**St Mary’s Catholic High School, Leyland**

**Royal Avenue, Leyland, PR25 1BS**

**Headteacher: Mr P. Thompson**

**Telephone: 01772 421909 Email:** [**head@lsmchs.com**](mailto:head@lsmchs.com) **www.lsmchs.com**

Dear Parent / Carer,

**AMPLEFORTH RESIDENTIAL RETREAT 2023**

For many years, our pupils have had the opportunity to participate in a retreat to the Benedictine Abbey of Ampleforth. This is an opportunity to share our faith, fellowship and friendships and strengthen the ties that make us part of the St Mary’s family. It has been a very popular event in the school calendar and one which we would like to invite your child to experience.

Previous pupils in Year 10, prior to COVID, have thoroughly enjoyed this experience and it has given them many new insights into their lives, faith and relationships with others. The residential has a balanced combination of outdoor and indoor activities, work time and break time, effort and relaxation. We hope the following information will help you to decide if you would like your child to attend.

**The Purpose:**

To give pupils the opportunity to:

Experience Benedictine spirituality.

Enjoy themselves.

Get to know and like themselves better.

Develop their friendships and relationships with other pupils.

Think about where God fits into their lives.

**What are the dates and times?**

Monday, 3rd July 2023 to Friday, 7th July 2023.

Current Year 9 students (Year 10 in 2023) will be leaving school on Monday, 3rd July 2023 at 11:30am, travelling by coach to Ampleforth Abbey and returning to school at approximately 3:30pm on Friday, 7th July 2023.

**The total cost of the retreat is £260.** This is based on 40 students attending. Should the visit not attract this number of students, the visit will be at risk of being cancelled. This includes: course fees, full board accommodation, access to the private swimming pool and gym, staffing and transport.

Please note that spaces are very limited for this retreat.

To appreciate the fun activities undertaken during this retreat, I have provided a brief outline of the Itinerary below (subject to change according to weather conditions)

**Monday:** 11:30 Leave School

2:00 Unpack and allocate rooms

3:00 Welcome and Introduction – Fr. Kevin

3:30 Tour of Abbey and Crypt. TBC

4:30 Volleyball! The best team wins! (based on 1 Corinthians 9:24)

6:00 Vespers in the Monks’ Choir (ALL)

6:30 Evening meal in the Upper Guest Refectory

7:30 Game time - Play your cards right – Choices in life! (2 John 1:8)

8:15 Compline (Night Prayers – OPTIONAL)

9:00 Free time inside Alban Roe

10:00 Prayer time, mindfulness and diary entry.

11:00 Lights out and sleep.

Tuesday through to Thursday will follow a similar format, however the themes will include a faith walk, prayer and relationships, meditation and Gods presence in everyday activities. Wednesday and Thursday will also offer the benefit of visiting the local village and Ampleforth swimming baths / private gymnasium.

If you would like to book a place for your child, please pay online or return the slip below in an envelope together with a deposit (**non-refundable**) of £30 before **Friday, 4th February 2022**.

We encourage payment to be made online, for your convenience, via the school’s online SCO pay system. If paying by cash or cheque, please ensure the envelope clearly states ‘Ampleforth 2023’ and is marked with your child’s name.

Further payment may be made in full or by the following instalments**.**

**Based on 40 students attending: after paying deposit (Friday 4th February 2022)**

|  |  |
| --- | --- |
| Payment Date | Amount |
| Friday 4th March 2022 | £30 |
| Friday 6th May 2022 | £40 |
| Friday 10th June 2022 | £40 |
| Friday 1st July 2022 | £30 |
| Friday 9th September 2022 | £30 |
| Monday 3rd October 2022 | £30 |
| Friday 4th November 2022 | £30 |

Please do not hesitate to contact myself, Mrs Drew or Mrs Critchley should you wish to know more details.

Yours sincerely.

Anthony Cave Mrs Drew Mrs Critchley

(School Chaplain) Year 9 Pastoral Lead Year 9 Pastoral Assistant

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I would like to reserve a place for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Name) \_\_\_\_\_\_\_\_ (Form) on the residential course at Ampleforth from 3rd July 2023 to 7th July 2023. I enclose a deposit of £30 which is non-returnable (towards the total cost of £260).

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent / Carer) Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_