

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. There are still about 40 updates outstanding. Please visit the My Bishops Life parent portal (your son's profile) to do this.

Please would you let me know if you have a **vehicle** that we can borrow for the duration of Epic. This is quite important! It's always better to have Twin-cabs, Bakkies, 4X4s, or vehicles with high clearance, but any vehicles will be an enormous help – they are only used on dirt roads, not on 4X4 tracks. We have TWO so far. Last year we used 5 parent vehicles for the following jobs:

- Epic-Director's vehicle (simply getting around)
- Rangers' vehicle (getting rangers to bases of mountains to take boys up peaks)
- Lead vehicle for the cycling
- Support vehicle for the cycling
- Extra transport to and from the Cederberg and between bases for staff

The boys have started their Epic training. I introduced them to Epic yesterday. They are currently choosing partners, trying on jackets, signing up for a voluntary 1st Aid Course, have been offered swimming lessons and a beginner cycling course, if needed. They will enjoy preparation talks every second week during the last period on a Thursday (7 in total) and then, on the last Thursday of term 3, 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 (25 September) and that you do not leave for the holidays before the end of term!

Your boys will be issued with a **20% discount voucher** for Hi-Tec. These can be used to buy any gear, but particularly boots. Chris de Bruyn will speak to our boys about boots, on 7 August. Best to get boots and backpacks asap. If you need discount vouchers before then, send your son my way. The rule of thumb is always to buy boots that are one size bigger than what he usually wears.

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 a little under 4 months to go.

There were about 20 boys identified, during LO testing, as **physical concerns** for Epic and all these boys have been told to meet with the SPW team. They have been offered training programmes at the Bishops Gym. It has been recommended to them that they 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.

Finally, the **Parents' Committee** will meet next week. The committee helps in co-ordinating donations for our two Epic schools and sorts out activities for our boys to do with the Epic school kids when on Epic. There is still time to volunteer if you would still like to help in the myriad of activities in the build up to your son's Epic.

As always, please contact me directly with any concerns or questions you might have.

Kind regards

Graeme Klerck (Epic Director)

gklerck@bishops.org.za