

11 September 2026

Dear Parents and Carers

Year 7 Transition & Teambuilding Residential Experience (Rootd) - Final Details

Group 1 (Form letters E-H) : Wednesday 23 to Thursday 24 September 2026

Rootd is now under a fortnight away and we would like to share the following additional information before our trip:

Timings & Parking

On Wednesday 23 September, students should arrive at the normal time for school in their outdoor wear and **not school uniform**. They will take all luggage to their form rooms and register in their form rooms.

We are aiming to arrive back at school on Thursday 24 September at 5.15 pm. This time will obviously be dictated by traffic conditions and any delays which may occur.

To ensure the safety of all of our students, under no circumstances **will cars be allowed onto the school site when dropping off OR collecting your child**. Please drop off in High Elms Lane or the turning circle as usual. Students must be able to carry their own bags, so this short walk into school should not pose a problem. Parents and carers should bid their child farewell off-site. Our priority will be registering students during form time and ensuring everyone is present and punctual.

The Centre

Rootd Adventure, Phasels Wood Activity Centre, A41, Kings Langley, WD4 9NA

For the duration of our visit, we will be staying at the Rootd Adventure, Phasels Wood site. All activities take place at the site and are led by Rootd instructors. Between arriving at the site on Wednesday and departing from the site on Thursday, students will not leave the site at any time or for any reason, except in a medical emergency or by prior arrangement.

Activities

Students will take part in a variety of 'bushcraft type' activities and evening sessions look to be a lot of fun.

Students must be wearing appropriate clothing fit for an outdoor adventure environment. The forecast is for some rain, so it is crucial that your child has a raincoat and robust footwear (walking boots/wellies). Please do not pack expensive new clothing, as it is likely to come home very muddy.

Food Details

Please ensure that your child has breakfast before they leave home on Wednesday. Meals will be provided by the centre from Wednesday lunchtime until Thursday lunchtime. Rootd sites are nut-free environments, therefore, students must **NOT** bring their own snacks or sweets.

Medication

Any medication that your child requires during the trip should be kept by the student until we arrive at the Rootd site, where they will be supervised and medication will be put into the camp medical box. This includes all medicines or

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pills, regardless of their nature. Students must retain asthma inhalers and EpiPens (if applicable), which should be date-checked and in working condition. **Travel sickness pills should be administered before drop-off.** All medicines should be clearly labelled with your child's name and dosage requirements and placed in a **clear plastic sandwich bag**. If your child has a nut allergy and carries an EpiPen, **please ensure that a spare is provided** for the medicine box. For information, all medicines will be returned to students during the return journey, so all medication will be back with your child before their return to school. When you collect your child, please check that they have their medication.

Kit

The visit is spent outdoors, so warm, waterproof clothes and multiple layers are essential. **Please do not bring new or expensive clothes.** Please also bear in mind that luggage space on the coaches will be limited, so students should not bring excessive amounts of clothing or equipment. **Students are only allowed one holdall or small suitcase and a sleeping bag.** Please see the [kit list here](#).

Please bear in mind that we could get wet each day, so changes of clothes and multiple pairs of socks are advisable. There are no drying facilities at the centre, so you need to ensure that your child has a spare set of clothes.

Please note:

Neither Rootd Company nor Parmiter's School accept any responsibility for personal items lost during the trip. Therefore, students should not bring expensive items or electrical gadgets such as music players or game consoles.

Pocket Money & Mobile Phones

Students **must not bring either money or mobile devices** with them on this trip. There are no opportunities to spend any money.

Contacting Us

Parents/carers should not contact Rootd directly. If there is an emergency and you wish to speak to a member of the school staff whilst we are away, please telephone the school mobile number **07772 445498**. If we are not able to answer, please leave a clear voicemail message and we will return your call as soon as we are able.

Expectation of Behaviour

We expect exemplary behaviour from all of our Year 7 students. Normal school behaviour rules apply whilst we are away and any sanction issued during our trip will be served on return to school. The Headteacher reserves the right to withdraw any student, at any stage, from the experience where he considers the safety or benefit of this experience could be spoilt by an individual student's presence. In the event that a student is withdrawn from the trip, parents/carers will be contacted and expected to collect their child from the Rootd site.

If you have any questions, please do not hesitate to email (year7@parmiters.herts.sch.uk) prior to the trip. Please note that staff will not have regular access to emails whilst we are away.

There is a genuine sense of excitement building as we count down the days. Experience tells us that students will develop confidence and independence, make new friends and the memories they will share will remain with them well beyond their time at Parmiter's.

Yours sincerely



Mrs D Mullett
Head of Year 7



Mrs S Dormer
Deputy Head of Year 7