



Earlston's Exodus

Excursions 2018-19

One of the great strengths at Earlston is the commitment shown by staff, students and parents to **creating our community**. We feel that the many and varied excursions offered by staff through the year are vital in helping to foster this.

This booklet gives **an outline** of what you can expect for your child in S2-3.

We also hope that this will help parents and carers **plan ahead** to give your child the best chance of experiencing some of these opportunities in future years. Things change so not everything will be offered next year; but most do continue.

All of these are offered by staff working voluntarily because they believe giving our young people these wider experiences. We want our community **to work together** to make them fantastic opportunities.

Our aims (Learning intentions):

- Relationships: to build strong connections between the school community
- Respect: to encourage everyone in school to respect each other
- Challenge: to stretch students out of their comfort zone and to encourage independence
- Problem solving and team building
- Supporting curricular learning
- Give all students an out-of-school learning experience, if possible residential, by the time they leave school

1. **S2-3 parents** who are interested in an excursion complete an option choice form to request a place. This can be done online or via the paper form attached here and should be handed in by 10th September. You should choose a **first-choice** activity and a **reserve** in case there are not places. All S2-3s are expected to go on an excursion.
2. If an activity is over-subscribed places will be **allocated randomly**, and we will then do our best to make sure your child gets their second choice.
3. Once you have been allocated a place you can pay the **deposit via parent pay to secure your place** or in cash to the school office. The trip leader will then give you more information and details on how to pay. Anyone who has difficulty in paying should contact the school as there may be support available.
4. There will be a parents' meeting for each excursion on the first week back in after the Easter holidays.
5. Activities aren't guaranteed to run as described; many depend on numbers of students and other factors.

Students' Responsibilities on Excursions

By opting into our excursions programme
you are agreeing to this code of conduct.

Everybody going on an excursion has the right to enjoy and to learn. Many of us have saved up to come. Staff give up their spare time for free. We all therefore have the responsibility to make everything go well.

By joining our activities students therefore agree to:

- act **safely**
- **follow instructions** of any leaders or other adult helpers (for example lights-out times)
- **dress** and behave appropriately
- **be sensitive** to local codes and customs
- look out for anything that might hurt or threaten themselves or anyone in the group and **report it**
- **be legal** (laws can be different abroad- you must follow both British and foreign laws. For example alcohol, cigarettes and bangers are not allowed)
- **follow school rules**
- be **polite**
- **be a credit** to our school, our area and our country
- **look after myself and others**

FAQs

How much money should I take?

Most excursions are fully costed, including meals, with the possible exception of the return bus journey. We therefore recommend money only for snacks, souvenirs and the occasional treat. £5-£10 a day is a good rule of thumb. Any more can be upsetting for other students and difficult to manage for staff.

Are we allowed mobile phones?

It depends on the excursion. The same rules apply as in school: it is entirely up to the excursion leader's discretion. For example you will have no use for them on the Ardeche excursion; but they are useful for emergencies when on the Battlefields excursion.

What happens if I have to cancel?

Deposits are not refundable. The balance has been paid travel company is not obliged to compensate for anyone who drops out, other than for medical cases signed off by a doctor. Once a place on the trip is secured, if at any time before the trip, your child's behaviour at Earlston HS is judged by the Senior Leadership Team to cause concern that they might misbehave badly on the trip, we reserve the right to withdraw your child from the trip. If there is no one on the waiting list, you would still be liable for the full cost of the trip. If behaviour is inappropriate on the excursion we reserve the right to send the child home at parents' expense.

What if there's a problem on the trip?

Please encourage your child to always speak to the teacher first. We aim to encourage independence and self-reliance and a team ethos to solving problems and we value parents' support with this.

