

St Aidan's Church of England High School

Residential Trips  
Information Booklet

2019-2020

## Outdoor Education and School Trips

Throughout their time at St. Aidan's, students have the opportunity to go on residential trips, outdoor education visits and curriculum-related trips. These are to enrich the experiences of the students and to develop their personal qualities and life skills including leadership, communication and resilience.

St Aidan's Church of England High School sees extra-curricular activities and residential trips as being of immense value to individual students within the particular year groups. Therefore, we provide opportunities in each year group for pupils to undertake different challenges / experiences that we hope will contribute to their individual all-round education and add to their individual spiritual, moral, social and cultural development.

We hope that this booklet gives you an idea of the trips on offer to your son/daughter throughout their time at St Aidan's. An estimated cost has also been included so you can budget for these trips, if your child wishes to participate. All trips are optional and on some, we can only take a limited number of students. Information about the trips is usually given 6-9 months prior to the departure date and the initial letter will give detailed information about payment.

Staff will act in '*loco parentis*' just as they do in school when accompanying children on a school trip and we would expect our students to behave in an exemplary manner and be able to cope with the challenges that each individual trip presents.

In order to get the most competitive prices, we must adhere to the strict deadlines imposed by the travel companies we use. Therefore it is important that you discuss each trip with your child before paying the deposit instalment. All payments are non-refundable and once you have paid the deposit, you will be required to **pay the full price of the trip if your son/daughter withdraws, unless together we can find a replacement student**.

Students must have their own valid passport to travel. The government have issued guidance on travelling within Europe after Brexit. It is extremely important that you read this information - please click [here](#).

If your child holds a passport other than a passport issued by the UK Passport Agency, please note it is **your responsibility** to check and apply if they require a visa to travel outside of the UK. All students will also need to have a European Health Insurance Card (EHIC). The quickest and easiest way to get an EHIC is to apply online at [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers). After Brexit, EHIC cards may no longer be valid and we will keep you updated on this.

If you would like to discuss any of the trips in this booklet, please do not hesitate to contact Mrs McDonald, our Trips Administrator, on 01423 818527 or [t.mcdonald@staidans.co.uk](mailto:t.mcdonald@staidans.co.uk)

A separate booklet is available for the many Associated Sixth Form trips that we offer and this can be found on the St Aidan's website should you require a copy.

D Holdsworth  
Assistant Head and Coordinator of Outdoor Activities

## Year 7

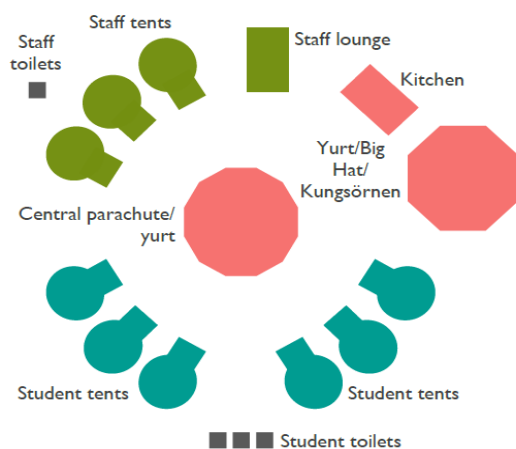
### Bushcraft, Castle Howard (October - £138.00 approximately)

Every year at the start of Year 7, we take all students on a three-day/two-night residential to provide students with the opportunity of getting to know each other better develop their qualities and to learn more about the ethos and origins of our school. This year we will be going on an adventure with a difference, taking students into the wild and experiencing back-to-nature activities that they will never forget.

We will be staying in a 'Bushcraft Camp' in the grounds of Castle Howard. The Bushcraft Company is very experienced at running camps of this nature and their instructors have received extensive in-house training and nationally recognised qualifications for specialised activities. Our own staff will also be with the children at all times.

We will leave school on a Wednesday by coach, which will take all the children to their camp where they will be living in the wild, sleeping under canvas and cooking over open fires. We will return to school by 15:30 on Friday of the same week.

On arrival at Castle Howard, we will walk to camp and the students will be divided into 'tribes'. Each tribe will be accompanied by a St Aidan's member of staff who will encourage students to reflect on how they work together and will also explain how we expect St Aidan's students to conduct themselves on trips. Students and staff will stay in single-sex safari style bells tents, which will sleep between 10-12 students and an example of the camp-layout is below.



