

Dear parent or guardian,

**Samworth Church Academy**

Your son or daughter has the opportunity to take part in an adventurous school trip that we are helping your school to plan.

Adventure travel is exciting. It is a chance to stretch horizons and develop an understanding of cultures and destinations beyond our everyday world. The educational benefits and opportunities for personal development are many indeed.

By its very nature, however, adventure travel is more challenging and demanding than a conventional school trip. The enjoyment, excitement and educational benefit is derived, in part, from the inherent risks and challenges associated with each journey and destination.

Comprehensive risk assessments, expert guides, thorough planning and contingency arrangements all help to reduce risks to an acceptable level, but they cannot remove them all together. Standards of accommodation, transport, service provision, healthcare, hygiene and emergency response are, generally, not as high as in the UK. Flexibility and patience on the part of the traveller is important, so too is your understanding of this as a parent or guardian.

The enclosed information is designed to enable you to make an informed decision as to the itinerary and organisations involved, and whether the trip is right for your child.

Should you have any questions at all, please do not hesitate to get in touch.

Yours sincerely,



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Director



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## About The STC:

The School Travel Consultancy has been organising adventurous school trips and expeditions since 2006. Over the years we have helped school groups summit 6000m peaks in the Himalaya and visit remote tribes deep in the rainforest clad interior of Venezuela. Not all trips we arrange are as adventurous as these, yet wherever we operate our key goal is to provide an exceptional educational travel experience, one that takes students out of their comfort zones, opening their eyes and stretching their global horizons in a carefully risk-assessed environment.

## Objectives:

In line with the requests of the lead teacher, the objectives of this trip are:

- To explore Machu Picchu and the undertake a classic trek on the Inca Trail
- To work together with a local community on an essential project which is responsible, ethical and sustainable
- A diverse itinerary that shows as many of the aspects of the destination with the time

## Trip Overview:

This adventure is the perfect introduction to Peru. It keeps travel to a minimum, yet has the big highlights you want in a first time visit to the country. Spending the majority of our time in the Sacred Valley and Cusco region allows us to see more of the area's Inca heritage. We get to grips with a variety of trekking and volunteer project work with the local people. The Inca Trail is a challenging, yet achievable trek in spectacular surrounds. Naturally, there is a full day visit to the incredible ruins of Machu Picchu, perched high above the Urubamba River in the most awe-inspiring of settings. And, throughout it all, we've got some of the region's best guides to tell you about the culture, history, flora and fauna. It's a great adventure and one which will stay with the students and staff forever - we hope you can join us!

## Planned itinerary

Below is an outline of the planned itinerary. Please note, it is important to realise that the itinerary needs to be flexible. While every effort will be made to follow the schedule below, in the event of political problems, airline schedule changes or environmental factors, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides – he or she will want you to see their country in a good light.

### Day 1: Arrive Lima

On arrival in Lima, you will be met at the airport by your guide and transferred to your hotel (approximately 45 minute journey).

Overnight: Hostel Lima

Meals: dinner

### Day 2: Cusco

You will be transferred to Lima airport for your onward flight to Cusco. On arrival in Cusco, you will be met by your guide and escorted to your hotel. After checking in, you will embark on a short walking tour of Cusco - a great way to get your bearings and also to help with acclimatisation to the altitude. The beautiful historic centre was declared a World Heritage Site in 1983 with Inca and colonial architecture evident all around. Later in the day your guide will give you a full briefing for the adventure ahead.

Overnight: Hostel Cusco

Meals: breakfast, lunch and dinner

### Day 3: Cusco Outlying Ruins & City

Today is all about exploring Cusco. You will have an expert guide at your disposal to show you some of the highlights of this beautiful city. Here is our itinerary:

First a visit to the impressive site of Sacsayhuaman, where huge stone ramparts surround a beautiful grass amphitheatre. Once the scene of fierce battles it now hosts the recreation of traditional Inca ceremonies such as Inti Raymi and Warachikuy. Next, lying at 3700m, is the Inca water temple of Tambo Machay. With its intricately carved water channels this is thought to have been used both for ritual cleansing as well as the worship of water. From here you will carry on down to Cusco, stopping at other historical sites such as the Temple of the Moon along the way. Once down in the town you may choose

to start with the Plaza de Armas and a visit to its impressive cathedral. Qoricancha temple, once home to life sized statues in solid gold is another very popular option. If time permits, you could visit one of the bustling markets, full of tropical fruits fresh from the Amazon or visit the San Blas artisan district.

