

## Year 7 Challenge Week Checklist 2021

**Use the checklist below to make sure you are ready for next week.**

Day	Crozier	Nightingale	Rowell	Upsdell
Monday	Trio Beach Hike	Coasteering	Sha Tin Cycling	Kadoorie Farm
Tuesday	Kadoorie Farm	Trio Beach Hike	Coasteering	Sha Tin Cycling
Wednesday	Sha Tin Cycling	Kadoorie Farm	Trio Beach Hike	Coasteering
Thursday	Coasteering	Sha Tin Cycling	Kadoorie Farm	Trio Beach Hike
Friday	KGV Interhouse Challenges			

	<b>Tick to show your are ready for Challenge Week</b>
Each day you need to be at the Hall for an 8.10am start!	
Each day you will be brought back to school in time for the school buses	
The only exception is for those living in Sai Kung who want to meet the School bus at Sai Kung stadium at 9.15am and to be dismissed at Pak Sha Wan at 2.15pm. You must send Ms Beer an email before 5pm on Friday 29th October. This only applies for the day students have the Trio Hike activity.	
On the rare occasion we are late for the school bus and you have to make your own way home, have you discussed with your parent/ caregiver what you will do	
You will be wearing House Colours all week. Will you wear just your PE kit or some of your own clothes in your House Colour. You will also need to wear your trainers	
The day you will visit Kadoorie Farm, you will need to wear only either white, green, black or yellow tops. NO KGV shirts on this day please	
Have you downloaded Google Chat to your mobile phone? This is how you will contact your teachers should you need help in the week.	
<p>Have you got your backpack ready with the following items;</p> <ul style="list-style-type: none"> <li>● A hat (no hat, no participation in the activity)</li> <li>● Suncream (no sun cream, no participation in the activity)</li> <li>● 2 litres of water per day</li> <li>● Packed lunch</li> <li>● Mobile Phone (if you have one)</li> <li>● Octopus Card (for Sha Tin day and SK Trio Hike)</li> <li>● HK\$10 cash/ coins for Trio Hike Day</li> <li>● Waterproof jacket</li> <li>● Small towel/ water shoes in case you want to go into the water at Trio</li> <li>● Layers in case you are cold (you can bring long trousers in case you get cold)</li> <li>● Your own cycle helmet (only if you want to bring it). On the Coasteering day a helmet is provided (no need to wear swimmers on this day/ or water shoes, trainers and shorts are perfect)</li> </ul>	
Have you studied the plan for the week and know which activity you are completing each day	

