



# ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

September 2015

Dear Year 8 Pupils and Parents

## **ULLSWATER OUTWARD BOUND – 7 - 11 DECEMBER AND 14 - 18 DECEMBER 2015**

I write to inform you of the arrangements made for the Year 8 trip to Ullswater. Just to confirm the pupils will be allocated the following weekends depending on their form:

**7 - 11 DECEMBER: C, D, E and G**  
**14 - 18 DECEMBER: P, S, W and Y**

The final payment of £135.00 for this trip is due shortly. The total cost of the trip is £275.00 including the payment of £140.00 which you have already paid. **Our preferred method of payment for this trip is via ParentPay.** Please note payments by cheque will still be accepted and if this is your preferred method of payment, please complete the consent slip below and return it to reception at school with your payment. **All payments must be returned by Friday 16<sup>th</sup> October. If you have already paid in full then just ignore the payment request.**

To allow me to split pupils into activity groups I need to have some idea of friendship groups and ask that you complete the consent form identifying up to 4 friends. I will of course try to meet as many requests as possible but cannot promise that you will be with **all** of your nominated friends.

**BEFORE THE PUPILS ARRIVE AT THE CENTRE AT ULLSWATER THEY HAVE TO FILL IN THE ATTACHED FORMS (ENROLMENT, MEDICAL, CONSENT AND PARTICIPANT QUESTIONNAIRE). WOULD YOU PLEASE ENSURE THAT THEY ARE COMPLETED AND RETURNED TO RECEPTION TOGETHER WITH THE CONSENT FORM DETAILING YOUR FRIENDSHIP GROUPS AND MONEY IF YOU ARE PAYING BY CHEQUE.**

The Centre provides the equipment required for the day's activities including hiking boots and waterproofs. Specialist additional clothing is, therefore, not required. The message really is to take plenty of warm, old clothing. Avoid new clothes and please note that denim jeans, jackets etc are not suitable for activities, although one pair of jeans to wear in the evening is fine. Bedding is provided so there is no need to take a sleeping bag. A bin bag to take damp clothing home is a good idea. There is a kit list attached also. **A £10 REFUNDABLE DEPOSIT WILL BE TAKEN FROM EACH PUPIL UPON ARRIVAL WHICH WILL BE REFUNDED WHEN THEY HAND IN THEIR CLOTHING AND EQUIPMENT BORROWED.**

I have received several queries about whether pupils will be permitted to take mobile phones. With many years' experience of running this trip, we have a strong preference that pupils do not take a mobile phone with them. One of our aims for the visit is to promote independence and traditionally we have discouraged phoning home during the week. The potential problems that may arise with pupils taking mobiles are considerable and they are unnecessary on this trip. Items such as iPod/iPad should not be taken to the centre. **Insurance cover will not include personal belongings of this type.**

Headteacher: Mr J Wood

St. Aidan's Church of England High School, Oatlands Drive, Harrogate, North Yorkshire HG2 8JR  
Tel: 01423 885814 • Fax: 01423 884327 • Email: admin@staidans.co.uk • www.staidans.co.uk



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As a special note of caution, we bring to your attention that a few of the pupils taking part in the visit have a nut allergy and ask that both pupils and parents **do not pack any items containing nuts of any kind.**

The coaches will depart from St. Aidan's after registration on the 7th and 14th December and will return on the 11th December at 3.30pm and the 18th December at 2.30pm in time for school buses.

The address / telephone number of the centre is:

Outward Bound Trust  
Ullswater Centre  
Watermillock  
Penrith, Cumbria  
CA11 0JL UK

Tel No: 01768 485000 Please use this number only in the event of an emergency

Should you have any queries or require any further information, please do not hesitate to contact me.

Yours faithfully

D Holdsworth  
Co-ordinator of Outdoor Education

Headteacher: Mr J Wood

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**ST. AIDAN'S**  
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**Ullswater Outward Bound**

**7 - 11 December**  
**14 - 18 December**

**C, D, E and G**  
**P, S, W and Y**

I have enclosed a cheque for £135.00 / I have paid by Parent Pay (please delete) and I also confirm that any changes to the Medical / Emergency Contact details provided earlier this year are listed below:

**I HAVE ENCLOSED THE COMPLETED FORMS FOR ULLSWATER WHICH HAVE TO BE RETURNED TO SCHOOL BEFORE THE PUPILS VISIT THE CENTRE.**

Signed Parent/Guardian ..... Date .....