Overnight: Hostel Cusco

Meals: breakfast, lunch and dinner



#### **Day 4: Pisac ruins, market and Ollantaytambo**

Your first stop is at the extensive Inca ruins at the top of the hill above Pisac. Here there is much to explore with a circular hike along a well-defined Inca trail through royal buildings, look-outs, terraces, tunnels and irrigation channels before returning on another good trail to the bus. You will then continue on to the market of Pisac where you could try freshly baked empanadas from the town oven, learn about the guinea pigs of Peru or buy some souvenirs from the artisan stalls.

Afterwards you will drive along the Urubamba river to visit the Inca fortress town of Ollantaytambo – the site of the last big battle between the Incas and Spanish before the remaining Inca rebels fled into the jungles of Vilcabamba. In this beautiful, well-preserved village and ruins you can still feel the true magic of the Incas. The hill-top, Inca sun temple displays some of the finest stonework in the area. The site was unfinished and some magnificent stones still lie un-erected, providing important clues to the building methods.

Overnight: Hostal Ollantaytambo

Meals: breakfast, lunch and dinner



### Day 5 & 6: Project based Tree Conservation above Ollantaytambo

Over these two days you will have the opportunity to help the planet by volunteering in a tree conservation project. As there is very little rain in the dry season, April is not a good time of year to plant trees so it is more beneficial to prune existing ones. You'll be working alongside the local people in an established project that has been going on for a number of years now.

Overnight: Hostel in Ollantaytambo

Meals: breakfast, lunch and dinner



### Day 7: Inca Trail to Machu Picchu

Your five day Inca Trail is carefully tailored to avoid the crowds. By leaving later than everyone else, and allowing an extra day, you spend the whole trail out of sync with other tourists, which will make the trail much quieter. This morning you visit the old Inca town of Ollantaytambo. After a look around and some lunch there will be a short drive to the trailhead at Piscacucho (km 82). Here, you will meet the porters and cooks that will support your journey to Machu Picchu. With the crowds now long gone, you will hike an undulating trail above the Urubamba river to camp beside the spectacular ruins of Llactapata (2,788m / 9,146ft). Your luggage will be carried by the porters and your tents will be put up for you. All you have to do is shoulder your daypack and enjoy the walking.

Overnight: Camping

Meals: breakfast, lunch and dinner



### Day 8: Inca Trail to Machu Picchu

After a hearty breakfast you will gently climb the Cusichaca valley to the small hamlet of Huayllabamba. This is the last inhabited place on the trail. A little steeper now, you head up the beautiful Inca path, past hummingbirds and stunted cloud forest to your camp at Llulluchapampa (3,680m / 12,073ft). This beautiful grassy area has outstanding views and you may be able to see the Andean deer that come to feed here.

Overnight: Camping

Meals: breakfast, lunch and dinner

### Day 9: Inca Trail to Machu Picchu

Today is the most challenging day but also the most exhilarating. You will climb to Dead Woman's Pass (4,212m / 13,819ft) the high point of the trail before dropping into the Pacasmayo valley. Climbing once more you will pass the Inca control post of Runkuracay to the second pass of the day (3,998m / 13,117ft). On a clear day there are spectacular views towards the Pumahuanca mountain in the Vilcabamba range. You will then continue on the well preserved Inca trail to Sayacmarca. Located at the junction of two old Inca roads, historians still argue over its exact purpose. A few more gentle ups and downs and you will arrive at your stunning campsite for the night, Phuyupatamarca, or 'the place above the clouds' (3,650m / 11,975ft).

