



Thursday 13 November 2025

Dear Parent / Carer

Year 8 Personal Development (Aberdyfi) Weeks 2026 - Update (25-ZABER)

I am writing to give you an update /reminder for the upcoming Year 8 Outward Bound trip to Aberdyfi in January.

Thank you to all those of you who came to the Year 8 Information/Aberdyfi Evening last week. The [slides](#) from this are on the school website on the parent home page in the year 8 letters home section.

The deadline for the submission for the registration/medical forms is just under 2 weeks away (**Mon 24th Nov 2025**) and I know many of you have already completed this via the link, previously provided. The specialist Aberdyfi staff will be updating me on any late submissions to follow up and they also contact parents and carers directly to talk through any more complex health issues. Please also ensure that you have updated school on Edulink if there are any changes to any medical conditions.

All medication brought on trips must be accompanied by the trip [medication form](#), which should be completed and emailed to the First Aid Administrator (krandall@ahs.bucks.sch.uk) at least 2 weeks before the trip. Medicines must be handed in to the trip leader in their original packaging with the information leaflet and the dispensing label attached.

Please see below the specific details which were mentioned at the recent information evening including the specific timings, requirements and kit list.

If you or the students have any questions, please do not hesitate to contact me further.

Kind Regards

Mrs Sarah Saunders
Head of Year 8

01296 388222

ssaunders@ahs.bucks.sch.uk

Dates	Forms 8A, C, H & M - Monday 12 to Friday 16 January Forms 8S, & W - Monday 19 to Friday 23 January
Assemble	7.30 am , Monday morning, in the Coach Park. Please don't be late! Parents are asked NOT to drive up to or into the Coach Park; just drop your daughter off at school or on Turnfurlong and leave.
Bring	One main bag, plus a carrier bag or small backpack with a packed lunch and non-fizzy drink or water for the journey. Don't forget travel sickness medication if needed. Inhalers and any personal medication should be carried on the coach rather than in your main bag. If you have an EpiPen prescription you must have two EpiPens with you.
Return	Approximately 6.00 pm on Friday evening, in the coach park. Parents can telephone the school trip answerphone on <u>01296 388239</u> after <u>4 pm on Friday afternoon</u> to check arrival time. Parents are asked NOT to drive up to or into the Coach Park. You can park in the car park at the front of school (using the Main Entrance); please do not cause congestion in Turnfurlong itself as the coaches will not be able to get through.
Location and communications	Address: Outward Bound Wales, Aberdyfi, Gwynedd, LL35 ORA Emergency telephone: 01296 388222 (school hours) 01654 767464 (other times) Pupils will not be allowed to use the telephone to phone home; part of the idea of the time away is to learn independence. Mobile phones and other communication devices must not be taken.
Money	No more than £20-25 spending money.
Valuables and security	It is each pupil's responsibility to look after her own possessions. It is inappropriate to bring anything of great value. Please stick to the kit list see below)
Any questions?	Please do ask the students to speak to me with any questions or contact me on 01296 388222 ssaunders@ahs.bucks.sch.uk

Equipment list [Remember that parents should not be doing the packing!]

We cannot stress too strongly that no specialist clothing or equipment should be purchased for this trip. You should expect *everything* to return home needing a good wash! Please don't bring anything that is not on this list without very careful consideration and, probably, only after asking your teacher first. Outward Bound supplies *all* specialist equipment.

Clothing and footwear are much more likely to return home if they are marked with your name; sorting out unmarked clothing in communal drying rooms is not fun!

You must have:

- ✓ 2 pairs of training shoes or similar; at least one of these pairs will get wet
- ✓ 4-5 pairs of trousers; tracksuit bottoms are fine. A pair of thicker tights or leggings to be worn underneath if it's cold might be a good idea. Jeans are unsuitable for outdoor activities but you could bring one pair for wearing around the centre.
- ✓ 4-5 shirts / tee-shirts
- ✓ 4-5 warm pullovers / sweat shirts / fleeces
- ✓ Enough underwear
- ✓ Socks - lots, including some thick woollen-type socks for boots, if you have them.
- ✓ 1 pair of shorts
- ✓ Nightwear
- ✓ 2 towels
- ✓ Gloves, 2 pairs
- ✓ A warm hat (that covers your ears) & a scarf
- ✓ Personal toiletries, such as shampoo, soap, toothbrush, toothpaste, hairbrush, hairbands, sanitary items as required
- ✓ Any personal medication (e.g. inhalers) that you need (but make sure that we know about it).
- ✓ Swimwear
- ✓ A biro & a pencil
- ✓ Packed lunch for the outward journey
- ✓ Spending money (£20-£25 maximum)
- ✓ A book/magazine, for the journey
- ✓ L4L blue booklet
- ✓ A few plastic food bags to put rubbish in

A sense of humour

And a bag to put everything in!

You could have:

- ? Sun hat & sun cream, particularly if you are fair-skinned - it might be sunny!
- ? Walking boots if you have them already
- ? An alarm clock
- ? Outer coat or jacket (but not if it can't get muddy and wet)
- ? A camera (simple digital or single use)
- ? A pack of cards or game for the evenings

You must not have:

- X Mobile phones or other device eg Smart watches
- X iPods, MP3 players, smart watch or similar
- X Any electronic games