Student's name ..... Form .....

I would like to be placed in a group containing as many of the following pupils as possible: (please print the name and Form)

1. ....
2. ....
3. ....
4. ....

**Would you please ensure the forms are completed and returned to Reception with this consent form and payment cheque if applicable by Friday 16th October 2015. Thank you.**

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# ST. AIDAN'S

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## **YOUR OUTWARD BOUND EXPERIENCE**

DURING YOUR STAY, YOU WILL HAVE TO TAKE RESPONSIBILITY FOR YOUR DAILY LIFE, RESPECTING THOSE LIVING ALONGSIDE YOU, MAKING YOUR BED, TIDYING YOUR ROOM, LOOKING AFTER YOUR BELONGINGS AND THOSE OF THE CENTRE.

**WE WILL PROVIDE YOU WITH ALL SPECIALIST ACTIVITY AND SAFETY EQUIPMENT (A REFUNDABLE £10 DEPOSIT IS REQUIRED ON ARRIVAL).** HOWEVER, YOU'RE WELCOME TO BRING YOUR OWN KIT AND USE IT, PROVIDING IT MEETS OUR SAFETY STANDARDS. YOU WILL NEED TO BRING PERSONAL CLOTHING AND FOOTWEAR.

## **CLOTHING CHECK LIST**

**BED LINEN IS PROVIDED BUT PLEASE SUPPLY YOUR OWN TOWELS.**

CASUAL TSHIRTS  
SWEATSHIRTS  
THERMAL TOPS  
JUMPERS  
FLEECE TOPS  
THICK AND THIN WALKING SOCKS  
SYNTHETIC TROUSERS FOR WALKING (not jeans)  
JEANS (for around centre only)  
2 PAIRS OF TRAINERS (one which can get wet)  
UNDERWEAR  
PYJAMAS  
SHORTS  
HAT AND GLOVES  
TOWEL AND SWIMWEAR  
PRESCRIBED MEDICATION (where necessary)

ALL COURSES MAY INVOLVE GETTING WET AT SOME POINT, SO PLEASE MAKE SURE YOU HAVE PLENTY OF SPARE DRY CLOTHES TO CHANGE INTO.

## **MONEY**

YOU WILL ONLY NEED TO BRING A SMALL AMOUNT OF MONEY, AS ALL OUR COURSES ARE FULLY INCLUSIVE. HOWEVER, ALL CENTRES HAVE A SHOP, WHICH SELLS CONFECTIONERY, SOUVENIRS AND SOME ITEMS OF CLOTHING. SO WE ADVISE APPROXIMATELY £15.00 PER WEEK, PLUS THE £10 REFUNDABLE DEPOSIT FOR EQUIPMENT.

## **USEFUL ITEMS (DEPENDING ON TIME OF YEAR)**

NOTEPAD AND PEN, SUN GLASSES, SUN CREAM, BLISTER KIT, CAMERA, INSECT REPELLENT, BOOKS AND MAGAZINES

## **WHAT NOT TO BRING**

YOU MAY WANT TO LEAVE VALUABLE WATCHES, JEWELLERY, IPODS AND IPADS BEHIND. HOWEVER, IF YOU REALLY CAN'T LIVE WITHOUT THEM, WE CAN GIVE YOU ACCESS TO A SAFETY DEPOSIT BOX AT THE CENTRE. AEROSOLS AND PENKNIVES ARE PROHIBITED.

## **MOBILE PHONES**

USE IN ACTIVITY TIMES IS NOT PERMITTED AND YOU WILL BE ENCOURAGED TO GIVE YOUR PHONE TO YOUR INSTRUCTOR FOR SAFEKEEPING DURING YOUR COURSE. IF PHONES ARE MISUSED DURING THE COURSE THEY WILL BE CONFISCATED.

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