Overnight: Camping

Meals: breakfast, lunch and dinner



### Day 10: Inca Trail to Machu Picchu

This is the day you finally reach Machu Picchu. As you step out of your tent the views are stunning. Perhaps you will see the sun rising over the snow-capped mountains of Salkantay (6,200m / 20,341ft) and Veronica (5,800m / 19,029ft). Or perhaps you will have a cloud inversion, with the clouds filling the valleys beneath your feet.

After saying a fond farewell to your porters it is time to put on your boots and head to Machu Picchu. You will descend through the cloud forest on beautiful Inca stairways to Winay Wayna, another interesting ruin full of swallows and orchids. Finally you will contour the hillside to arrive at Inti Punku, the gateway of the Sun. As you step through the old stone gateway Machu Picchu appears laid out before your eyes. After plenty of photos you will carry on past this wonder of the world to catch the bus down to the colourful town of Machu Picchu Pueblo and a well-deserved hotel and shower.

Overnight: Hostel Machu Picchu

Meals: breakfast, lunch and dinner

### **Day 11: Machu Picchu tour**

Today you will explore the pinnacle of Inca engineering - Machu Picchu. For years it was lost to the jungle. Rediscovered in 1911 by the Yale professor Hiram Bingham, declared a UNESCO World Heritage Site in 1983 and one of the New Seven Wonders of the World in 2007, Machu Picchu exceeds all expectations.

This astounding site lies in an even more astonishing location. Perched high on an inaccessible hilltop it is protected by huge cliffs and the raging Urubamba river. Things are slightly easier now than in the time of the Incas and so you will start your day with a twenty minute bus ride up to the site!

You will arrive early, making it possible to explore the ruins in the company of your guide, before they get too busy. The guided tour takes around two hours leaving you a few hours free to wander amongst the old Inca walls and just sit and take in the scale of the place on your own. For those who want to walk a bit more, you could take the hour long trail up to the Sun Gate, or a shorter trail to visit the Inca Bridge which once spanned a sheer cliff face.

Eventually the time comes to catch the bus down to Machu Picchu Pueblo and board your train back along the Urubamba River. The scenery is beautiful and the train jolts softly along, allowing you to sit, stare out the window and reflect on all you have seen.

Overnight: Hotel Cusco

Meals: breakfast, lunch and dinner



### **Day 12: Free day in Cusco then onward travel**

Back once more in the old Inca capital you will have time to enjoy all that this city has to offer. Inca museums, coffee museums, chocolate making classes, souvenir hunting or even just sitting in one of the many cafes and watching the world go by. The new late flights out of Cusco allow you to really maximise your time and get the most out of this great adventure and the wonderful country of Peru.. After a connection in Lima, we settle in for the overnight return to the UK

### **Day 13: Arrive back in the UK.**

Flight times yet to be confirmed

## Grading:

We grade all our trips so teachers, school leaders and parents can gauge whether it is appropriate to their requirements and objectives. We have given this adventure to Peru the following grading:

### Physical: 4

Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so 2-4 month fitness improvement programme would ensure you get the most out of the trip.

### Cultural: 3

Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.

## Minimum age:

We recommend a minimum age of 15 years for this trip.

## Accommodation:

Accommodation on the trip includes:

- Overnight flights
- En-suite hotel / hostel accommodation
- Camping

## Transport:

Transport on the trip will be by:

- Private coach or minibus
- On foot

## Travel Insurance:

The school will be providing travel insurance for the group. Details of cover will be available through the school prior to departure.

## Peru: Country information

Full Country Name:	The Republic of Peru
Area:	1,285,220 sq km (496,225 sq m)
Population:	28.7m (2007 estimate)
Capital:	Lima
People:	Indigenous (45%), Mestizo (37%), European/White (15%), other 3%
Language(s):	Spanish (official), Quechua (official), Aynara and a number of minor Amazonian languages
Religion(s):	81% Roman Catholic, 2% other denominations, 16% unspecified or none
Currency:	Nuevo Sol S/
Government:	A Republic
Electricity:	220 volts AC, 60Hz.
Time:	GMT -5 hours. Flight time from Heathrow to Lima approximately 15 hours

### Country overview

Peru is a country in South America, situated on the western side of that continent, facing the South Pacific Ocean and straddling part of the Andes mountain range that runs the length of South America. Peru is bordered by Ecuador and Colombia to the north, Brazil and Bolivia to the east, and Chile to the south. The main attractions are the archaeological patrimony of pre-Columbian cultures and the hub of the Inca's empire, cuisine, colonial architecture and the natural resources.

