



Holy Family Catholic Primary School
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Head Teacher: Miss M Hilton

27th February 2026

Dear Parents/Carers,

Year 5 – Martin Mere

On Friday 1st May Year 5 will be experiencing a Viking activity day at Martin Mere Wildfowl and Wetlands Centre in Burscough. The day will be spent with Viking villagers. Children will have the opportunity to experience what daily life was like within a Viking settlement. We are asking that children will join in with the spirit of the occasion and dress appropriately as Viking villagers, they will also need a packed lunch (please see below for suggestions).

The children will need to be in school by 8.55am prompt so the coach can leave and we will be back for 3:30pm.

The cost of this trip is £21.50 per child – to be paid by 24th April. Please pay online using the SchoolGateway app. Alternatively you can pay by card at the office or send cash into school in a named envelope.

If not enough contributions are received, unfortunately the trip will have to be cancelled. Please speak to your child's class teacher or Mrs Watkins in the office if there is a problem with making your contribution.

Yours sincerely,

Mr Atkinson



CLOTHES

Viking villagers wore practical, layered outfits made from natural materials such as wool, linen, and leather. Boys might wear a plain long-sleeved shirt (linen or cotton works well) with a simple tunic over the top, along with comfortable trousers or leggings. Girls could wear a long-sleeved dress or skirt with a simple apron-style overdress layered on top. Neutral or earthy colours such as brown, grey, cream, green, blue, or red are ideal, as Viking clothing was often dyed using natural plant colours. A simple cloak, shawl, or scarf can be added for warmth, and belts made from fabric or faux leather can help complete the look. Modern logos and bright synthetic fabrics are best avoided if possible, but comfort and weather-appropriate clothing are most important.

FOOD

Traditional Viking foods were hearty and plain, so suitable options might include wholegrain bread or flatbread, along with chicken or ham, boiled eggs, or cheese. Fresh fruit such as apples or pears, dried fruit, carrot or cucumber sticks would also fit well with the theme. Water or fresh fruit juice are ideal drinks. If possible, lunches can be packed in a simple lunchbox or wrapped in cloth or brown paper to reflect the historical theme. As always, please prioritise your child's usual dietary needs, allergies, and school food guidelines.

