

Forrester HS Activities week 2019: Tue 28th-Thurs 30th May

Date	Trip	Travel	Destination	Activity	Additional info
<p>Trip 1: Leave 1am Wed 29th and return around 12am 30th May.</p> <p>Trip 2: Leave Thursday 1am 30th, return approx. 12am 31st Fri.</p>	<p>Alton Towers 29th & 30th May.</p>	<p>Meet at 12.45am both nights.</p> <p>Private coach from Forrester HS. Leaving Forrester HS at 1am Wed & Thurs. Returning around 12 midnight Thurs & Fri morning.</p> <p>We will update travel times via @forresterhs</p>	<p>Alton, Stoke-on-Trent ST10 4DB</p>	<p>Various rides (including those with water) www.altontowers.com</p>	<p>Pupils will need their own money for meals and any additional optional purchases. Dress according to the weather. Sun cream might be needed. All purchased food and drink is the responsibility of the pupil. Pupils will operate in small groups and meet at designated meeting points throughout the day. The group leaders mobile contact details will be provided to each pupil.</p>
<p>28th & 29th May</p>	<p>Foxlake</p>	<p>Private coach from Forrester to Dunbar. Leaving around 9am and returning for around 3.30pm each day.</p>	<p>Dunbar EH42 1XF</p>	<p>Various obstacle related water sport activities.</p>	<p>Pupils should bring swim wear, a change of clothing, towel and packed lunch. Pupils will be given a wet suit.</p>
<p>28th, 29th & 30th May</p>	<p>Paintball Bedlam</p>	<p>Private coach from Forrester to Bedlam. Leaving around 9am and returning for around 3.30pm each day.</p>	<p>Winchburgh, EH52 6PY</p>	<p>8 rounds of various paintball games.</p>	<p>Pupils should bring their own packed lunch. Pupils should wear old clothes but will be given all other equipment. Parents must sign a Bedlam terms and conditions consent form before attending. Additional paintballs can be bought, but this is optional.</p>
<p>28th & 30th May</p>	<p>Gravity</p>	<p>Pupils will travel on public transport needing bus fares to and from Fountain park. Leaving approximately 9.30am returning around 3.30pm.</p>	<p>Fountainpark</p>	<p>Trampolining</p>	<p>Parents will need to sign an online consent form from Gravity before pupils can take part https://gravityedinburgh.centeredgeonline.com/waivers Gravity have a strict safety policy that pupils must adhere to. www.gravity-uk.com/safety-first Pupils will need their own bus fares and lunch money. Sports clothing should be worn.</p>

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28 th May	Blair Drummond	Private coach from Forrester to Blair Drummond. Leaving at 9am. Pupils should return around 3.30/4pm.	Stirling, FK9 4UR	Various activities and sight-seeing opportunities. This may include adventure park and pedal boat activities.	<p>Pupils will need to provide their own lunch or bring money for food. Outlets are available at the park. See link for details www.blairdrummond.com/plan-your-visit.</p> <p>Pupils will operate in small groups and meet at designated meeting points throughout the day. The group leaders mobile contact details will be provided to each pupil. Staff will monitor water activities. Pupils should dress appropriately and bring sun cream if needed.</p>
28 th -30 th May	Cinema/Bowling, Volcano falls, Dynamic Earth, Camera Obscura, Museum, Edinburgh Dungeons, Spartans academy, Literacy tour.	Public transport to and from the location. Returning no later than 3.30pm. Staff will accompany pupils. Bus fares needed.	Fountainpark, Edinburgh city centre(Holyrood, Chamber St, Royal mile, Market St), Ainsle Park	Cinema, Bowling, crazy golf, Football.	<p>Pupils are provided a lunch at Cinema/Bowling. All other activities, pupils will need to provide their own lunch or bring additional money to purchase food. A packed lunch will be needed for Spartans.</p> <p>All pupils will need to provide their own bus fare to and from the activity.</p>
28 th -30 th May	Mountain Biking	Leaving the school around 9am, returning no later than 3.30pm. A bike and helmet will be provided unless pupils prefer to use their own.	Ratho and Linlithgow.	Cycle along flat terrain. Union canal.	<p>A packed lunch will be needed for all pupils. It is recommended all pupils bring a bag, appropriate clothing, sun cream and water.</p> <p>Pupils can bring their own bike and helmet.</p>

Key information: 28th - 30th May

All pupils must hand in a signed consent (KICsingle) form before taking part in any activity out with the school grounds. Paintball and Gravity have an additional form that needs completed also. All pupils apart from those at Alton Towers should come to school for **8.30am** and register with their tutor teacher. They will then head to their group leader's classroom before departing or beginning their activity. Dress code is not needed for these 3 days.

If your son/daughter is remaining in school all day, normal breaks and lunches will apply. Food is available in the canteen as normal.

- In accordance to health and safety of the facility providers or breach of the school's code of conduct; pupils could be removed from the activity. In the unlikely event a pupil falls below acceptable school behaviour, the group leader will remove the pupil from the activity and contact parents for pick up. No refund will be provided.
- Parents will need to sign a separate consent form for Paintballing and online waiver for Gravity before arrival. The Gravity link has been emailed to you or see link: <https://gravityedinburgh.centeredgeonline.com/waivers>
- If your son/daughter has additional medical conditions, please also fill in a medical form which can be picked up from tutor staff.
- Please alert the group leader of any dietary requirements if food is being provided.
- Pupils will only take part in the pre-agreed activities. If you do not give consent for an activity/activities, or would like further information; please contact the school.
- Staff will be onsite during every activity and will make themselves available for contact at any time.
- N.B Pupils in receipt of Free school meals can pick up a lunch from the canteen prior to departing for their activity. This needs to be communicated before the event/activity.

Please follow updates on our Twitter page **@forresterhs** and app.

If you have any further questions, please contact the school.

Kind regards

J. MacPhie

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