

13 June 2024

**Year 10 OCR / AQA Physical Education Residential**  
**Arete Outdoor Centre – 9<sup>th</sup>-13<sup>th</sup> December 2024**

Dear all,

I hope that you are well and looking forward to the summer break. This letter is following up the “registering your interest” email I sent to you all regarding our GCSE residential trip for all our PE pupils (both AQA and OCR).

We will be travelling to the Arete Outdoor Centre, Caernarfon (<https://www.aretecentre.co.uk>) for a week of outdoor adventurous activities. The cost includes all activities and equipment (including wet-suits) accommodation, catering and travel. Those on the OCR course will be able to complete elements of the module ‘R187: Increasing Awareness of Outdoor and Adventurous Activities’. Those on the AQA course will be graded in ‘Rock Climbing’ as a potential sport choice. The full activity program will be somewhat dependent on the weather conditions that week. If your child is considering completing the Duke of Edinburgh qualification at school this academic year, the skills being developed through this trip will be highly relevant.

Departure from the school site will be at approximately 5:15am (tbc), arriving in Wales at 1pm for afternoon activities. We will be departing from Arete at 1pm on the Friday, potentially arriving back at CFS around 7pm. Pupils will be able to contact you via text/call on the way back when we are within an hour of the site.

**Cost & Payment:**

If your child would like to take part in this trip, we are asking for a voluntary contribution of **£345.50**. This can either be paid in full straight away, or over three instalments, please note the deposit is non-refundable. Dates for instalments are as follows:

**1<sup>st</sup> July - £105 (non-refundable deposit)**

**1<sup>st</sup> September - £105**

**18<sup>th</sup> October - £135.50**

Payment should be made on the school’s ParentPay system, which will open on Friday 13<sup>th</sup> June, where you must also give consent for your child to attend the trip and add any relevant medical or dietary information. If you do not have access to ParentPay, please contact the finance office for a ParentPay activation letter as a matter of urgency.

If insufficient voluntary contributions are made, then it is unlikely that the trip will go ahead. Please contact the school if you would like your child to participate but you have difficulty with making the contribution. The finance team can be contacted on [finance@chichesterfreeschool.org.uk](mailto:finance@chichesterfreeschool.org.uk)

### **Items to Take (recommended by Arete centre):**

- One fitted single sheet, pillowcase and duvet cover, **OR** a sleeping bag plus single fitted sheet and pillowcase if you would prefer.
- At least two pairs of thick ski or walking socks with a 'loopstitch'. Thin socks are hard on the feet and cause sores and blisters.
- At least two warm jumpers or fleeces with long sleeves.
- Two pairs of warm trousers to wear during activities. Track suit bottoms are quite adequate. **Please don't bring jeans for activities as they aren't suitable.**
- Different T-shirts or similar to wear each day during activities. Thermal tops are ideal if you have any – this will be December.
- A warm hat and a pair of gloves plus sun hat.
- 2x Shorts and swimwear. Extra old shorts to wear over the top of the wetsuits.
- A set of casual clothes to wear around the Centre during the evenings.
- Toiletries and two large towels (one large enough to preserve modesty whilst changing outside, one for the bathrooms).
- Pocket money if you wish to use the onsite souvenir and tuck shop, recommended at £20
- Torch with spare batteries.
- At least one pair of old normal trainers to wear during water sessions and a dry pair for land activities and travelling to venues. Sturdy trainers with laces rather than thin soled slip-on shoes. Not football AstroTurf shoes as the rubber is too hard and slippery on rock.
- Sandwich Box and 500ml water bottle (any plastic bottle will do).
- Medication if necessary.
- **Carrier bags to return wet/dirty clothing.**
- If you have your own waterproofs, walking boots, wetsuit or wellies please feel to bring them along to use on activities.

### **In addition:**

It will be a rather long coach trip (6-7 hours), so bring something to keep yourself entertained! You will also need a packed lunch for the trip. We will be making pit stops along the way, so there will also be the opportunity to purchase food and drink, any money/payment cards your child brings will be at your child's own risk.

Yours faithfully,

**Mr G Dean**  
**Head of Physical Education**