#### Activities include:

- Shelter Building and Camp Craft
- Wilderness First Aid Workshop
- Camouflage and Concealment Exercises
- Wild Food Workshop
- Bushcraft Tournament
- Scenarios SOS
- Cutting Tools Workshop
- Fire Workshop
- Leave No Trace Procedures

### Junior Band Weekend Residential in York (January - £170.00 approximately)

Students from Years 7-9 are invited to take part in the Junior Band residential in York, which gives members of String Orchestra, and Junior Band a chance to rehearse together and to make huge progress over the space of one weekend whilst also giving members a chance to get to know each other and have a great weekend.

Members of the band will perform together on the Sunday afternoon for all parents to enjoy.

## Year 8

### **Outward Bound Residential (December - £310.00 approximately)**

Students have the opportunity to spend a week at the 'Outward Bound' Centre in the Lake District in December. Travel is by coach. The focus of the residential is 'adventure and challenge' and students are encouraged to push themselves beyond their expectations and learn about themselves and others.

The course that we will follow at Ullswater is tailor-made for us and is built on Outward Bound's 'Adventure and Challenge' model.

The type of activities on offer will be:

- canoeing/kayaking
- rock climbing
- raft building
- hill walking and scrambling
- gorge walking
- mountain navigation
- 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 School.

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Members of the band will perform together on the Sunday afternoon for all parents to enjoy.

## **Marrick Priory Weekend (September - £175.00 approximately)**

Marrick Priory is an outdoor centre set in beautiful countryside with a unique atmosphere. The weekend, held at the end of September, is an opportunity to engage in a range of activities and to look at God's world and our place in it and students in Years 8-13 are invited.

As well as enjoying the wide range of outdoor activities provided by qualified staff at Marrick Priory such as climbing, kayaking and a night walk, we take time to explore faith through games, music, prayer and creative worship.

We encourage our young people to think about what it means for them to be a person of faith in today's world. How can we be real with God and with each other? An invitation to join the party is extended to all students who wish to consider some crucial questions in life as well as having a lot of fun and meeting pupils from other year groups.

## Year 9

Year 9 students can choose one of five trips that take place at the same time **in June each year**. We will send the information to all parents during the summer term of Year 8 and your child will be able to choose the trip they wish to take part in, in order of preference. We will request deposit payments in September of Year 9.

### **The Rhine (£420.00 approximately)**

This is an exciting opportunity for Year 9 students to visit one of the most breathtakingly beautiful parts of Germany, to discover the cultural highlights of the region. We stay in the town of Boppard, which is situated on the banks of the Rhine for 4 nights. Travel is by coach.

The typical itinerary will include:

- Visiting the picturesque towns of Boppard and Koblenz
- A Rhine river cruise
- A visit to Marksburg Castle
- A trip to the Bridge at Remagen
- A day at Phantasialand Theme Park.

### **Berlin (£650.00 approximately)**

Berlin is a new trip for Year 9 students and offers the opportunity to explore Germany's capital, which dates to the 13th century. There is so much to see and do in Berlin – from fascinating heritage sites and impressive architecture, such as Reichstag parliament building, to making your own chocolate and films! Travel is by air and accommodation is in a hotel in the centre of Berlin.

- A walking tour of historical Berlin- a fantastic way to see the city
- A visit to the Reichstag, Brandenburg Gate and Checkpoint Charlie
- An afternoon at the Rittersport Workshop, make your own chocolate bar and either eat it or wrap it for a present!
- Berlin Zoo & Aquarium, a fun afternoon at Germany's oldest zoological garden and home to over 20,000 animals
- Bowling

### **Amsterdam (£540.00 approximately)**

Amsterdam is the Netherlands' capital, known for its artistic heritage, elaborate canal system and narrow houses with gabled facades. Its Museum District houses the Van Gogh Museum, works by Rembrandt and Vermeer at the Rijksmuseum, and modern art at the Stedelijk. Accommodation is on the outskirts of Amsterdam and we travel by coach.