<i>What's the trip name?</i>	Ardeche Adventure Explorer S2
<i>Where will I go to?</i>	South of France
<i>When is it?</i>	Dates around 19-25th May 2019
<i>Who can choose it?</i>	S2 ONLY
<i>Who's the trip leader?</i>	tbc
<i>How much is it?</i> <i>Can I get help to pay?</i>	Approximate cost £650. Non-refundable first instalment of £70 by October 5 th . Payments complete by 11 th March.
<i>What happens?</i>	<p>Day 1 - Friday 18th May 2018 depart school and begin our journey to Domaine de Segries</p> <p>Day 2 - Arrive at camp in the morning to have breakfast, settle in and get ready for the day ahead. In the morning there could be mountain biking followed by an afternoon rock climbing.</p> <p>Day 3 - Visit the Orgnac Caves and the Haribo Museum.</p> <p>Day 4 - Set off on the two day canoe down the Ardeche river and camp out under the stars at night.</p> <p>Day 5 - Finish the two day descent of the Ardeche river and return to camp.</p> <p>Day 6 - Kayaking all day with a picnic lunch beside the Ardeche river.</p> <p>Day 7 - High ropes course in the morning followed by archery and problem solving in the afternoon. Leave camp after dinner for our return journey.</p> <p>Day 8 - Friday 25th May 2018 travel back to Earlston High School.</p> <p>After activities are done for the day there is a variety of evening entertainment for students to get involved in such as visiting the local town, swimming, capture the flag and a disco.</p>
<i>Why should I go?</i>	<p>During this trip students will be given many opportunities to widen and enhance their skill sets. Responsibility is one of the most important skills we aim to develop in students attending this trip not only whilst we are away but also during the preparation for this trip. Some of the other skills we hope this trip will help to develop are:</p> <p>Teamwork, Resilience, Self-awareness, Related Skills, Leadership, Confidence, Communication, Problem Solving, and a Positive Attitude to Challenge and Adventure</p>
<i>Give me an idea- what's it like?</i>	
<i>Anything else I need to know?</i>	<p>It is essential that your child can swim 50 metres with clothes on.</p> <p>You must let us know if you have any other reasons why you can't do an adventurous activity.</p> <p>More details will follow once you've chosen the adventure.</p> <p>We'll also have a parents evening on Wednesday 17th April.</p>

<i>What's the trip name?</i>	Auschwitz & Krakow S2/3
<i>Where will I go to?</i>	Poland
<i>When is it?</i>	20-24th May 2019
<i>Who can choose it?</i> <i>Trip leader</i>	S3 get priority Mr Simpson
<i>How much is it?</i> <i>Can I get help to pay?</i>	<p>£615 including flights, accommodation, entrance fees, tours & speakers/guides, coach travel within Poland, packed lunches and dinner.</p> <p>Non-refundable first instalment of £70 by October 5th. Payments complete by 11th March.</p> <p>EXTRAS: drinks and any spending money would need to be taken.</p> <p>Transport to and from Edinburgh Airport would also need to be arranged (Parents or other forms of transport).</p> <p>The tour has been organised and priced by 'ibt travel'</p>
<i>What happens?</i>	<p>Day 1:</p> <ul style="list-style-type: none"> • We would leave from Edinburgh airport 20th May to fly to Krakow. <p>Day 2:</p> <ul style="list-style-type: none"> • Wieliczka Salt Mines, Guided tour of Wawel Castle <p>Day 3:</p> <ul style="list-style-type: none"> • Tours of Auschwitz Birkenau Concentration Camp (3 hour tour) • Guided tour of Old Town and Jewish Quarter (up to 2 hours) • Schindler's Factory Museum • Galicia Museum (including a meeting with Holocaust Survivor or relative subject to availability) <p>Day 4:</p> <ul style="list-style-type: none"> • Rynek Underground Museum with audio guide • Kosciuszko Mound • Flight back to Edinburgh (arriving approx. midnight/early hours Friday morning)
<i>Why should I go?</i>	<p>Krakow is one of the oldest and most beautiful cities in Poland, and an exceptional school trip destination for any student that will remain in their memory for years to come.</p> <p>This trip will give students the opportunity to reflect on what they see and hear – more than one person has said it was 'life changing' to see and hear from holocaust survivors and to see the factory at the centre of the film Schindler's list.</p> <p>For a true taste of the authentic Polish way of life, where better place than the grand town square at the centre of the city. The square is actually the biggest medieval town square in Europe. It houses St. Mary's Basilica, a gothic church that dates back to the 13th century and</p>

that is now surrounded by local marketplaces, restaurants and cafes.

There are also few cities that provide such a thought-provoking experience of wartime history. This trip to Krakow enables students to gain a real sense of what life was like for Jewish communities prior to and during the Second World War. This is an invaluable and unforgettable learning experience for all who visit.

Skills/values you will be focussing on are:

1. **Resilience.**
 - Resilience is a person's ability to respond to pressure and the demands of daily life.
 - On the trip this could be never giving up, trying your hardest, learning from your mistakes, having a positive attitude, etc.
2. **Organisation & Timekeeping.**
 - This would include getting up on time and arriving on time for meals, meeting points, having what you need for the day, managing your money, etc.
3. **Problem solving.**
 - This would include how you get from one place to another without getting lost, finding things in your room that you may have mislaid, etc.
 - Any difficulties with other people on the trip and engaging with activities.
4. **Respect.**
 - To each other and staff – including the bus drivers.
 - Respect of property in the hotel and at attractions,
 - Members of the public as you walk through the streets and engage with attractions/hotel staff and those working in shops.

