

Dear Grade 10 Epic Parents

Medical details have been updated and consent forms handed in. Thanks for doing the necessary! Now I can work on medical concerns and dietary requirements. Just a heads up that we buy Halaal meat from Wembley, which we serve all Muslim boys on Epic. This is strictly controlled. If your son has other dietary requirements, you will have indicated this when you updated his medical details. How we usually do things with boys who are gluten-intolerant/ vegetarian/ vegan etc., is that we allow parents to provide meals/ parts of meals, where necessary and we distribute these meals to the various base camps for when your son is there. I will contact parents of these boys separately about this. We also take essential medication to the various bases. Contact will be made with these parents too.

However, if you feel you need to contact me or set up a meeting about your son's special medical requirements or have any other concerns, I encourage you to do so sooner rather than later, so that your concerns and your son's concerns can be alleviated. Simply respond to this email.

This term the boys have already received three addresses – an introduction to Epic from me and our cycling professional, another about boots, one from the Cape Leopard Trust and this week there is a talk about snakes. There will be a food talk closer to Epic.

Boys who are not quite up to speed with cycling and/ or swimming have been offered workshops and both these workshops are currently underway. We have also done three training hikes, of which some of your boys have taken advantage.

On Thursday 28 September, all Epic boys will climb Devil's Peak. This will be a measure of how fit boys are and perhaps a wake-up call for some. We have spoken repeatedly to boys about their fitness and now is the time to encourage your sons to get training, in advance of the Devil's Peak climb, if they have not been doing so already.

All boys should have purchased their boots by now. Boys are allowed to wear their boots to school to walk them in.

The Epic groups and hiking groups have been announced and so boys can now see with whom they will be spending the duration of Epic, who they will be hiking with, what the hiking routes will be and where they will be spending their last night (for fathers/ father-figures coming up on the final night).

Linked here is the [Epic Equipment List 2023](#), if you would like to start gathering things together. This is a guideline and you are not expected to buy everything new or any 'top of the range' equipment. Many of last year's grade 10s and the 2021 grade 10s will still have kit and this kit can be borrowed from them.

Please also find linked to the website, the School Shop Order form, from which you can purchase Epic equipment, if you so wish. The updated order form will be linked as soon as I receive it, here: [Bishops Diocesan College](#)

Every year we ask parents if they perhaps have a vehicle that Epic can borrow. These vehicles are used for ranging, by the Epic Director and as back up vehicles for things like cycling. A 4x4 or two of any description would be a great help. Please let me know if you can help us out and thanks to the two offers I have already received.

The Parents Epic Committee which helps create activities for the kids in the schools we work in and fundraises for their wish lists will be in touch shortly. Please support their initiatives.

I want to emphasize, once again, that Epic should be something your son is looking forward to, perhaps with a little trepidation, but not something he needs to be fearful about. Knowledge is key and so the information on the website will help him to understand more about what to expect. So please get him to read all about The Epic, if he is concerned.

Kind regards
Graeme Klerck
(Epic Director)