



ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

June 2016

Dear Year 7 Pupil and Parents

OUTWARD BOUND ULLSWATER 5th – 9th December 2016
12th – 16th December 2016

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

I write to you with regard to the annual Year 8 Outdoor Education Course which this year will be based at the Outward Bound centre at Ullswater in the Lake District. The centre at Ullswater occupies a stunning location. The accommodation is comfortable and the buildings are set in grounds that have a long waterfront on the western shore of the lake. The proximity to superb sites for a wide range of outdoor activities is therefore quite exceptional. The Instructors are well qualified and experienced practitioners who have the ability to provide a challenging, yet enormously rewarding experience for all participants.

The course that we will follow at Ullswater is tailor made for us, but is built on Outward Bound's 'Adventure and Challenge' model. The sort of activities on offer will be canoeing/kayaking, rock climbing, raft building, hill walking and scrambling, gorge walking, mountain navigation and there are a variety of on-centre activities such as high ropes and initiative exercises. The centre has some large rowing boats on the lake that a whole group of twelve pupils can use to visit an island or an inaccessible part of the shore. Some may row across the lake to go hill walking or rock climbing, rowing back at the end of the day. The Year 8 Ullswater trip will undoubtedly become one of those great memories that youngsters have of their time at St. Aidan's.

Although outdoor activities form the basis of this trip, it is enormously beneficial in so many other ways. For many pupils, a full week may be the longest period that they have spent away from home and looking after themselves is a very important part of the experience. Instructors place great emphasis on personal development during the week and working with others is also an important element of the course. As teachers we frequently see enormous positive benefits and real changes in individuals after taking part in this trip. Further information can be gained from the website www.theoutwardboundtrust.org.uk.

The cost of the trip, including coach travel is £290.00, which represents extremely good value for a course of this quality and type. The trip is limited to 100 places on each week. All equipment is provided including boots, waterproof trousers and jackets and there is really no need for very much spending money. The pupils will be asked for £10.00 upon arrival as a deposit for all the clothing and equipment they will use during the week however this will be refunded to them when they return all the items. The cost of the trip is legally regarded as a voluntary contribution but the trip can only take place if sufficient participants are able to meet this proposed cost.

We are splitting payment for the trip into two payments, the first payment will be £145.00 and is due on Friday 15th July and the second payment will be £145.00 which will be due on Friday 14th October 2016 (a reminder letter will be sent out). Our preferred method of payment for this trip is via ParentPay. You will be able to view the balance due as well as giving online consent for the trip. Please note payments by cheque will still be accepted and if

Headteacher: Mr J Wood

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this is your preferred method of payment, please complete the consent slip below and return it to the finance department at school with your deposit (cheques payable to St Aidan's school fund).

The Outward bound centre at Ullswater would like some forms to be completed by parents / guardians and by the pupils themselves. These forms are requested by Outward bound a month before the pupils arrive at the centre. The forms will be posted home to the pupils when we have received their deposit payment. All information received will be kept confidentially by the school and the centre. Booking places that are not taken is very costly and causes great difficulty for the school and Centre concerned. Therefore, I am afraid that deposits are non-refundable.

Should you require any further information about the Ullswater trip, please do not hesitate to contact me.

Yours faithfully

D Holdworth
Co-ordinator Outdoor Education



Year 8 - OUTWARD BOUND ULLSWATER

5th – 9th December

C,D,E,G

12th – 16th December

P,S,W,Y

I would like my son/daughter to take part in the Outward Bound trip to Ullswater. I enclose a non-refundable deposit of £145.00. (Cheques made payable to St. Aidan's School Fund).

Pupil's Name Tutor Group

Signed (Parent/Guardian)Date.....

If you are paying by cheque please complete this form and return with the deposit by Friday 15th July 2016.

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