



# ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

November 2022

## **Outward Bound Trip, Monday 5 December 2022 - Friday 9 December 2022**

Students should arrive at school **no later than 08:40 on Monday 5 December 2022**, drop their bags off in the main hall and then go to form until 09:10. They will then return to the hall to collect their bags and go to their coaches.

As a reminder, students should bring with them on **Monday 5 December 2022**:

- a packed lunch and a drink (please do not pack any food with nuts)
- a **deposit of £10.00 cash** for the use of the specialist equipment at the centre which will be refunded at the end of the week if students return all equipment
- any medication they will require during the week onto the coach and not packed into their luggage.

### **Return to school**

All students will return to St Aidan's on Friday 9 December 2022 at approximately **15:00-15:30**, traffic permitting. It may be possible for students to get the school bus if required but this cannot be guaranteed if we are delayed. If we are delayed on our return journey, please note we will put an announcement on social media and our website.

### **Kit list**

A reminder of the kit list is below.

### **Mobile Phones**

Please remember that mobile phones are **not allowed** on this trip.

The **emergency contact number** whilst your child is at the centre is:

01423 885814	St Aidan's School during working hours
07471 062 685	Emergency out of hours number for Ullswater (Mr Holdsworth)
07340 293 826	Emergency out of hours number for Howtown (Mr Elliott)

Please note we will be busy looking after your children and calls should only be made if the matter is a genuine emergency. Thank you for your understanding.

We hope your child is really looking forward to this trip.



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## **YOUR OUTWARD BOUND EXPERIENCE**

During your stay, you will have to take responsibility for your daily life, respecting those living alongside you, making your bed, tidying your room, looking after your belongings and those of the Centre

The Centre will provide you with all specialist activity and safety equipment (please bring a refundable £10.00 deposit with you as this is required on arrival). However, you are welcome to bring your own kit and use it, providing it meets the Centre's safety standards. You will need to bring personal clothing and footwear.

## **CLOTHING CHECK LIST BED LINEN IS PROVIDED BUT PLEASE SUPPLY YOUR OWN TOWELS**

- Casual T-shirts
- Sweatshirts
- Thermal Tops
- Jumpers
- Fleece tops
- Thick and thin walking socks
- Synthetic trousers for walking (not jeans)
- JEANS (for around centre only)
- 2 pairs of trainers (one which can get wet)
- Underwear
- Pyjamas
- Shorts
- Hat and gloves
- Towel and swimwear
- Prescribed medicate (where necessary)

All courses may involve getting wet at some point, so please make sure you have plenty of spare dry clothes to change into.

## **MONEY**

You will only need to bring a small amount of money, as the course is fully inclusive. All centres do have a shop, which sells confectionery, souvenirs, and some items of clothing. We advise £15.00 per week, plus the £10.00 refundable deposit of equipment.

## **USEFUL ITEMS (DEPENDING ON TIME OF YEAR)**

Notepad and Pen, sunglasses, sun cream, blister kit, camera, insect repellent, books, and magazines.

## **WHAT NOT TO BRING**

You may want to leave valuable watches and jewellery behind. However, if you really cannot live without them, you can be given access to a safety deposit box at the Centre. Please note that our school insurance will not cover any electronic devices. Aerosols and penknives are prohibited.

## **MOBILE PHONES**

Mobile phones are not permitted.

Interim Headteacher: Mr D Thornton



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