### Geography

Peru is one of the most bio-diverse countries in the world, containing 83 of a possible 103 types of

ecological zones. The capital, Lima, is located in the narrow desertified coastal shelf that runs almost the entire length of the country. Eastwards, the Andes rise steeply to snow-capped peaks reaching over 6,000m. The range is characterised by high plateaux, deep canyons and spectacular mountain passes. The Cotahuasi Canyon in southern Peru is twice as deep as the Grand Canyon. Heading further east, the Andes give up their snow covered slopes to cloud forest, and ultimately, to the upper reaches of the Amazon.

### Climate

Peru is at its best between early June and late September. During this time the weather in the mountains is characterised by clear blue skies and sunshine and the days can be warm. However, due to the altitude the nights are cold, with temperatures frequently dropping to near freezing. The main rainy season runs from November to April with the mountains often obscured in cloud, and frequent rainfall. The coastal belt, including that around Lima, is affected by cloud, fog and drizzle for much of the year.

### Cultural considerations

Peru is mainly a conservative country; respect local traditions, customs, laws and religions at all times and be aware of your actions to make sure they don't offend. For more information see [www.guide.culturecrossing.net](http://www.guide.culturecrossing.net)

### Climate Chart for Cusco

Month	Average Sunlight (hours)	Temperature				Discomfort from heat and humidity	Relative humidity		Average Precipitation (mm)	Wet Days per Month (+0.25 mm)
		Average Daily		Record			am	pm		
		Min	Max	Min	Max					
J	5	7	20	3	28	-	79	40	163	18
F	4	7	21	2	27	-	85	37	150	13
M	5	7	21	2	26	-	84	31	109	11
A	7	4	22	-4	26	-	87	33	51	8
M	8	2	21	-4	26	-	89	29	15	3
J	8	1	21	-5	25	-	91	23	5	2
J	8	-1	21	-9	25	-	95	23	5	2
A	8	1	21	-5	25	-	90	24	10	2
S	7	4	22	-1	27	-	80	26	25	7
O	6	6	22	-1	29	-	73	27	66	8
N	7	6	23	1	28	-	71	26	76	12
D	5	7	22	1	27	-	75	33	137	16

### Regulations & Red Tape

A full passport is required for travel to Peru. No additional period of validity is required, but we recommend good practice of passports being valid for 6 months after your return date, in case advice changes at short notice. British passport holders do not currently need a visa to enter the country as tourists. However, travellers must be in possession of a return air ticket, and if entering Peru overland from another South American country a yellow fever vaccination certificate may be required.

**Departure tax:** There is a local tax of approx. \$5 per person payable on domestic flights within Peru. International departure taxes are now usually included in the cost of your flights.

## Health Information

*The information on this page has been provided by 'fitfortravel' ([www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)) - a public access website provided by the NHS (Scotland). It gives travel health information for people travelling abroad from the UK. Remember that you should always discuss your particular needs with your own doctor or nurse.*

### Advice for All Destinations

The risks to health whilst travelling will vary between individuals and many issues need to be taken into account, e.g. activities abroad, length of stay and general health of the traveller. It is recommended that you consult with your General Practitioner or Practice Nurse 6-8 weeks in advance of travel. They will assess your particular health risks before recommending vaccines and /or antimalarial tablets. This is also a good opportunity to discuss important travel health issues including safe food and water, accidents, sun exposure and insect bites. Many of the problems experienced by travellers cannot be prevented by vaccinations and other preventive measures need to be taken.