Give me an idea- what's it like?



Iconic image of the entrance to
Auschwitz-Birkenau



The Market Square at sunrise in Krakow

Anything else I need to know?

You will need a valid passport.

More details will follow once you've chosen the adventure. We'll also have a parents evening on Wednesday 17th April

What's the trip name?	Borders Explorer S2
Where will I go to?	All around
When is it?	20-24th May 2019
Who can choose it?	S2
Trip leader	Ms Williamson
How much is it? Can I get help to pay?	<p>£40</p> <p>Yes, there is a discount for anyone in receipt of free school meals, or on request. Payments complete by 11th March.</p>
What happens?	The Borders explorer takes students all around the best activities in the area. We go to places like Ryze trampolining park, bowling, cinema, horse riding, mountain biking and so on.
Why should I go?	It is a great opportunity to get out and about and see what the Borders has to offer.
Give me an idea- what's it like?	

What's the trip name?	Get all Medieval in... York City Break S2/3
When is it?	20-24th May 2019
Who can choose it?	S2
Trip leader	Mrs Allison
How much is it? Can I get help to pay?	£410 approximately Yes Non-refundable first instalment of £70 by October 5 th Payments complete by 11 th March.
What happens?	<p>Monday Leave school. > Stop for lunch – Service station en route > Arrive at hotel. > Sort rooms/Unpack. > Open top bus tour York. > Evening meal at the hotel. > Walking the walls of York – familiarisation of the city and meeting points at various times in the week. > All in rooms by 10 pm. Orientation challenge. Bus tour – mid-afternoon 3.30pm Walking walls – leave hotel after dinner</p> <p>Tuesday Castle museum. > Boat trip and commentary. > Free time in city. > York – Chocolate story... > Roman Baths... > Evening meal at the hotel. > Ghost walk – stories of York through the ages. > All in rooms by 10 pm.</p> <p>Wednesday York Dungeons. > York Minster. > Free time in city. > Jorvik Viking Centre. > Railway Museum. > Evening meal at the hotel. > Cinema (age appropriate film & popcorn!) –</p> <p>Thursday Flamingo Land theme park > Evening meal at the hotel. > Packing for early start home.</p> <p>Friday Home with stop on way... > Back at school for buses or to be picked up.</p>
Why should I go?	This trip is for anyone who loves rollercoasters, cities, dungeons, warriors, Vikings, massive machines or fantastic shopping. Everyone!
Give me an idea- what's it like?	<p>Some images from the week's activities...</p> 
Anything else I need to know?	Lots of looking around on foot- comfortable shoes and a rain coat will help. Watch out for the fudge shops...

What's the trip name?	Liverpool: 'Mersey Beat' S2
Where will I go to?	<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <p>Beatles, Bowling, Slavery and the Kop</p>   </div> </div>
When is it?	20-23rd May 2019
Who can choose it?	S2
Trip leader	Ms Thores
How much is it? Can I get help to pay?	<p>£260</p> <p>Yes help is available.</p> <p>Non-refundable first instalment of £70 by October 5th Payments complete by 11th March.</p>
What happens?	<p>We take the train to Liverpool and spend 3 nights / 4 days seeing the Beatles Museum, Anfield, International Slavery Museum, Liverpool Cathedral & Tower, hop-on-hop-off bus tour, travel down the Mersey by boat, bowling, cinema & shopping</p>
Why should I go?	<p>If you want the chance to see one of Britain's most cultural and historic cities from many viewpoints. We will be immersed in the history of music, sport and slavery. We study the Atlantic Slave Trade at the beginning of S3 History, so visiting the National Slavery Museum will really help our understanding.</p>
Give me an idea-what's it like?	<p>We will stay in the centre of Liverpool and have easy access to its many famous sights and sounds.</p>

What's the trip name?	Scottish Explorer S3	
Where will I go to?	Days around Scotland	
When is it?	20-24th May 2019	
Who can choose it?	S3 ONLY	
Trip leader	Mr Hayes and Mrs Weston	
How much is it? Can I get help to pay?	£20	Yes, for anyone in receipt of free school meals, or on request. Payments complete by 11 th March.
What happens?	S3s will get a variety of one day excursions to Edinburgh, Glasgow and other local areas. We'll BBQ on the beach, see massive museums, castles, and play the Mobile Treasure Hunt across a city.	
Why should I go?	Scotland was recently voted the best place to visit on the planet. So let's go and see it! Get to know yourself and make new friends.	
Give me an idea- what's it like?		