## Typical Itinerary

- Canal cruise - absorb the canal-front sights of Amsterdam on a leisurely sightseeing cruise
- Anne Frank House – visit the house where a Jewish girl had to hide during WW2 to escape the Nazis
- Visit to Rijksmuseum – dedicated to modern and contemporary art and design
- Full day in Efteling Theme Park – enjoy the thrills of the rides!
- A visit to Zaanse Schans village to a clog factory, cheese making, and see the windmills and various other small museums, shops and craft places.
- Bowling

## Valkenburg (£550.00 approximately)

An active and sporting visit to Valkenburg, Holland, with a focus on team building plus a number of football/hockey fixtures and sightseeing.

This is an exciting opportunity for both boys and girls with a particular interest in sport to combine three fixtures against local clubs combined with visits in the surrounding area.

Travel is by coach and you will be based in Valkenburg situated in the province of Limburg, one of the most unusual parts of Holland – it has hills! Its inland position close to the borders of Germany, Belgium and Luxembourg, provides a great venue for your sports tour.

With formidable local sports teams Valkenburg is an excellent destination. It is also a safe and cosmopolitan town with good recreational facilities. The pedestrianised centre enables pupils to explore safely.

## Sorrento (£780.00 approximately)

A trip to Sorrento in Italy is organised for pupils who are interested in the study of Earth's landscapes, peoples, places and environments. The Sorrento trip provides an opportunity for students to see how tectonic activity has created a unique environment and how volcanic activity has affected people. It also provides the opportunity to look at how landscape and climate influences the way of life and economy of the area. Travel is by plane and we stay in a local hotel.

A typical itinerary is:

- A half day hike up to the crater of Mount Vesuvius and introduction to the area
- A session with a local ice cream maker lets students see how the famous Amalfi lemons are made into delicious ice cream. There will be other opportunities to sample traditional dishes and culture of the region
- A visit to a working farm to see how agriculture adapts to the climate and landscape of the area
- A tour of Herculaneum, a town that was completely buried by the eruption of Mount Vesuvius in 79AD.

- A half day visit to Pompeii provides another example of a preserved Roman settlement.
- A trip to Amalfi.

### **St Aidan's Activities (no cost)**

For those students who choose not to go on one of these trips, a range of fun activities are organised in and around school at this time. You can look forward to taking part in some of the following activities:

- Fun Science
- Art Project (to include a Pizza snack at breaktime)
- Boules
- Baking (Ingredients provided)
- Film afternoon in school (Popcorn and drinks provided)
- Origami
- History Quiz
- PE Activities (Friday PM)
- Drama
- Music
- IT
- Italian
- Film/Media Quiz



## Overseas Exchange Program

Towards the end of Year 8, students will have the opportunity to apply for one of the Overseas Exchange Programs to Australia and Sri Lanka, which take place when they are in Year 9.

Numbers are limited for both Exchange Programs and students will be expected to apply in writing and go through an interview process.

### **Australia (£1000.00 approximately – Spring Term)**

We run an Australian Exchange with Carey Baptist Grammar School in Melbourne and this is now a well-established exchange and continues to be highly successful.

Each year the reciprocal exchange takes place in February and involves St Aidan's students going to Melbourne to stay with individual host families for 4 weeks. The Australian exchange partners return to Harrogate in May to stay with the St Aidan's students, also for 4 weeks. Please note the students travel by air to Australia unaccompanied and are met in Melbourne by members of Carey Baptist Grammar School.

Whilst the students spend a large part of the time on the exchange in Carey Baptist Grammar School, the focus of the exchange is more about developing independence, improving social skills and experiencing cultural diversity through travel.

### **Sri Lanka (£1600.00 approximately – Spring Term)**

We have a partnership with Hillwood College in Sri Lanka and each year in January, a small number of students visit their stunning country.

The visit aims to deliver a rounded cultural experience. It will include some time learning with Hillwood students in their classrooms, time with host families from across the community, as well as trips to a vast array of beautiful and historical attractions that the country has to offer. Our Sri Lankan guests will return to the UK for two weeks during the same academic year and St Aidan's students will host two Sri Lankan students.

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## Year 10

The following residential school trips are available for students to choose:

### **Loch Eil (March/April - £550.00 approximately)**

A challenging outdoor activity course at Loch Eil, close to Ben Nevis, which culminates with backpacking in the Western Highlands. The '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, some of Britain's finest and wildest scenery surround the centre, and transport is by coach.