Measles occurs worldwide and is common in developing countries. The pre-travel consultation is a good opportunity to check that you are immune, either by previous immunisation or natural measles infection

Ensure you are fully insured for medical emergencies including repatriation. The 'T7' leaflet (from Post Offices) gives details of health care agreements between countries and is accompanied by an application form for the European Health Insurance Card (EHIC). The completed form must be submitted about 6 weeks before you plan to leave to allow the card to reach you on time. The EHIC entitles travellers to reduced-cost, sometimes free, medical treatment in most European countries. For Travel Safety Advice you should visit the UK Foreign and Commonwealth Office website ([www.fco.gov.uk](http://www.fco.gov.uk))

## Health Advice for Peru:

Confirm primary courses and boosters are up to date as recommended for life in Britain - including vaccines given to special groups because of risk exposure or complications (e.g. hepatitis B for health care workers, influenza and pneumococcal vaccines for the elderly).

**Courses or boosters usually advised:** tetanus; hepatitis A; typhoid

**Vaccines sometimes advised:** rabies; hepatitis B; yellow fever (for those visiting areas below 2300m East of the Andes).

**No vaccine certificate required.**

**Malaria:** Malaria is a serious and sometimes fatal disease transmitted by mosquitoes. You cannot be vaccinated against malaria.

- Malaria risk is due predominantly to the benign form but with also with the severe form throughout the year. Risk is present in rural areas below 2000m. Risk is highest in the department of Loreto in the Amazon where 98% of severe malaria found. Risk is lower in other areas and low to no risk in areas West of the Andes (except the districts of Piura and Tumbes) and at altitude.
- Malaria precautions are essential in some areas. Avoid mosquito bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net.
- Check with your doctor or nurse about suitable antimalarial tablets.
- Atovaquone/proguanil OR doxycycline OR mefloquine is recommended for those visiting high risk areas. Chloroquine alone or proguanil alone (if chloroquine cannot be tolerated) is recommended for those visiting variable risk areas.
- If you have been travelling in a malarious area and develop a fever seek medical attention promptly. Remember malaria can develop even up to one year after exposure.
- If travelling to high risk malarious areas, remote from medical facilities, carrying emergency malaria standby treatment may be considered.

## Venture Provider

The School Travel Consultancy is the venture provider for this trip, holding overall responsibility for safety and operations.

## Leader Team:

The Leader team for this expedition will be made up of:

- **STC leader** - An experienced expedition leader will accompany the group when in country. By using leaders from your destination, we ensure our clients get the best possible in-country experience. Students and teachers regularly tell us that our leaders are a vital part of the success of our trips, providing an invaluable insight into local customs, history, flora, fauna, geography, politics and much more. They also have detailed knowledge of the local environmental and safety issues that groups could potentially incur and are thoroughly trained by us in their responsibilities and emergency procedures. The STC leader has overall responsibility for directing the logistics of the trip and ensuring the safety of each and every person participating.
- **School leader team** – This is made up of a minimum of two teachers, one of each gender (if a mixed group). The school leader team are responsible for all pastoral care issues of participants and the implementation of school policies and appropriate guidelines.

## Booking process:

To confirm your place on the trip, we need to have the following:

- A completed and signed booking form. This collects personal contact details, next of kin, passport and medical information. If under 18 years of age, this form **MUST** be signed by a parent or guardian **AND** the student travelling.
- A deposit – please refer to the letter from school for details of this. Deposits should be payable to the school please, **NOT** to The STC.
- A copy of the photo ID page of your passport.

## Pre-departure information and preparation:

In the build up to your trip, we will be providing detailed information and training sessions to enable participants to plan and prepare as thoroughly as possible for this trip. This information will include advice on:

- Confirmed travel arrangements
- Health & Hygiene advice
- A comprehensive kit list
- Culture & history of your destination
- Sources of further information about your destination
- Passport and Visa requirements
- Trip specific vaccination and medical advice from Travel Health Consultancy Ltd.
- Money matters including, if appropriate to your trip, fundraising ideas and entrepreneurial schemes
- Language – basic phrases
- Expected fitness requirements
- Roles, responsibilities and expectations of participants
- Responsible tourism advice and suggestions
- Code of conduct
- What to do in an emergency and emergency contact information

