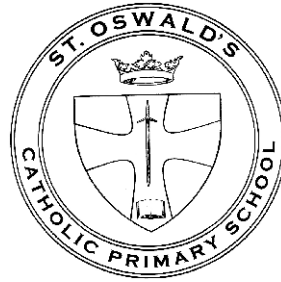




**INCLUSION**  
CHARTER MARK



International  
School Award

## ST. OSWALD'S CATHOLIC PRIMARY SCHOOL

Email: [office@st-oswalds.liverpool.sch.uk](mailto:office@st-oswalds.liverpool.sch.uk)

[www.stoswaldsschool.com](http://www.stoswaldsschool.com)

Montague Road

**Headteacher: Mrs. M. Walsh**

Telephone:

Liverpool L13 5TE

0151 228 8436

### Heads up for Kate – The Virtual Everest Challenge

Dear parents/carers,

As a school, we are going to be taking part in a fundraiser in memory of the Headteacher of Christ the King Primary School, Kate Griffin. The fundraiser will be raising money for Rainbows UK, a charity that supports children through bereavement. This is an organisation that has supported many of our children throughout the years.

In year group teams, we will be trying to climb the equivalent of Mount Everest by doing simple activities such as; running, dancing and climbing stairs. We will be trying to get as far as we can and seeing which year group can get the furthest. We will be completing this challenge in school, but you can join in at home as well! We will be ticking off boxes as we go on the sheet attached.

We have started a Virgin Money page here for you to sponsor us. Any donation, no matter how small will be greatly appreciated. It is for an amazing cause and your support will help RainbowsGB to continue in its vision which is quite simply “that every child and young person in every school in Great Britain, grieving a significant and often devastating loss in their lives, to be understood and supported appropriately.”

Here is the link to our donation page:

<https://uk.virginmoneygiving.com/Team/StOswaldsCatholicPrimarySchool>

Thank you for your support, and we hope you enjoy supporting this challenge!

Mrs Moscardini,  
Rainbows Co Ordinator



Liverpool

*Together with Jesus, we will Learn and*



*Grow in Faith*



# HEADS UP FOR KATE!

## STATIONS TO THE SUMMIT

**10. The Summit**  
At 29,028ft (8848m), this is the world's highest point

**9. The Hillary Step**  
The most famous physical feature on Everest. First climbed by Hillary in 1953. Hillary found a crack which he used to wriggle his way up

**8. The Cornice Traverse**  
A 400ft long ridge of rick and wind carved snow. A misstep leads to a fall of either 8000ft or 10,000ft down the mountain...

**7. The South Summit**  
The size of a ping pong table. It is tradition to change oxygen bottles here for the final ascent.

**6. The Southeast Ridge**  
At 27,700ft it is known as the Balcony.

**5. The South Col**  
'Col' is the Welsh word for pass. It is used as high camp. Must drink at least 5 litres of hot fluid here and sleep with low O2 flow.

**4. The Geneva Spur**  
Bulging rock now fixed with ropes for the climbers.

**3. The Yellow Band**  
Sandstone rock. will be the first rock the climber touches on the way to the summit

**2. The Lhotse face**  
Wall of blue ice rising 3700ft with angles of 40 and 50 degrees

**1. The Western CWM**  
Broad, flat glacial valley basin.

**WE THINK THAT KATE SHARES THE COURAGE, DETERMINATION AND WILL TO CHALLENGE – JUST LIKE SIR EDMUND HILLARY DID...**

**Climb the equivalent distance Sir Edmund Hillary climbed from Base Camp to the summit of Mount Everest within 47 days – that's how long it took him!**

