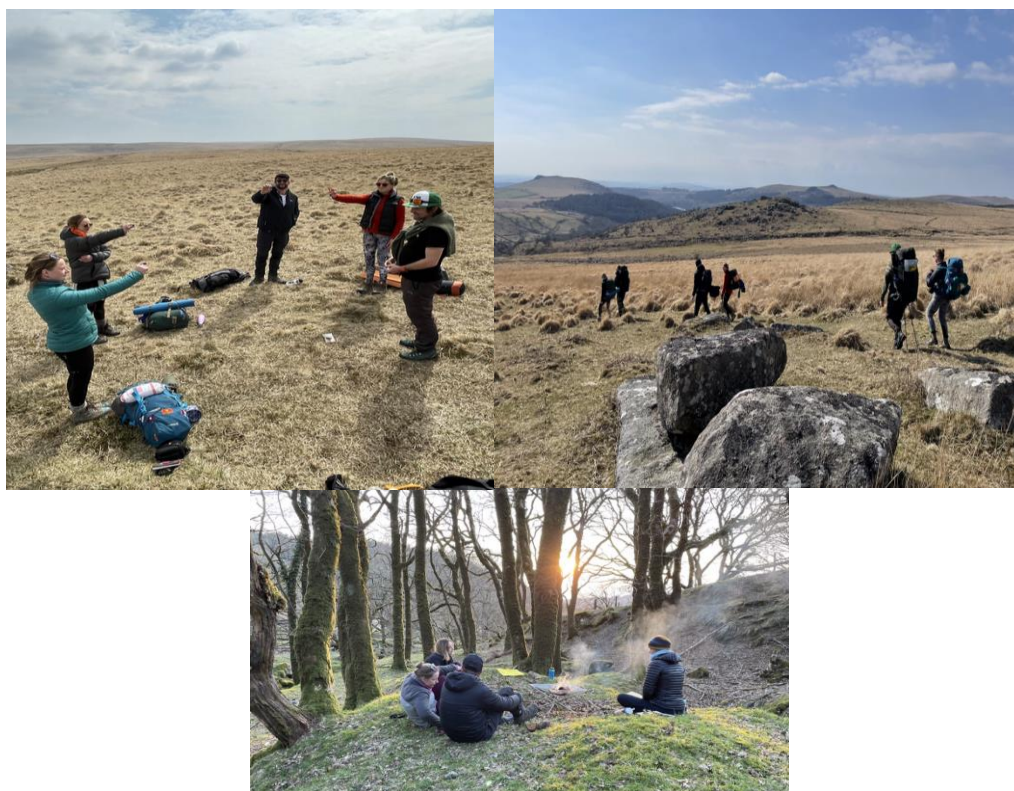


19 October 2021

Dear Parent / Guardian

Years 10 - 13 Personal Development & Coaching Trip – WILD WEEKEND – March and April 2022
Inspiration Evening Wednesday 3rd November, 6.30pm

We are delighted to announce a unique opportunity for a limited number of our students in Years 10 - 13 to undertake a Wild adventure to inspire Life. The journey will see students explore the open moor, high rocky tors, ancient forest, rivers and sites of human spirituality on Dartmoor. They will be immersed in a human journey in the wild for the weekend and will leave feeling refreshed, reconnected and ready for whatever comes next.



We want to support students and allow them to focus and reflect as they move on to the next stage of their lives. The aim of the two days is to give them the chance to reflect on their experiences and the experience of others, connect with themselves, others and the wild, and explore emotional competence as well as improve mental health and wellbeing.

The programme will include group coaching, sleeping under the stars (wild camp), mindfulness, cold water immersion, open fire cooking and breathing exercises.

We are working alongside [The Living Project](#), who hold accreditation from the Adventure Activities Licensing Authority. The Living Project is led by Josh and Cormac, two incredible humans who hold qualifications in leadership, coaching, and counselling. Between them they've led more than 50 overseas personal development

expeditions and as a result have created a unique approach to facilitating meaningful connection and supportive wellbeing experiences through adventure. They will be present throughout the experience - alongside their incredible facilitation team who have a variety of specialisms that enrich the exploration of self, other and the wild. These leaders have each been chosen for their leadership, coaching, personal skills, experience, training and qualifications. Participants will have the opportunity to spend some time in school with Josh & Cormac in advance of their adventure as well as meeting with them afterwards to review and reflect on the experience.

We will be holding an Information Evening with Josh from The Living Project on **Wednesday 3rd November at 6.30pm** and would be delighted if you would like to come along to find out more about this incredible experience. Please let us know if you are able to attend by completing the form [here](#).

Cost: The cost of this trip is **£249** and includes food, fully qualified instructors, all group/emergency equipment, 'Outside Lies Magic' up-cycled journal and transport. *We would not wish boys to be excluded from the trip for purely financial reasons. If you feel that the cost involved is prohibitive, please do contact me in strictest confidence as there may be funding available to assist you.*

If you wish your son to take part in the trip, please **log onto ParentPay by Monday 8th November**, look up the "Wild Weekend Trip 2022" and pay the **first instalment of £100** to register your interest. You will be able to sign up from Thursday 21st October. As there are limited spaces available on the trip, the **final allocation of spaces will be on a first come, first served basis**, with the remainder being placed on a reserve list. Should an applicant not be successful a full refund of the deposit will be provided. While I do understand this may mean some students could miss out, this is a new programme that we have been working on developing for some time and we will be looking to launch additional opportunities in the future. So if you do not get a place please email me to register your interest as we will ensure you are given a priority place at the earliest opportunity. If you are unable to pay online, please contact the Finance Office promptly to pay by an alternative method.

PLEASE ALSO BE AWARE THAT THESE PLANS MAY BE SUBJECT TO SHORT NOTICE CHANGES OR CANCELLATION DUE TO UPDATES IN COVID GUIDANCE OR ISOLATION PROCEDURES. In the event of any changes or cancellation the School to the best of our ability will look to recover any costs committed. Many companies now have COVID guarantees in place and the School has undertaken suitable due diligence checks. However, this may still mean some or all of the funding is unrecoverable and parents/guardians understand this when signing students up.

Finally, I would be happy to answer any questions you may have by email (address below). As usual, please inform the School of any changes to the medical condition of your son and any changes to emergency contact numbers before the trip departs.

Please do not hesitate to contact me if you have any questions regarding the visit.

Yours sincerely,

Jen Turney
Co-Curricular Coordinator
jdt@rgshw.com