



# ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

September 2016

Dear Year 10 Parent / Guardian

## **OUTWARD BOUND LOCH EIL: SATURDAY 1<sup>ST</sup> – FRIDAY 7<sup>TH</sup> APRIL 2017**

I write to you with regard to the annual Year 10 Outdoor Education course based at Loch Eil, near Fort William, on the West Coast of Scotland. This 7-day residential has become extremely popular and is regarded in school as one of the most challenging and rewarding activity courses. 'Outward Bound' is an outdoor activities provider of the highest calibre and they enjoy a first class reputation. Accommodation, equipment and staff expertise are superb, and the centre, close to the foot of Ben Nevis, is surrounded by some of Britain's finest and wildest scenery.

### **TYPICAL ITINERARY**

Day 1	am	Travel to Loch Eil
	pm	Settle in. Night exercise
Day 2	am	Initiative, team building tasks
	pm	Climbing/abseiling
		Evening Multi-task competition
Day 3	am	High challenge activity
	pm	Kayak
Day 4	am	Raft building
	pm	High challenge/team building initiatives
		Evening Expedition preparation
Day 5		Expedition
Day 6	am	Expedition return
	pm	High challenge/zip wire
		Evening Final dinner
		Course review
Day 7	am	Depart for Harrogate

Outward Bound put great emphasis on the personal development and confidence building aspect of the activities that we do, encouraging individual and group responsibility. The course should appeal to anyone who has an interest in the outdoors and we hope that it will provide an opportunity for all to excel at some part of the week. Some aspects of the course will undoubtedly challenge all pupils!

The cost of the course, including travel by coach is £450.00, which represents excellent value as far as

Headteacher: Mr J Wood

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organisations of this calibre are concerned. All equipment is provided including boots, Gore-Tex jackets and waterproofs and there is really no need for very much spending money. **The only extra money required will be for a £10 deposit payment which pupils have to give when they arrive and it is refunded at the end of the week when they return their kit.**

We are splitting payment for the trip into three payments, the first payment will be £150.00 which is due on **Friday 7th October**, the second payment will be £150.00 due on Friday 2<sup>nd</sup> December and the final payment of £150.00 is due on Friday 3<sup>rd</sup> February 2016. **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 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. **All deposits must be returned by Friday 7<sup>th</sup> October.**

The centre at Loch Eil has the capacity to accommodate 105 students. Further information can be obtained on the school website [www.staidans.co.uk](http://www.staidans.co.uk) or [www.outwardbound-uk.org](http://www.outwardbound-uk.org) but if you have any queries about this trip, please do not hesitate to contact me at school.

Yours faithfully

D Holdsworth  
Outdoor Education Coordinator

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## Outward Bound Loch Eil: 1<sup>ST</sup> – 7<sup>TH</sup> APRIL 2017

I would like my son/daughter to take part in the above visit. I enclose a cheque for a **non-refundable** deposit of £150.00.

Name ..... Form .....

Signed parent/guardian ..... Date .....

**Please make the cheque payable to St Aidans School Fund and place the cheque and the consent form in an envelope with your Name and Form on into the Catering Card Box outside the Finance Office by Friday 7<sup>th</sup> October.**

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