for the cycling

I have **20% discount vouchers** for your boys for the Hi-Tec store in Access Park. These can be used to buy any gear, but particularly boots. If you would like to purchase boots during the holidays, then please pop into Admin and Eleanor will give you voucher. The rest will be distributed next term, when the Epic talks start.

**In term 3**, the boys will start their Epic training. Every second week boys will enjoy a variety of Epic talks and on the last Thursday of term, all grade 10 boys will hike up Devil's Peak, as a measure of where they are physically. You and your 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.

There were about 20 boys identified, during LO testing, as **physical concerns** for Epic and all these boys have met with me. They have been offered training programmes from the SPW (Sport Performance and Wellness) team, at the Bishops Gym, it has been recommended to them that they do some of the practice hikes booked for next term and they have been encouraged to address their concerns immediately, before the Devil's Peak hike. If your son is one of these boys, please can you help him in this regard.

Please continue to volunteer for our **Parents' Committee**. There have been 12 volunteers and the committee will meet early next term. Correspondence to follow.

Finally, if you feel you need to be in touch with me about a **particularly complicated medical (or any other) issue with regards to your son going on Epic**, please email me and we can set up a time to chat. Please can you do this sooner rather than later. Firstly, fill in the medical, dietary and allergy details online and if that does not appease your concerns, contact me via email.

I do hope you will have a fantastic midyear holiday!

Kind regards

Graeme Klerck (Epic Director)

[gklerck@bishops.org.za](mailto:gklerck@bishops.org.za)