

Ecole de Mer - Important Information on Dietary & Health Requirements

We kindly ask for your attention regarding the following crucial information which pertains to the health and safety of all participants at our summer camp, Ecole de Mer.

VEGETARIAN STUDENTS

At Ecole de Mer, we can accommodate vegetarian students. However, this requires advance notification. If your child follows a vegetarian diet, kindly forward their name and dates of attendance to admin@hewittcollege.ie.

VEGAN STUDENTS

Regrettably, at Ecole de Mer, we are unable to provide meals for a vegan diet. We apologise for any inconvenience this may cause.

COELIAC DISEASE AND GLUTEN INTOLERANCE

Students with gluten intolerance or coeliac disease are required to bring the following items, clearly labelled with their names, to Ardmore:

- Breakfast items:** Butter or butter spread (for personal use to avoid cross-contamination), gluten-free (GF) bread, GF cereal.
- Lunch and Dinner items:** GF bread or bread rolls x 4 (please note that all soups at Ecole de Mer are GF), one GF lasagne-style ready meal, two GF beef or chicken burgers, two GF burger buns, two GF wraps a small pack of GF sausages, GF pasta | spaghetti.
- Snacks:** GF biscuits | cookies, GF snacks.

Toasted sandwich bag required to use when making toast.

DAIRY ALLERGIES | LACTOSE INTOLERANCE

Please bring a suitable butter type spread, milk alternative, ice-cream alternative, milk-free breads, dairy free chocolate and snacks.

NUT ALLERGIES

Please bring appropriate cereal and snack options to suit specific dietary requirements. Also, staff must be made aware of any medications that the student is carrying and instructed on how to administer same by parent | guardian.

EGG ALLERGY | EGG INTOLERANCE

Please bring egg free bread, bread rolls, egg-free pasta, one lasagne style egg free ready meal, specific snacks if required.

ASTHMA

We highly recommend all students with asthma bring their own bedding, including pillows, pillowcases, duvets, duvet covers, and single sheets, to ensure comfort and safety.

HAY FEVER

Please be aware that Ardmore often experiences high pollen counts. We recommend bringing potent medication in case of a severe reaction.

MEDICATIONS AND ADDITIONAL HEALTH OR DIETARY NEEDS

If your child is on any medication, it is crucial that you inform us and ensure your child brings sufficient supplies to Ardmore. Please note, it is the responsibility of your child to administer their medication, so ensure they are fully versed in their medication schedule and usage. Additionally, if your child has any health conditions or dietary requirements not covered in this message, please get in touch with our course director.

We are dedicated to providing a safe and inclusive environment for all students, so your open communication about any unique needs is greatly valued. Please don't hesitate to reach out to our course director at Trish. McGrath@hewittcollege.ie to discuss any concerns.

FOOD AND BEVERAGES IN DORMITORIES

In order to uphold the health and safety of all our students, we have implemented a policy prohibiting the consumption of food and beverages in the dormitories at night. We kindly request that you refrain from sending food to camp with your children. Rest assured, the food at Ecole de Mer is both delicious and plentiful, ensuring no child will go hungry! In addition, there will be a daily visit to the local shop, giving your children an opportunity to purchase treats such as ice-cream. We appreciate your understanding and cooperation with these guidelines.

WETSUITS

While the weather may be beautiful, it takes the sea a few weeks to heat up, so we strongly advise all students to bring a wetsuit, as otherwise, they will get very cold, very quickly in the sea. Each day, we will have water activities, so a wetsuit is a must to make the most of activity time!

SUNSCREEN

Please ensure that you send ample supplies of sunscreen with your child to camp. French classes take place between 9.30 am and 1.30 pm. and we aim to spend as much time outdoors as possible.

Should you have any further questions or concerns, please feel free to contact our course director at Trish. McGrath@hewittcollege.ie.

Thank you for your cooperation, and we look forward to welcoming your child to Ecole de Mer.

**Best regards,
Trish McGrath**