

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 26th May to Sunday 28th 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	Forest Adventure	Raft Building
Archery	Gorge Adventure	Ropes Adventure Course
Assault Course	High Ropes Course	Sailing
Bushcraft	Hill Walking	Sea Kayaking
Challenge Activities	Jacob's Ladder	Team Building
Climbing & Bouldering	Kayaking	Tree Climbing
Climbing Wall	King Swing	Tree Top Trail
Coasteering	Mountain Biking	Weasling
Crate Climbing	Open Canoeing	Windsurfing
Dry Slope Skiing	Orienteering	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

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 26th May to Sunday 28th 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 5th 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