



HARROGATE
GRAMMAR SCHOOL
EXCELLENCE FOR ALL

July 2022

Dear Parent/Carer

Year 9 Outward Bound Trust residential to Aberdovey update and instructions
Trip 1: Monday 26 September to Wednesday 28 September
Form Groups: 8SYC, 8TYK, 8JOS, 8RXB, 8GZK

Thank you for completing the consent online and also for making the payment(s) required for the above trip.

Plans are now well underway and we are extremely excited about this opportunity for our students. This communication is to update you on progress and to pass on some key information.

Date	Timings
Monday 26 September	Students arrive at HGS for 6.30am Students to register near The Hub Short comfort break during the coach journey to Aberdovey Estimated arrival between midday and 12.30pm Bring a packed lunch and a drink for the journey Afternoon activity Cooked evening meal will be provided Evening activity Overnight at the centre
Tuesday 27 September	Cooked breakfast will be provided Day and evening activities Lunch and evening meal provided Overnight at the centre
Wednesday 28 September	Cooked breakfast will be provided Morning activity Leave Outward Bound Trust centre at 1pm Short comfort break during the coach journey to HGS Estimated arrival to HGS – 6.30pm Parents to collect students from the main car park

DAY 1

ARRIVE: Arrive. Setting the scene. Course aims. Challenge and support.

ADVENTURES: Immediate and fast immersion into the natural environment with gorge walking and jog and dip.

EVENING: Effort and reward. Importance of collaboration and support.

ACTIVITIES: High challenge activity. Plan and prepare for tomorrow's linked journey.



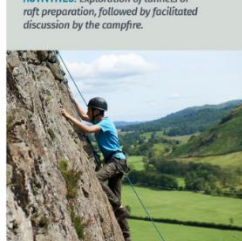
DAY 2

DAY: What it means to be a leader. Experiment with leadership roles. Feeling the environment.

ADVENTURES: An all-day linked journey through the wilderness over land and water, such as canoeing, a rock scramble and ascent of a peak, with environmental awareness tasks.

EVENING: Being a role model at school. Positive examples. Personal reflection.

ACTIVITIES: Exploration of tunnels or raft preparation, followed by facilitated discussion by the campfire.



DAY 3

DAY: Personal action planning. Recognition of achievements. Reward and celebration.

ACTIVITIES: Further high-paced authentic adventure with rafting or rowing. Course reviews and presentations of learning.

DEPART: All programmes start and finish at 1pm.



All activities depend on centre location, weather and group ability. Instructors will develop learning as appropriate.



Sample activities:

- Canoeing
- Sea kayaking
- Cutter sailing
- Jog and dip / estuary swim
- Jetty jump
- Beach explore
- Rock climbing
- Overnight bivvy in sand dunes
- Beach fire



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Headteacher: Mr N Renton | Associate Headteacher: Mrs K Moat

Harrogate Grammar School is part of the Red Kite Learning Trust, a charitable company limited by guarantee registered in England and Wales with company number 7523507, registered office: as above.

Our Privacy Notice can be found on: <https://www.harrogategrammar.co.uk/school/policies/privacy-notice-for-pupils-and-families/>



Participant Information Form

The Outbound Bound Trust have asked for all parents to complete their Participant Information Form. We ask that this form is **completed by Wednesday 20 July 2022**. Please note that this form is only supported on Chrome, Edge, Safari and Firefox browsers. You will be asked to create an account which will require an email address and a password. Click here to complete: [Outward Bound Participant Form](#)

If you would like guidance in completing this form please watch this instructional [video](#). If you have any questions regarding the completion of this form, please contact the Outward Bound Trust, Aberdovey Office on 01654 767464 and ask for Annwen Williams.

Allocation of dormitories / Activity Groups / Kit List and FAQs

Whilst at the centre, students will sleep in dormitory style accommodation in bunk beds. During the first Big Picture session in September, we will dedicate this time to the planning of dorms and activity groups.

Please follow the links below for detailed information from the centre regarding Kit List plus FAQs:

[Kit-list-education.pdf \(outwardbound.org.uk\)](#)

[Frequently Asked Questions](#)

Mobile Phones

Mobile phones are allowed on the residential and students are trusted to manage them responsibly. We encourage phone use to be limited, as this is an opportunity to have a break from technology and to connect and make new friends.

- Phones must not be used to play music or other audible content.
- Phones must not be taken on activities. They must be turned off and left safely in their dorm.
- Phones must not be used during mealtimes.

Students are responsible for looking after their phones whilst on the residential and understand that they bring them at their own risk.

Payment Schedule

May we take this opportunity to remind you of the payment schedule for this trip. Payments can be made via [Scopay](#), the online payment system.

29 July	£70
26 August	£50
30 September	£50
28 October	£50
25 November	£50

If you have any questions, please do not hesitate to contact Mrs Bennett (BennettC@hgs.rklt.co.uk) in the first instance.


Yours sincerely



Mr J Kempton
Trip Leader



Miss Smith
Director of Lower School



Mrs Bennett
Year 8 Manager