## Pre-travel preparation sessions

Three to six months prior to travel, we will arrange for a parent and student information evening to be held at the school. This is a chance for us to prepare the students for the trip and ensure that everyone is happy, with questions answered and minds put at ease. At this evening we cover the following elements:

- Passports and Visas
- Safety approach and attitude
- Being open about problems
- Health & Hygiene
- Personal safety
- Specific Hazards related to your itinerary e.g:
  - Sun and dehydration
  - Cold weather
  - Altitude
  - Wild animals
- How to travel more responsibly
- Money management
- Packing and Kit
- Responsible Tourism

Depending on the size of the group and the objectives of the trip, we may split this training into one or more sessions.

## Safety Management and attitude to risk

Safety is our number priority and we take the welfare of our clients and those who work on our trips extremely seriously. We have comprehensive safety management systems in place, including areas detailed below. If you would like to know more, please ask for a copy of our Safety Management System.

### Trip selection:

Each journey and expedition has been tailor-made and researched with school groups in mind.

### Leaders:

Each trip is accompanied by a full time professional leader, trained in first aid, critical incident management and the complex art of managing logistics.

### Risk Assessment:

Country and itinerary specific risk assessments are provided prior to departure. In addition, your leader has the training to dynamically risk assess your journey when on the road. Group management risk assessments are provided to assist lead teachers. Copies of risk assessments are available to view should you wish to see them.

### Altitude and acclimatisation:

This trip goes to high altitude (max 4215m). We have included an extra day on the standard trek to allow for better acclimatisation. There is good acclimatisation built into this itinerary and we do not expect altitude to be a great issue. Our guides are extremely experienced in spotting and dealing with altitude related issues and will always act with safety utmost in their minds.

### Crisis response:

24 hour emergency back-up and critical incident support is on hand in the unlikely event of an incident whilst overseas.

### Evacuation:

We have an emergency evacuation plan in place for each day of the trip, detailing the nearest medical facilities and places of assistance. Whilst helicopter evacuation is theoretically possible in Peru, in reality it is often quicker to evacuate casualties by porter, mule, minibus or ambulance. As such, typical time to medical help (other than first aid) can be in the region of 5 to 7 hours on a trip such as this. If you would like to see a copy of our emergency evacuation plan then please get in touch.

### Communication:

Each group carries satellite, radio and/or mobile communications as your itinerary and terrain demands, ensuring communication is possible in all situations.

### Accommodation & transport

All accommodation and transport are risk assessed and checked by local operations teams. Minimum requirements for vehicle standards and driver hours are enforced through contractual agreements with our in-country partners.

### Insurance:

£5,000,000 public liability insurance is in place and personal travel insurance is compulsory for all those travelling.

### Pre-travel screening

All travellers are medically screened to ensure they are fit and healthy to undertake your chosen journey.

### Foreign Office Advice:

All tours and expeditions are run within Foreign and Commonwealth Office (FCO) travel advice. FCO advice is monitored daily and tour operators have the resources to react quickly should that advice change.

### Pre-trip training

Students and staff are given the necessary training and skills to safely undertake each journey. Some of this training is provided by us, some by external companies as necessary.

## Declaration of Risk

Ventures that include adventurous activities involve exposure to accepted elements of risk, challenge and adventure greater than those normally encountered in everyday life. Whilst such activities provided by The School Travel Consultancy are subject to exacting safety management processes, it cannot be guaranteed that all possibility of resultant injury to participants, or others, is eliminated.

## Relationship with the school and parents

When we run an overseas trip for a school we contract with the school for the delivery of the travel arrangements and any pre-trip programme. We also contract directly with the parents/guardians through our terms and conditions which govern responsibilities of both parties, cancellation policies, changes and liability. Therefore, in terms of health and safety, we work in partnership with the school's Senior Management and/or Head Teacher. This means that we also work with the school's Operating Authority, (if applicable) meaning the trip is signed off by an external body.

## How to contact us

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