



# ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

January 2018

Dear Parents and Year 10 Pupil

## **Outward Bound Loch Eil: Saturday 24 March to Friday 30 March 2018**

The final payment of £150.00 is now due for the trip to Loch Eil. Please make payment via ParentPay by **Friday 2 February 2018**; if you do not have your ParentPay login details, please contact Mrs Holey in the Finance Office). Thank you if you have already paid this instalment.

The final date for us to return the remaining medical and enrolments forms to Loch Eil is next week. If you have not returned your son/daughter's form to school, please do this **by Friday 2 February 2018**. The Centre must receive the form before any student is allowed to participate.

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 **07:00 on Saturday 24 March 2018**. Please aim to arrive at **St Aidan's main school car park no later than 06:50**. Our estimated time of arrival back at St Aidan's on **Friday 30 March 2018** is **16:30** approximately. If it becomes apparent during the journey that we will arrive later/earlier, we will phone to let you know.

When packing your bags, please prepare for a lengthy coach journey - probably about 7 hours. You are advised to take a **packed lunch** with you on the outward journey and we will be provided with a packed lunch for the return journey. It would be advisable to take a small bag onto the coach which contains your lunch and anything else that is required for the journey. Please ensure that any medication you may need, such as inhalers, is in your hand baggage and is not stored in your kit bag, which will be placed in the coaches' lockers.

The Outward Bound Centre provides all 'specialist' equipment including boots, waterproofs, hats and gloves and ask for a **£10.00 kit deposit on arrival that is refundable** following a full kit return at the end of the week. A copy of the recommended kit list is attached for your information. The clothing that you should take should be warm, old and plenty of it! Jeans are of course not appropriate for activities.

We suggest that only a small amount of spending money (approximately £15.00) will be necessary for the trip in addition to the refundable £10.00 deposit. We will stop at some service stations on the outward and return journeys and 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, several pupils taking part in the visit have a severe nut allergy and we ask that both pupils and parents do not pack any food items containing nuts of any kind or anything

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](mailto:admin@staidans.co.uk) • [www.staidans.co.uk](http://www.staidans.co.uk)



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marked "**made in a factory handling nuts**" or "**may contain nut traces**". Thank you for your co-operation in this matter.

During the trip you will be covered by the School's insurance policy that is arranged by Zurich; details can be forwarded on request if you require a copy. Please however avoid taking valuable items such as mobiles, iPad's, cameras etc as these are not covered by our School Policy. We will ask that mobile phones and similar items be handed in on arrival at Loch Eil and they will be stored in a safe. Taking a camera would be nice, but we would ask that it is a relatively inexpensive one please.

The students travelling to Loch Eil will be accompanied by St Aidan's staff and when at the Centre, the pupils will be divided into 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, The Outward Bound is an outstanding provider for this type of course and they have a first class safety record.

**Emergency Contact Numbers** – please contact Mr Wood at St Aidan's during school hours and The Outward Bound Centre at Loch Eil during out of school hours on 01397 772866.

I would also like to say that the enormous success of this trip in previous years has been due, in large, to the excellent behaviour of the pupils who have taken part. As a school, we need to be able to trust participants in the various situations that they will face during outdoor activities.

If it becomes clear at any time during the trip that we cannot trust an individual and feel that they should not stay with the party, I would not hesitate in sending them home at parents' expense.

Parents - I would therefore be grateful if you could **reinforce this message to your son/daughter**, supporting the very high expectations that we have for conduct and behaviour during the trip.

If you have any further queries about this trip or need any additional information, please do not hesitate to contact me. Otherwise, I look forward to meeting you at 06:50 on Saturday 24 March 2018.

Regards

Mr D Holdsworth  
Co-ordinator of Outdoor Education

Headteacher: Mr J Wood

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## KIT LIST – LOCH EIL

You will need to bring your own personal clothing and footwear

- Casual T-Shirts
- Sweatshirts
- Thermal Tops
- Jumpers
- Fleece Tops
- Thick and thin walking socks
- Synthetic trousers for walking (NOT jeans)
- Jeans (for 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; please make sure you have plenty of spare dry clothes to change into.

### USEFUL ITEMS (Depending on time of year)

- Notepad and pen
- Sunglasses, Sun cream
- Blister Kit
- Camera
- Insect Repellent
- Books and magazines

All specialist activity and safety equipment will be provided. You are welcome to bring your own kit and use it, providing it meets the Centre's safety standards.

### **MONEY**

All centres have a shop, which sells confectionery, souvenirs and some items of clothing. We advise approximately £15.00 for the week plus **£10.00 refundable deposit for equipment.**

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