



In all things faithful

St Damian's RC Science College

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Headteacher

Mr S Logue BA (Hons), MEd., NPQH, NPQEL

03/01/2024

Dear Parent/Carer,

Year 7 Castlerigg Manor, Keswick

The final arrangements have been made for the Year 7 retreat to Castlerigg Manor from Tuesday 9th to Wednesday 10th January 2024. We would like to share some reminders with you, as well as the itinerary for the Retreat.

It is essential that we receive the Medical Form with emergency contact details for you. **Unfortunately, no pupil will be allowed to travel without one.**

Students will need to meet at school at **6am on Tuesday morning**. The coach will depart at 6:30am prompt, please ensure your child has eaten or has provisions for breakfast on the day of travel.

Your child will not need spending money but if they do wish to bring money for the tuck shop no more than £20 is allowed.

Please encourage your child not to take anything valuable or sentimental as we want to avoid the risk of any damage or loss of any valuable property they may have.

Mobile Phones are allowed however they must not be brought to the sessions. Phones will be turned off and placed in a box with a member of staff at bedtime to be returned in the morning.

What to pack and bring along...

- Warm clothing, walking boots (if you have them) or trainers that you do not mind getting muddy and waterproof clothes for outdoor activities. This is health and safety regulations. (can be borrowed from the centre if needed free of charge)
- Washing requirements and toiletries – including a towel.
- Spending money (Maximum £20),
- Warm clothing for bedtime.
- An outfit for Tuesday and Wednesday. Appropriate for a religious retreat and attending Mass.

St. Damian's RC Science College

- A musical instrument (if you play).

Day 1

10.00 Arrivals
10.30 Staff Meeting
11.00 Welcome & Ignition // Feet
11.30 Break
12.00 Session 2 // Hearts
13:00 Lunch
13:40 Walk and town
16:00 Rest Break
17:30 Dinner
18:45 Adoration/ Mass
19:45 Social Break
20.30 Orientation
20.45 Night Prayer *Veronica*
21.00 Bedtime Story *Melissa*

Day 2

8.30 Breakfast
9.30 Morning Prayer *Melissa*
9.50 Session 3 // Hands
 (with affirmations)
11.15 Social Time
11.45 What's Next?
12.20 Final Prayer
13.00 Lunch
14.00 Depart

St. Damian's, Year 7

January 9th- 10th

Castlerigg Team // Melissa, Jack,
 Veronica

School Staff // Names

Group // 30 young People (XXb, XXg)

Creative Workshops //

Rosary Keyrings (Melissa, Main
 Lounge)

Candles (Jack, Ecclesia)

Salt Jars (Veronica, Holy Islands)

Finally, you are reminded that the coach is due back at 5pm on Wednesday 10th January 2024 and we look forward to seeing you to welcome your child back to Tameside!

I would like to take this opportunity to thank you for your continued support and co-operation. If I can be of any further assistance or you require any further information then please do not hesitate to get in contact.

Yours faithfully,

Mrs Monica Gerschler

Mrs Emily Allmand

Head of RE

Lead Teacher of RE

Castlerigg Retreat: 'Guidelines for a Happy Retreat'

The Castlerigg Team and St Damian's Staff ask you to observe the following guidelines. If they are followed in the right spirit, it will ensure you enjoy this retreat!

- 1. Courtesy:** Please be on time for all meal times and sessions. Use the bins provided for rubbish. Chewing gum is not permitted anywhere on the premises. When you go to your rooms to prepare for bed you will have time to settle down. 'Lights Out' will be at your teachers' discretion. Always be respectful in the Chapel and during prayer times.
- 2. Fire Procedures:** If you hear a fire alarm, leave the building as instructed; immediately and without fuss. Follow the green signs to the exits and line up at the fire assembly point. If the alarm goes at night, please wear warm clothes and put something on your feet before leaving the building. Make sure you switch off hairdryers, hair straightener's and any other electrical equipment when you leave your bedrooms.
- 3. Smoking, Alcohol and Drugs:** Smoking is forbidden in any of the buildings. This rule has to be kept very strictly because of fire regulations and because it is now against the law to smoke in public places. If you smoke on the retreat, you will be sent home. For obvious reasons, it is forbidden to bring alcohol. If you are found to have drunk alcohol, taken drugs or found in the possession of either, you will be sent home.
- 4. Bedrooms:** For reasons of space and privacy, there will be no mixed visiting, either day or night, and students must stay on their own corridors – boys must not go into the girls' rooms and girls must not go into the boys' room. During the day, the rooms will be out of bounds without a member of staff present. Please respect any 'Private' signs as these rooms belong to staff at Castlerigg Manor.
- 5. Damage:** Please report any damage done to the building or property immediately. This makes it easier to assess whether the damage was done before the group arrived.
- 6. Leaving the Grounds:** You may not leave the grounds at anytime except for with a teacher – you must not go into the wooded area or go out of the gates without a leader with you.
- 7. Personal Property:** You are responsible for your own personal property, including money and mobile telephones. If you bring your mobile telephone make sure you switch it off during sessions and at meal