



Preston Lodge

High School

3 September 2018

Dear Parent/Guardian

Activities Week 2019

Following another successful Activities programme in July we are planning to repeat the process next year. The purpose of our Activities programme is to allow students to experience learning in a very different context, and to develop skills such as problem solving and working with others.

We have organised a wide range of residential activities, both in the UK and abroad, for our students. S4 and S5 students who are leaving, and all S6 are still welcome to participate in these trips. At the same time, we will be offering a vibrant programme of home activities, including some great day trips. The home programme will be advertised to all students in the new year.

The purpose of this letter is to offer all families initial advice about the full range of trips (see over) of three days or more so that they can decide whether or not their child can participate. Each of these activities will be separately promoted by the organising staff, and will only run on the basis that they can recruit appropriate numbers to their trip. Please note that the precise details of each trip may change and in the event of a trip being unable to run due to low student numbers all students will be asked to reconsider their choices.

Our S1 Adventure

*Later this week we will be launching our S1 Adventure to Laggalia Outdoor Centre, near Aviemore. In January, we will take **all** S1 students up north for three nights for the remarkably low cost of £45-£65 (£10 for students who qualify for set reductions). We are currently finalising the cost of this trip. Many S1 students will wish to participate in the June residential trips detailed overleaf. We only insist that all such students also attend our S1 Adventure and don't plan to participate in a June trip instead of our S1 Adventure. Watch this space!*

We hope that a large number of our students will be able to participate in these trips, and information about possible sources of financial assistance is available in our school office. There are a number of organisations who are willing to support the cost of participation in school activities and families should consider these options where necessary. Last year a number of our students were funded for trips by the East Lothian Educational Trust. Please note that the cut-off date for funding opportunities to this organisation is October, and applications are considered in November.

Should you have any questions about individual trips please do contact the teacher responsible. Further information on all these opportunities will be provided to students over the next month or so and our home-based activity programme will be promoted to students in the early new year. We look forward to our students having an enjoyable and worthwhile week.

Yours faithfully

Gavin Clark
Headteacher

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Activities Week 2019 – Trips of Three Days or More

Trip/ Organising Teacher	Brief Description	Approx Cost	Timing	Years	No of Places
Club Correze Rugby Camp (Dordgne Region, France) G Kidd	This trip is to the Dordogne/Correze region of France and is of an adventurous nature: this trip is also perfect for students (male or female) who play rugby, as the owner of the establishment is also the Director of Rugby at Leicester Tigers Rugby Club, and will run optional training sessions for rugby players wishing to enhance their skills. Travelling by luxury coach and ferry, we will stay at the Club Correze Activities Centre. Students and staff will be involved in a range of activities including kayaking, canoeing, sailing, orienteering, mountain biking, rock climbing, abseiling (including a spectacular high-ropes course), fencing, lake swimming and gorge walking. In the evenings, students will get the opportunity to visit local shops and cafes and mingle with the very friendly inhabitants of the town. We may be able to secure assistance for certain pupils. We have been successful with this in the past, and the price may fall if high uptake of students (ie >40).	£549	Thurs 20 – Thurs 27 June	S1-6	42
London, UK and Paris, France, C McNeil	Leave by coach to France for 4 nights in the Disneyland Paris hotel. Pupils visit sights of Paris followed by 2 days at Disneyland Paris. In addition, we will also visit London and stay overnight in London hotel taking in a West End musical. En-route home this year we will also visit the Harry Potter studios.	£600	Fri 21– Thurs 27 June	S1-6	44
Valkenburg/Holland Trip G Evans	<ul style="list-style-type: none"> • Friday 21st – Thursday 27th June 2019 • Overnight Ferry crossing from Hull to Rotterdam and return. • 4 Nights full board in Valkenburg Hotel. <p>A chance to visit 3 countries and experience a variety of activities (some of which can be challenging) but best of all have fun! Many of the activities (such as the high ropes course) develop resilience in pupils, who have to push themselves out of their comfort zones. Full day trips to PhantasiaLand Theme Park, Germany and Bobbyjaanland Theme Park, Belgium. Other activities include High Ropes, Bobsleighbing, Swimming, Laser Quest, Indoor Bowling, visit to Gouda and time to explore Valkenburg. A chance to make new friends and have fun!</p>	£595 Fundraising activity will be planned.	Fri 21 – Thurs 27 June	S1	42
London E Little/E Bell	This trip allows pupils a chance to spend some quality time in London, with the chance to ride the London Eye, experience a cruise down the River Thames, enjoy a West End musical and even visit the Warner Bros Studios to discover the magic behind Harry Potter films! We'll take in some of the breath-taking sights – Buckingham Palace, Big Ben, Trafalgar Square, the South Bank and the Houses of Parliament – as well as having time to shop (London is home to some of the world's most famous brands, boutiques and department stores) or experience what the world's capital of culture has to offer through it's fascinating collection of museums and galleries. Travel by coach and all meals costs included apart from lunch on days one and two.	Approx £310	Tues 25 – Thurs 27 June	S3-6	40
North West England Trip J Robertson	Ever fancied the view from the top of the Pepsi Max? Ever imagined yourself in one of the most famous football grounds in the world? Then, look no further! The North West of England offers all in travel, fabulous accommodation and food, great hotel facilities and a fun-packed four days for a bargain price. Visit the fantastic city of Manchester, go for it at the Pleasure Beach in Blackpool and have a splash at Sandcastle Water Park – something for everyone! Sign up soon – places are limited. Please note: External funding means we will be able to offer a number of reduced cost places for this trip. Full details will be announced when the trip is launched.	£220 approx	Mon 24-Thurs 27 June	S2-6	40
Silver DofE Assessed Expedition Lammermuirs/Pentlands tbc P Robertson	Assessed expedition for pupils who will have completed their practice in October 2018. DofE participants will undertake a 3 day expedition. They'll carry all the food and drinks they need for the trip, and will prepare meals on both nights when they camp out. During the trip the group will undertake a project, which they will present to their assessor after the expedition in order to gain their Silver award.	£45 Free for FSM students	tbc	5	7