What's the trip name?	Battlefields 2019 S3
Where will I go to?	Based in Ypres within Belgium and France.
When is it?	19-25th May 2019 Deposit £70 by October 5th Payments complete by 11 th March.
Who can choose it?	S3 History Students
Who's the trip leader?	Mrs Maciver and Mrs Cunningham
How much is it? Can I get help to pay?	Depending on the number of participants, the trip will cost around £460. You will be able to pay in scheduled instalments. A £70 non- refundable deposit is required by 5 th October. Please hand to the office along with your selection slip. Either pay in cash in an envelope clearly marked with the student's name, or by cheque with the student's name on the back. Subsequent payments can be made on ParentPay. Included in the price is dinner and packed lunches, entry to all venues, the cost of an all day ticket for the theme park, and all meals, except for dinner on the last evening.
What happens?	The trip leaves at around 7am on Sunday 20 th May and will return on the morning of Friday 25 th May. The itinerary will include visits to the Somme and Vimy Ridge battlefields, the Wellington Quarry underground trenches, the Menin Gate Ceremony in Ypres, and the Passchendaele Memorial Museum. We will spend the last day of the trip at the Belgian theme park, Bellewaerde. Transport is by coach and ferry to our base, which will be The Old Abbey Hotel near Ypres in Belgium. During the week we will visit sites in both Belgium and France. We sleep in the hotel from Sunday to Wednesday, and travel home overnight on Thursday into Friday.
Why should I go?	This has proved to be a successful and enjoyable excursion for students in many previous years. The aims are <ul style="list-style-type: none"> • to increase student knowledge and understanding of people in the past. • to enable students to understand the enormity of the sacrifice made nationally and internationally, and to consider the nature and purpose of remembrance. • to develop the confidence, independence, resilience of students. The students who participate will study 'The Road to WWI' as part of the BGE in S3. Many will go on to study 'Scotland and the Era of the Great War' at Nat 4/5 level in S4. This trip will help to deepen understanding of the topic.
Give me an idea- what's it like?	The magnitude of the First World War will really hit you. You will visit a variety of sites – memorials, battlefields, graveyards, exhibitions – which will help you to understand the sacrifice made during World War I. Our final day gives us a chance to relax and have fun together after our intense few days. If you want an honest opinion of the trip ask an S4, S5 or S6!
Anything else I need to know?	As you are in S3, you are permitted to bring your mobile phone to use responsibly and in line with school policy. If you have knowldege of a relative with a military grave near to the areas we will travel through, it is often possible for us to make a short visit. You must organise your own passport and EHIC insurance card yourself by March 2019

What's the trip name?	Duke of Edinburgh's Bronze Award S3	
Where will I go to?	Exploring the outdoors in the Scottish Borders	
When is it?	20-24th May 2019	
Who can choose it?	S3 ONLY	
Trip leader	Mrs Farnish	
How much is it? Can I get help to pay?	Around £60 including registration Yes, for anyone in receipt of free school meals, or on request. Payment is organised on a different timetable. See Mrs Farnish for details.	
What happens?	<p>This option is for S3 students only.</p> <p>You will cover all the training for the expedition section of the Duke of Edinburgh's Bronze Award in one week rather than attending sessions through the year.</p> <p>Monday, Tuesday and Wednesday will be in and out of school, learning about map skills, using a compass, First Aid, putting up tents, cooking outdoors and how to keep safe. Then on the Thursday we go off on a 2-day expedition into the hills of the Scottish Borders, camping overnight.</p>	
Why should I go?	<p>The Duke of Edinburgh's Award is one of the best recognised Awards for demonstrating your resilience, independence and ability to work in a team. You will also have fun outdoors with friends. There may be the chance to progress to Silver or even Gold in the future.</p>	
		
What else do I need to know?	<p>There are two options for doing Duke of Edinburgh this year. You can either do the normal approach of Friday afternoon sessions or this option allows you to get a big chunk of it done in the warm summer months. You'll still have to do your volunteering, physical and skill sections in your own time starting in October and attend Tuesday lunchtime meetings to help organise this. You'll also need to be assessed in an expedition later in the year.</p>	

Fill in ALL
shaded
sections

EV2 Parental / legal guardian / carer consent form

Name of young person: Address:		
Establishment/school: Earlston High School	Excursion leader: see booklet	
Excursion details: Option chosen:	Date/s: Excursion week 2019	
Additional information will be provided by:	Parents meeting (date): Wed 17th April	Additional documents Exodus Excursion booklet
This form should be returned to: The post box in the school entrance or by email to		By (date): End September 2018

Part 1: Additional support and/or medical information. (To be read and completed by parent/legal guardian.)

