



## Abernethy Adventure Weekend



Dear parent/carer,

We would like to offer our S3 pupils the opportunity to participate in a residential adventure weekend at the Nethybridge outdoor centre situated with the Cairngorm National Park.

In addition to experiencing an exciting range of outdoor activities our pupils would also develop skills such as teamwork, communication, leadership, problem solving and many more.

### Dates

Friday 26<sup>th</sup> May to Sunday 28<sup>th</sup> May 2017

### Costs

Total Cost: £90

### Meals

Breakfast, lunch, dinner and supper are all inclusive.

### Accommodation

22 pupils sharing multi-bedded rooms in chalets.



### Activities

Possible activities (to be confirmed) may include:

Abseiling  
Archery  
Assault Course  
Bushcraft  
Challenge Activities  
Climbing & Bouldering  
Climbing Wall  
Coasteering  
Crate Climbing  
Dry Slope Skiing

Forest Adventure  
Gorge Adventure  
High Ropes Course  
Hill Walking  
Jacob's Ladder  
Kayaking  
King Swing  
Mountain Biking  
Open Canoeing  
Orienteering

Raft Building  
Ropes Adventure Course  
Sailing  
Sea Kayaking  
Team Building  
Tree Climbing  
Tree Top Trail  
Weasling  
Windsurfing  
Zip Wire

### Transport & Staffing

Pupils will be travelling by school minibus and people carrier and will be accompanied by 3 members of staff.

### Clothing

A kit list will be provided to participants following receipt of confirmation slip.

For additional information please contact:

Michael Aitchison  
Head Teacher

01349 852362  
[michael.aitchison@highland.gov.uk](mailto:michael.aitchison@highland.gov.uk)

# Invergordon Academy S3 Abernethy Adventure Weekend

- Your son's/daughter's participation is dependent on your written agreement. Please complete the Consent Form below and arrange for it to be returned to Mr Aitchison.
- If there are any medical conditions or any other matters which you would wish that we know, please complete this on the consent form.

“Parents and young participants should be aware that outdoor activities potentially pose a danger of personal injury or death. Parents, and participants taking part in these and other similar activities, should be aware of, and accept these risks and be responsible for their own actions and involvement. The above, though, must be seen in context, major accidents whilst engaged in an adventurous activity are relatively few and far between. All precautions have been taken to minimise risks.”



## ACTIVITY PARENTAL CONSENT FORM

**Name of Activity:** Invergordon Academy S3 Abernethy Adventure Weekend

**On** Friday 26<sup>th</sup> May to Sunday 28<sup>th</sup> May 2017

**Name of Pupil:** .....

Please Tick	
	I know of no existing medical condition and undertake to advise the leader/organiser of any future relevant medical condition which may affect my child's participation in the activity covered by this consent.
	I advise you of the following Medical Condition(s)which may affect my child's participation in the activity:

I enclose payment of £90 (cheques payable to Invergordon Academy School Fund, BACS details over page).

Signature of Parent/Guardian .....

Please return this form with your payment by Friday 5<sup>th</sup> May 2017



To ensure that we credit any payments to you please ensure that you enter ABERNETHY PUPIL NAME in the reference section of the on-line payment.

E.g. ABERNETHY JOE BLOGGS

We will be unable to identify payments made without a clear reference to ABERNETHY and your son/ daughter's name.

**School Account details:**

Royal Bank of Scotland	Name of account:	Invergordon Academy School Fund
High Street	Sort Code:	83-23-08
Alness	Account number:	00180681