

PARENT/SPONSOR PERMISSION – FIELD TRIP

Alconbury High School is planning a field trip, which will involve students in activities away from the school premises. The trip has been carefully planned and will be taken under the supervision of a school staff member. Your son/daughter/ward is invited to participate. Information about the trip is provided below.

For advance notice only.

No action is required until the start of the school year – August 2006

Description of Field Trip

Date(s) of Trip: 03,04,05 October 2006

Educational Purpose of Trip: 7th Grade Adventure Challenge & Teambuilding Activities course at Grafham Water

Itinerary: Three separate days of outdoor activities both land and water based. Students will travel to Grafham Water on a daily basis, leaving at 08:30 and returning by 3:00pm.

Mode of Transportation: Bus

Cost: £63 (non-refundable) **Expenses Needed:** Small amount for extra drinks / snacks

Other Information:

Please wear a set of old clothes, not jeans or cords. You may need extra layers on the water. Fleeeces are good. Clothes will get wet and dirty.

A pair of old training shoes that may get wet and dirty.

Swimming costume and towel.

Sun cream and a hat.

Waterproof jacket and trousers if available (the centre has some which they will loan).

You will need to bring at least one complete change of clothing and shoes and a plastic bag for wet items.

Please bring a packed lunch and a drink for each day.

Please do not bring items of value or wear jewelry

Students must carry their ID with them at all times and be prepared to show it at the main gate on our return each day.

The safety of our staff and students is paramount both in and out of school. You should be aware that this trip is subject to cancellation should security issues dictate.

Carol Hudson
Educational Cultural Adviser
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PARENT/SPONSOR – Please complete this form, sign it, and return it to the High School office together with a check for £63.00 payable to “AHS Activity Fund” at the start of the school year (no later than 08 September).

No action is required until the start of the school year – August 2006

Parent/Sponsor Name _____ Work Unit _____

I give/I do not give permission for my son/daughter/ward _____
(Student's name)

to take part in the field trip described above.

I undertake to ensure that the medical records held by the school are up to date.

Date _____ Signature _____

Home Address _____

Duty Phone: (_____) _____ Home Phone: (_____) _____

Emergency: (_____) _____

Is your child on medication? If yes, please describe:

**Note that the final closing date for this trip is 08 September 2006.
The booking with Grafham Water and the transportation
arrangements will be confirmed on this date and cannot be
changed.**

Available Activities - Adventurous



GRAFHAM
water centre

experience the challenge



Kayak/Open Canoeing *on the lake or nearby river*

From introductions to canoeing to advanced techniques, the sessions focus on developing skills or just having fun and playing games



Windsurfing

Learn the basics of windsurfing, including how to balance, raise the rig and sail away, turn around and even what to do if you fall off

Sailing *(single handers or crewed boats)*

Sailing single-handed for confident sailors – or in a larger boat with an instructor for beginners

Rowing

Try out this exciting and challenging sport in single sculls or coxed quads, working together to achieve the goal



Climbing and Abseiling

Gain the confidence to climb to the top of a 10-metre tower and learn to abseil down

Raft Building

Working as a team, groups design, build and race a raft around a course on the lake

Available Activities - Adventurous



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Archery

An opportunity to learn the graceful art of archery in a safe environment

Initiative Games

A chance for team building with a range of fascinating problem solving games, using a variety of equipment



Orienteering

Learn to interpret maps and compete with others, using new-found skills

High Ropes Course

A widely acclaimed personal development course building confidence and self esteem



Low Ropes Course

By working together and helping each other a group can traverse around a challenging course

Mountain Bikes (guided by instructors)

Enjoy cycling along the Grafham Water Cycle track through areas of exceptional natural beauty with outstanding wildlife