



ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

February 2016

Dear Year 10 Pupil and Parents

Outward Bound Loch Eil: 19th – 25th MARCH 2016

The final payment is now due for the trip to Loch Eil. If you have not already done so would you please make a payment of £150.00 by **parent pay** or cheque (made payable to St Aidan's school fund). If paying by cheque would you please put in an envelope with your son / daughter's name on the back and 'Loch Eil'. and hand into the finance department or put in the catering box outside.

Any pupils who have not returned the medical and enrolment forms to Mrs K Sewell would they please do so as soon as possible. These forms have to be sent to Loch Eil before the pupils arrive.

It is intended that this will be the last letter sent to you, and so I would also like to take the opportunity to finalise travel arrangements and reiterate some important points.

- We shall travel to and from Scotland with 'Abbots Coaches' leaving St. Aidan's at **7.00am on Saturday 19th March**. Please aim to arrive at **St. Aidan's main school car park no later than 6.50am**. Our estimated time of arrival at St. Aidan's on **Friday 25th March** is at approx. 4.30pm. If it becomes apparent during the journey that we will arrive later/earlier, we will phone to let you know.
- When packing your bags, prepare for a lengthy coach journey — probably about 7 hours. It would be advisable to take a small bag on to the coach with you containing your lunch and anything else that you may want on the journey. Please ensure that any medication you may need, such as inhalers, are in your hand baggage and are not stored in your kit bag, which will be placed in the coach's lockers. A copy of the kit list is attached.
- You are advised to take a packed lunch with you on the outward journey. We are provided with a packed lunch for the return journey. Only a small amount of spending money will be necessary however, Outward Bound do ask for a £10 kit deposit that is refundable following full kit return at the end of the week. We will stop in some service stations on the outward and return journeys. There are also drinks machines and a tuck shop in the centre. There may be a visit to the local town of Fort William at some point.
- As a special note of caution, I bring to your attention that a couple of the pupils taking part in the visit have a nut allergy and ask that both pupils and parents **do not pack any food items containing nuts of any kind or anything marked "made in a factory handling nuts" or "may contain nut traces"**. I thank you for your co-operation in this matter.

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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- Please avoid taking valuable items. We will ask that mobile phones and similar items be handed in on arrival at Loch Eil to be stored in a safe. Taking a camera would be nice, but please ensure that it is a relatively inexpensive one.
- During the trip you will be covered by the School's insurance cover that is arranged by Zurich. Details can be forwarded on request.
- Outward Bound provides all 'specialist' equipment including boots, waterproofs, hats and gloves. The clothing that you should take should be warm, old and plenty of it! Jeans are of course not appropriate for activities.
- Our party numbers 108 who will be accompanied by 10 St. Aidan's staff. Pupils will be divided into 9 activity groups. All of the Outward Bound staff are qualified for the activities that they will lead and all are highly experienced. As I have said in earlier correspondence, Outward Bound is an outstanding provider of this type of course and they have a first class safety record.
- Emergency Contact Numbers – during school hours contact Mr Wood at School and out of School hours contact the party via Outward Bound Loch Eil on 01397 772866.

I would also like to say that the enormous success of this trip in previous years has been due in large part to the excellent behaviour of the pupils who have taken part. We need to be able to trust participants in various situations during outdoor activities. If it becomes clear that we cannot trust some individual(s), there would be no point in them continuing to stay with the party and I would not hesitate to send them home. I would be grateful if parents could reinforce this message with your son/daughter, supporting the very high expectations that we have for conduct and behaviour.

Should you have any further queries about this course, please do not hesitate to contact me. Otherwise, I look forward to meeting you on Saturday 19th March 2016.

Yours faithfully

Mr D Holdsworth
Co-ordinator of Outdoor Education

Headteacher: Mr J Wood

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KIT LIST – LOCH EIL

CLOTHING CHECK LIST

CASUAL T-SHIRTS

SWEATSHIRTS

THERMAL TOPS

JUMPERS

FLEECE TOPS

THICK AND THIN WALKING SOCKS

SYNTHETIC TROUSERS FOR WALKING (NOT JEANS)

JEANS (FROM AROUND THE CENTRE ONLY)

2 PAIRS OF TRAINERS

UNDERWEAR

PYJAMAS

SHORTS

HATS AND GLOVES

TOWEL AND SWIMWEAR

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

USEFUL ITEMS (Depending on time of year)

NOTEPAD AND PAN

SUN GLASSES

SUN CREAM

BLISTER KIT

CAMERA

INSECT REPELLENT

BOOKS AND MAGAZINES

ALL SPECIALIST ACTIVITY AND SAFETY EQUIPMENT WILL BE PROVIDED.

HOWEVER YOU ARE WELCOME TO BRING YOUR OWN KIT AND USE IT, PROVIDING IT MEETS OUR SAFETY STANDARDS. YOU WILL NEED TO BRING PERSONAL CLOTHING AND FOOTWEAR.

MONEY

You will only need to bring a small amount of money. All centres have a shop which sells confectionery, souvenirs and some items of clothing. We advise approx. £15 per week plus the £10 refundable deposit for equipment.

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