



Year 7 Outward Bound
Transition and Adventure
Parental Information Booklet
Ullswater, Lake District.





**THE
OUTWARD
BOUND TRUST**

Thank you for supporting the schools commitment to outdoor education. Your daughter will be gaining important skills by taking part in this residential. In this booklet you will find important information about the upcoming trip.

Your daughter will be staying at the Ullswater Centre, Watermillock, Penrith, Cumbria CA11 0JL in the Lake District. The centre is based in a Grade 2 listed building in beautiful surroundings.



We have been running the residential to Ullswater for many years as part of the year 7 programme. We know that your daughter will have an enriching stay and that she will make life long memories.

Should you need to contact your daughter whilst she is away please call the school on 0161 912 2949

If there is an emergency, the centre contact number is 01768 485000
PLEASE ONLY USE THIS NUMBER IN AN EMERGENCY

Food + Water + Sleep = High energy levels.

What your daughter will be participating in is not her usual routine, so we expect your daughter to eat some breakfast to be able to complete all the activities to the best of her ability. Students who don't eat breakfast might be excluded from activities for health and safety reasons.



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Timings

Departure

These timings apply for ALL students for all dates;

Please arrive at school for at usual time

Students should bring their bags to the conference centre – then go to forms for registration. At the start of period 1 they will come down to the conference centre. We plan to depart from the back of the school around 9.30am

Arrival Home

We will leave the Ullswater centre at 1.15pm

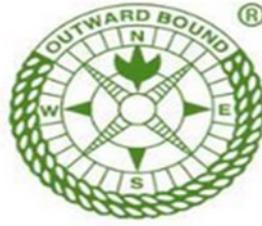
We hope to arrive back at FGS by 3.15pm

If there are any issues with traffic, a text will be sent home informing you of arrival times.

If you would like to follow the students progress on Outward Bound follow us on FGS school website and twitter @FGSCareers.

Things to remember on the day of departure

- * Please make sure your daughter brings a packed lunch
- * Students must wear their PE kits to travel in
- * If your daughter has any medication please provide a signed note stating what she is taking, dosage and whether you would like a member of staff to look after the medication or if you are happy for you daughter to be responsible.
- * There will be no electronic devices allowed on the trip.
- * If your daughter requires travel sickness medication, please make sure that she takes it and the correct time before travel.



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Kit List

Essential:

- * T-shirts (long and short sleeve)
- * Sweatshirts/hoodie/jumper
- * Thick and thin socks
- * Trousers (not jeans) – you may wear leggings however please make sure that they are not see through
- * Two pairs of trainers (one which will get wet)
- * Underwear
- * Pyjamas
- * Shorts (if you wish!)
- * Hat and gloves
- * Towel
- * Swimming costume
- * Coat
- * Toiletries
- * A cheap watch
- *

Outward Bound will provide students specialist kit when needed e.g. walking boots, waterproof coats and trousers however please feel free to bring your own if you have them.

You daughter will be doing activities in which she may get wet so please make sure she has enough items to change into.

Banned Items of clothing

Hotpants, see through leggings, cropped tops, low cut tops – if staff deem any clothes inappropriate your daughter will be asked to change.

Money/personal belongings

Your daughter does not require any money, however we do suggest some spending money for service stations and for the tuck shop in the centre which sells souvenirs and treats. We suggest she takes no more than £15.



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Outward Bound Learning Objectives

- * Increased awareness of own skills and abilities
- * Improved confidence and self-belief in own abilities
- * Improved ability to listen and communicate effectively with others
- * Increased awareness and concern for the natural environment
- * Increased resilience and determination
- * Increase independence, responsibility, accountability and time management

Expected Behaviour

Expectations will be discussed with your daughter at school. However we would also like you to reiterate this at home.

- * Mobile phones and electronic devices are not allowed on Outward Bound.
- * FGS and Outward Bound cannot be responsible for any damaged or missing valuables.
- * Be polite to FGS staff, OB staff, peers and students from other schools
- * Keep your rooms tidy
- * Look after Outward Bound equipment (any purposeful damages will be charged)
- * School rules apply
- * Lights out means sleep – you have busy days and you need rest (as do your teachers!)
- * Stay safe – do not run around during any free time
- * If you are worried about anything come and speak to us
- * At meal times you are expected to wipe your tables so that it is clean for the next group.
- * Do not touch other peoples belongings
- * Any inappropriate or disruptive will be dealt with firstly by FGS staff and then Outward Bound staff. Sanctions are put in place to combat unacceptable and/or disruptive behaviour. This means the students may be excluded from the activity or even parents asked to collect a student from the centre.

Sweets and Food

You may bring one pack of sweets for the journey to share with your friends. FGS is a healthy eating school and Outward Bound encourages this. There is plenty of food provided at the centre. You will not need sweets.

If we feel that any student has an unhealthy amount of snack food with them, we will confiscate it until we arrive back at school.