Having been supplied with information regarding the excursion, does your child have any illnesses, injuries, specific additional support needs, specific dietary needs or medical factors (such as asthma, allergies, phobias, vision/hearing impairments, recent illness/injury, contact with contagious or infectious disease in last 4 weeks) that should be brought to the attention of the excursion leader? Yes No

If yes please give brief details and significance.	Details:	
When did your child last receive an 'anti tetanus' injection?	Date:	
Name of GP:	Tel no:	Address of GP:

During the time between this date and the excursion, if the status of my child's health changes, I will bring this to the attention of the excursion leader. I understand I should inform the excursion leader in writing as soon as possible, up to and including the day of the excursion, clearly identifying the name and date of birth of my child and the nature of the change. I understand that if I do not inform the excursion leader this may compromise my child's participation in this excursion.

Administration of prescribed medication request.

Will your child require to have prescribed medication issued during the duration of this excursion?

Yes - please complete details below. No - please go to Part 2.

REQUEST FOR PRESCRIBED MEDICATION TO BE ISSUED DURING THE EXCURSION

I request that my child be given the following medication during the excursion. The medication below has been prescribed by the family or hospital doctor. It is clearly labelled indicating contents, dosage, expiry date and child's name in full.

I understand that the medication will be administered to the above named student and accept that this is not a service that the school is obliged to undertake.

It is the parent's responsibility to ensure that there is sufficient medication available and that it is in date. If the excursion is abroad it is recommended that the parent supply an extra 48 hours medication. GP's should be consulted if there is any doubt about how much extra should be taken.

Name of Medication	Date Prescribed	Duration of Course	Dose Prescribed	Time(s) to be given

Note: Medication will not be accepted by the school for administration during the excursion unless this form is completed and signed by the parent or legal guardian of the child and the administration of the medications are agreed by the Head-teacher. The Head-teacher reserves the right to withdraw this service.

Part 2: Communication during excursion.

In the event of a change to arrangements, such as a delayed return or unplanned event, please supply two contacts, one of which must be parent/legal guardian/carer, plus an alternative contact in the event you cannot be reached.

Parent/legal guardian/carer details.	
Name:	
Mobile:	Landline with area code:
Alternative contact details:	
Name:	Relationship to young person:
Mobile:	Landline with area code:

These numbers will be retained by excursion leader for the duration of the excursion.

Part 3: Parental consent. To be completed and signed by parents/legal guardians/carers.

I have received, read and completed all parts of this form (EV2) and note the details of the activity, any travel involved and the summary of foreseeable risks plus all other excursion information provided. I note there is insurance available through Scottish Borders Council which covers this excursion. I agree with behaviour standards required. I note that in the event of any medical emergency the excursion leader will be responsible for ensuring my daughter/son is provided with appropriate medical attention and I agree to my daughter/son receiving such emergency medical treatment, including anaesthetic, as considered necessary by the medical authority consulted.

I agree to my daughter/son (name) taking part in the excursion/s outlined on page 1 and her/his full participation in the activity described.

Please note that both parental signatures are requested when an excursion involves travel abroad – please contact the school to discuss if this is not possible.

Name **Signature** **Date**

Name **Signature** **Date**

I agree to my daughter/son(name) being issued with over the counter medication should they need it (painkillers, antihistamine, lmodium etc)

Name **Signature** **Date**

Name **Signature**

For activities excursions:

My child can swim 50 metres **YES / NO**

S2-3 Excursions: What can I choose?

Read through the options in this booklet

- You can return the options form online via this link
https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKZeaVXBCF4pPtBz_7TdSudtUNVVLRVZLRFE2MUw1WIAzWkxIWU41QkpGVi4u
- This link can also be found in the school bag on the school website.
- It's important that you also return your **EV2 permission form** filled in with the first choice you've made and **with both parents / carers** signatures.

Child's name: _____ House _____

S2 Option choice sheet

First choice (circle)	Second choice
<ul style="list-style-type: none"> Borders Explorer Ardeche Adventurer York Liverpool Auschwitz and Krakow 	<ul style="list-style-type: none"> Borders Explorer Ardeche Adventurer York Liverpool Auschwitz and Krakow

S3 Option choice sheet

First choice (circle)	Second choice
<ul style="list-style-type: none"> City sights Battlefields Duke of Edinburgh Auschwitz & Krakow 	<ul style="list-style-type: none"> City sights Battlefields Duke of Edinburgh Auschwitz & Krakow