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Leas-Phriomhoide: Colm de Ris
Leas-Phriomhoide: Helen Ni Chonchubhair
Leas-Phriomhoide: Laura Ni Ghiolla Phádraig

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12th April 2024

Transition Year Ballyhass Overnight Trip

Dear Parent / Guardian,

The Transition Year students will be travelling to Ballyhass Adventure Centre, Mallow, Co. Cork from May 9th-10th 2024.

Departure: 7.00 am sharp Thursday May 9th 2024

Return: 3.30/4.00pm approx. Friday May 10th 2024

Students will need to bring a packed lunch for Thursday and any snacks they require. Dinner will be provided on Thursday evening and breakfast and lunch will be provided on Friday. As we will be embarking on a long bus journey to and from the venue, we discourage the use of fizzy drinks and junk snacks/food.

Students need to pack appropriate clothes suitable for Irish weather! They will be participating in outdoor activities where they will get wet and dirty. Please do not bring good clothes or valuables. Teachers are not responsible for personal items or money belonging to the students. **A sleeping bag and pillow is required. Please see attachment regarding what students need to bring.**

All school rules, as outlined in our school's Code of Behaviour, must be adhered to at all times. Students must comply with all instructions given by teachers and instructors while on the adventure in line with Abbey Community College's School Tour Policy. Any serious breach of the school's Code of Behaviour will result in the student having to be collected immediately by a parent/guardian. Please read and discuss the Code of Behaviour with your son/daughter. In particular please note the following:

Any misuse of mobile phones or personal electronic devices will be dealt with under the Mobile Phone, and Personal Electronic Device Acceptable Use Policy and our Code of Behaviour. It is a criminal offence to use an electronic device to menace, harass, or offend another person. The school* may consider it appropriate to involve the Gardai in such incidents. (School* in this context refers to during school time/school activities both on and off-site at any time.)

On the recommendation of Ballyhass Adventure Centre we encourage a “screen-free” two days and ask students to embrace an electronic detox. In case of an emergency or if you need to contact your son/daughter, you may contact Ballyhass Adventure Centre directly or the school mobile phone on 086-8980697.

The cost of this trip has been included in the cost of TY activities and has been supplemented by the Parents’ Association and the school.

To give consent for your son/daughter to attend the trip to Ballyhass Adventure Centre please fill in the Microsoft Form by clicking on the link below. It must be completed by 5.00pm on Monday April 15th.

[Please click to complete *Consent Form for Ballyhass Overnight Trip*](#)

Yours faithfully,

Anne Marie Doherty
Programme Coordinator



In Partnership with the Religious
of the Sacred Heart of Mary

Together Towards Excellence



KCETB Registered Charity No.: 20083434

WHAT TO BRING



1. FILL OUT YOUR ONLINE SMART WAIVER



2. PACK YOUR BAG AND GET PREPARED



3. ARRIVE ON TIME TO GET THE MOST OUT OF THE DAY



4. HAVE AN AWESOME OUTDOOR EXPERIENCE



WHAT TO BRING CHECK LIST?



SWIMMING TOGS & TOWEL



PLASTIC BAG FOR WET GEAR



WET SHOES **OR** OLD SHOES



WARM OUTDOOR CLOTHING



DRINKS WITH REFILLABLE BOTTLE



DRINKS WITH REFILLABLE BOTTLE



HAT/GLOVES FOR COLDER MONTHS



WATER PROOF SUN BLOCK



FAQ's

WHAT ACTIVITIES WILL WE DO?

Each trip to Ballyhass is made up of Land, Water & Height based activities. Each group will get a fair mix of all depending on the numbers on site, on any given day.

DO I HAVE TO BE ABLE TO SWIM?

No, but we would recommend a confidence in water. You will be wearing a life jacket. If you would be happy jumping off a dock into the water with a life jacket you are good to go!

WILL I BE FORCED TO DO ANYTHING I DON'T WANT TO DO?

Absolutely not. All our activities are **instructor lead** and **challenge by choice**. You will be challenged by our instructors but it is YOUR call how much you complete

ARE WE SAFE?

With instructor ratios of 1:6 on most activities you will not find a safer centre. We undergo rigorous training and safety checks daily, weekly, monthly & yearly.