This 7-day residential trip is extremely popular and St Aidan's regard this as one of the most challenging and rewarding activity courses.

### **Language Visits**

These language trips are educational visits and take place in school time. They are not a holiday as our students attend daily lessons at a Language Centre. Students taking part are expected to complete the programme of language tuition, do all homework set and to participate fully in the cultural outings offered.

### **Nice (June - £700.00-800.00 approximately)**

A visit by air to a Language School in Nice in France takes place each year in June and students will have intensive classes taught by talented and inspiring native speakers whilst enjoying the hospitality of a typical French host family. Classes will run for 4 days with 3.5 hours tuition per day.

Nice, the Queen of the Riviera is a beautiful city and is one of the best known in France. Students are allowed limited supervised free time for relaxation and shopping and a number of cultural activities are organised for the students to enjoy.

### **Cologne (June - £650.00-£750.00 approximately)**

Over the past few years, we have developed a close association with an excellent language academy in Cologne who are able to offer tailor-made courses for our students. The trip is always very popular and has proved to be a valuable and enjoyable experience for our students learning German. German native teachers teach the classes and students will receive 4 hours' tuition per day. Accommodation is in a local hostel and transport is by plane.

In addition to the time spent studying, students will also be introduced to German culture with afternoon excursions including a tour of the city and the stunning cathedral, "Odysseum", Germany's premier science adventure museum, an incredible interactive museum of post-1945 German history and the world-class zoo. There is also ample shopping time available in the fully pedestrianised city centre and we eat mainly in traditional German restaurants

### **Salamanca (June - £650.00-£750.00 approximately)**

During the week, students will have intensive classes taught by talented and inspiring native speakers in the Language School whilst enjoying the hospitality of a typical Spanish host family. Classes run for 4 days with up to 5 hours tuition per day. Transport is by air. In addition to the time spent studying, there are organised activities including a city tour, a 'salsa' dance class, 'chocolate con churros', swimming, a 'tapas' tour, a trip to the Real Madrid stadium and a photo competition.

Salamanca itself is a beautiful town famous for its ancient university, cathedral and stunning architecture. The central area is fully pedestrianized and all accommodation is within 10-15 minutes' walking distance of the Language School and the town centre. Students are given limited supervised free time for relaxation and shopping

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### **Duke of Edinburgh Award (Approximately £180.00)**

The Duke of Edinburgh Award Scheme is a rewarding programme of personal development which encourages young people to undertake constructive, challenging and enjoyable activities in their free time - there is a great deal of emphasis on developing independence and personal responsibility in the Award, both at Bronze and Gold levels.

The Award is open to students in Year 10 and comprises of the following sections:

**Volunteering (with animals or in the community) / Skill (a hobby, skill or interest)  
Physical Recreation (sports, dance, fitness) / Expedition (on foot).**

Participation in the Duke of Edinburgh Award Scheme is high at St. Aidan's. Well over 140 students completed their Bronze or Gold Award over the last year. In February 2018, 20 young people, either past or present students, attended the ceremony at Buckingham Palace to receive their Gold Awards: each meeting the Earl of Wessex!

Those students undertaking the Award complete their training and expeditions in various locations across the North of England, all renowned for their natural beauty: Bronze Practice and Bronze Assessed, take place in the Yorkshire Dales.

## Year 11

### **The Ardeche (July - £870.00 approximately)**

At the end of Year 11, students are invited to a two-centre trip to France, which includes a three-day canoe descent of the Ardèche Gorge and four days on the Mediterranean, windsurfing and sailing.

This residential course, now in its fourth decade, is a challenging and highly enjoyable trip, and is very popular with our students. It is undoubtedly a most memorable experience for all those who participate, falling as it does after the completion of the GCSE Examinations.

The groups travel by coach from school to the South of France and arrive early morning, in time to start the 3-day canoe descent of the beautiful Ardèche Gorge. We stay at a superb centre set in spacious wooded grounds 2km from the small village of Vagnas and 7km from Vallon Pont d'Arc. Accommodation is in 4-bedded tents.

On Day 5 of the trip, the groups transfer to Club Mimosa, situated just outside the holiday resort of Valras Plage. This site has a beachfront location with direct access to a long, open and uncrowded section of the Languedoc coast. Here students spend 3.5 days involved in water sports such as sailing and windsurfing.

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