



Aylesbury High School | #AHSWalksTall

Developing uniquely talented young adults, who are independent, strong and confident

Tuesday 12 March 2024

Dear Parent/Carer

Year 8 Personal Development Week, Aberdyfi

Trip code: 24-ZABER

We are pleased to announce that in January 2025 all Year 8 students will be taking part in an exciting week at the Outward Bound Centre in Aberdyfi on the west coast of Wales. This annual trip follows the school tradition for all Year 8 students to participate.



Forms A, C, H, M will go on 13th January. Forms S, W will go on 20th January.

The students will travel to the centre by coach, leaving school early on Monday morning and returning on Friday evening.

During the programme, students will take part in activities designed to develop personal skills that cannot easily be learnt in the classroom. Your daughter will be working in a group of 10 - 12 girls under the guidance of one or more qualified instructors. Through a range of land and water-based activities, students will be given opportunities to build self-awareness and confidence. They will be able to set themselves personal challenges, as well as develop mutual trust and support in their groups. Team building and problem-solving activities will encourage both self-reliance and the awareness of other people's needs.

The accommodation is purpose built, well equipped and comfortable. Students will need to bring comfortable, old clothes that can get muddy, but all appropriate specialist clothing and footwear such as waterproofs and boots will be provided. Outward Bound Centres comply with the highest possible safety standards for outdoor activities and activities are carefully structured so that they are suitable for all abilities.

You may be thinking that this all seems very challenging for a Year 8 student, but this trip has been part of our personal development programme for so long because it really does develop our students' independence by

safely encouraging them out of their comfort zones. They will never be forced to do anything. Here are some comments from this year's cohort:

'I have realised that I can do so much more than I thought I could'

'I learned that I can be a leader.' 'I can put my mind to anything.'

'I loved the gorge walking as we worked really well as a team to support each other and sliding down the waterfall was so fun!'

'I enjoyed the hike and cabin the most because our group worked so well together, the views were amazing and it was really fun sharing the cabin with everyone and making new friends.'

'The jetty jump was really good as I have never had the chance to do anything like this.'

The total cost of this trip is £489 and includes **accommodation, meals, activities, insurance and travel**. In line with our charging policy, the cost for the board and lodging is £300. The remaining balance we would ask for as a voluntary contribution, but please note, without enough contributions, the visit will not be able to run.

If you would like your daughter to take part in the trip, please make the first payment of **£200 by Monday 6 May** (you can pay the full sum at this stage if you wish).

You may prefer to pay the balance in instalments; payments are made using ParentMail. You can choose to break these payments up into smaller/ bigger amounts. As long as the amounts shown below are paid by the dates shown below, you will not have a late payment. The final date for all payments is **Monday 2 December**; payments made using ParentMail will give consent for the trip.

In addition to the initial deposit of £200, the instalment payment dates are:

Amount	Due
£75	01/07/24
£75	02/09/24
£74	07/10/24
£65	02/12/24

We would not want anyone to be unable to take part in this trip because of financial circumstances. Please complete the confidential on-line form accessed via the Parents' section of the website if you would like to apply for financial support. Mrs Ali will be in touch with parents of students eligible for Pupil Premium.

Please email Mrs Queralt hqueralt@ahs.bucks.sch.uk or jquesne@ahs.bucks.sch.uk if you have other questions about the trip, including any medical or health questions that you might have. If any medical/contact details have changed, please email Mrs Nix snix@ahs.bucks.sch.uk with the revised information.

Our experience from the last twenty-six years is that the week is both memorable and worthwhile for all participants. We are confident that next January's trip will be just as enjoyable and look forward to an exciting learning experience for everyone. We will leave you with some pictures from previous years, which we hope will show you just how much our students get out of their Aberdyfi week. Please find a short video [here](#), which has been shown to Year 7.

Yours sincerely

Mrs Harriet Queralt
Deputy Headteacher