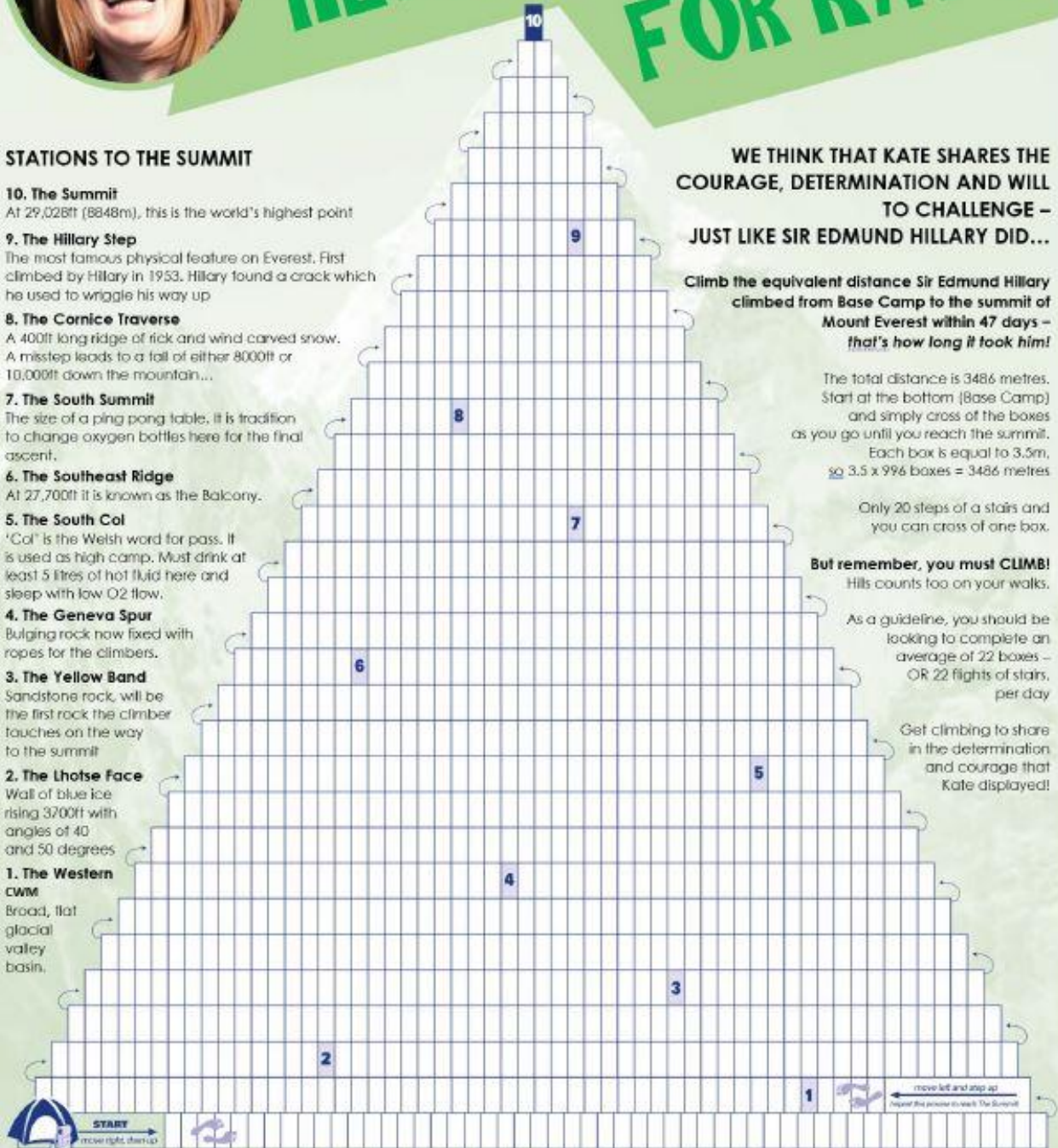
The total distance is 3486 metres. Start at the bottom (Base Camp) and simply cross of the boxes as you go until you reach the summit. Each box is equal to 3.5m, so 3.5 x 996 boxes = 3486 metres

Only 20 steps of a stairs and you can cross of one box.

**But remember, you must CLIMB!** Hills counts too on your walks.

As a guideline, you should be looking to complete an average of 22 boxes – OR 22 flights of stairs, per day

Get climbing to share in the determination and courage that Kate displayed!



Go to [bit.ly/kateseverest](http://bit.ly/kateseverest) to access Kate's Virgin Money Giving fundraising page

**RAINBOWS BEREAVEMENT SUPPORT GREAT BRITAIN** is a well-respected national charity having a proven, positive impact on the lives of children, young people and adults grieving a significant and often devastating loss in their lives.

Our vision is quite simply for every child and young person in every school in Great Britain, grieving a significant and often devastating loss in their lives, to be understood and supported appropriately.

**ALL MONIES RAISED BY PARTICIPATING IN THIS CHALLENGE WILL BE DONATED TO SUPPORT CHILDREN AT THEIR TIME OF NEED**



*Together with Jesus, we will Learn and Grow in Faith*

