

How to give parents peace of mind

Sending your children away without you can be daunting for any parent. Here are some tips on how teachers can help put parents' minds at ease.

Why a school trip?

Travel helps children to develop their sense of independence, experience new cultures and bond with their classmates. Parents will buy into an itinerary with strong educational content alongside enjoyable, interactive and hands on visits.

Know your tour operator

Choose an experienced tour operator with a proven track record. They should be fully ABTA and ATOL bonded as well as members of the School Travel Forum, a group which regulates safety and service standards. Then if the parents want to check out who you're booking with, they will see safety is covered.

What about health care?

Ask your parents to give clear instructions on any allergies, conditions or concerns on their children's health so you can be fully prepared. In return inform them about health care contingencies - UK residents are entitled to medical care at reduced cost or, sometimes free, when visiting a European Union (EU) country. Parents should ensure their children have a European Health Insurance Card (EHIC).

Further information can be found at: www.nhs.uk/NHSEngland/Health-careabroad/Pages/Healthcareabroad.aspx

Keeping in touch with family

Parents will be concerned about keeping in touch with their children. Manage expectations by making it clear what your mobile phone policy is. Point out that mobile phones may have high "roaming" and connection charges for calls and text messages both received and made and most travel insurance policies don't cover mobile phones. It may be safer to opt for a pay as you go phone.

Update them online

Set up a trip blog that students can manage and upload each evening with photos, videos and a diary of what you've done that day. Parents will be able to check in and keep up to date with the fun.

