



Year 8- Stepping Out of Your Comfort Zone



FLOURISH
ACHIEVE
BUILD

Sign up for FAB on
Google Classroom
Code: uxvcf4wi

**PROGRAMME OF
ACTIVITIES
15th & 16th July
2026**

CONTENTS

04 Introduction & Information

05 Sign up

06 Head For the Heights

07 Roll Up, Roll Up!

08 Longridge Residential (places already allocated)

09 Speak Out

10 What do I do next?



INTRODUCTION

We are very excited to launch FAB Week 2026! The theme for the year 8 activities is “Stepping Out of Your Comfort Zone.” One of the aims of this is to build resilience by facing your fears.

Inside this booklet you will find the brief outline of all the activities on offer to year 8 for this year’s FAB days. Read each trip carefully to find out what the 2 days will involve, the cost of the trips and any specific trip requirements.

You can then decide which trip you wish to go on.

When applying, we ask you to indicate your top 3 in order of preference. Note: It is not possible to give everyone their first choice. We do our best and last year the majority of students did get their first choice.

Note: If you already have a place confirmed on the Longridge trip then there is no need to apply for a FAB activity this year.



*“Memories that
will last a
lifetime.”*

**Read all activity information carefully before
selecting your choices.**

All timings are approximate and subject to change.

SIGN UP

- Sign up will take place online from 15:30 Friday 6th February until 09:00 Wednesday 11th February. The year 8 sign up form can be found in the FAB Google Classroom (code **uxvcf4wi**) and on the school website.
- **THE SIGN UP PROCESS IS NOT FIRST COME FIRST SERVED. DISCUSS WITH YOUR FRIENDS AND FAMILY BEFORE APPLYING!!!**
- Just after half term you will get a ticket and payment will soon then appear on PARENTPAY. Payment for your trip using PARENTPAY must be made by midnight on Friday 1st May 2026. This step is vital in securing your place.

In order to proceed with the payment, you will need to have your PARENTPAY Login details. Once logged in, you will see the allocated trip and you will need to action payment. Please email the school office if you have a ParentPay query.

Free School Meal (FSM) students are expected to pay a 50% contribution to any trip requiring payment. The amount payable is clearly stated in the information section of each trip/activity.

HEAD FOR THE HEIGHTS

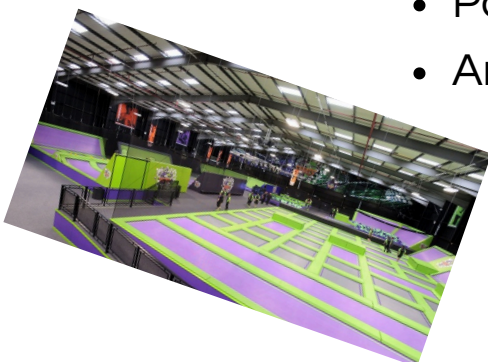
This activity is OFF SITE

Day one we head to Rock Up Watford. It houses 27 climbing walls so there is plenty to suit climbers of all abilities. Rock Up the Twister, Stairway to Heaven and Speed Climb are just a few of the highlights of this trip.

On day two, will be an adventure at Jump Giants with unrivaled trampoline thrills and obstacles which are sure to push you all the way. Expect some things to test your nerves, as well as your stamina, but rest assured that it will be fun fun fun!!!



- Cost £64 for both days activities, Pupil Premium students will need to pay £32
- Places for 96 students
- The Climbing day; 10am to 2:30pm (leaving from school)
- Jump Giants day; 10am to 3.30pm (leaving from school)
- Comfy clothing suitable for practical activities including suitable footwear.
- Packed lunch required for both days
- And of course, a head for heights!!



"I'm 100% certain I want to go back!"

ROLL UP, ROLL UP!

This activity is ON & OFF SITE

On day one is a fun packed day of Land Zorbing! These huge hamster balls are a hilarious, fast-paced zorbing experience. We've all seen hamsters travelling around in these giant balls - you'll love taking the hamster's part and rolling across the ground in a massive zorb. New for 2026, a range of extra inflatable fun included!

On the other day, you will go to Roller Nation for a roller skating disco experience. Show everyone your moves....as long as you can stay on your feet!



- Cost £45 for both days' activities, Pupil Premium students will need to pay £22.50.
- Places for 100 students
- On the Zorbing day; 10.00am to 2.00pm (at school)
- On the Roller Skating day; 10.30am to 5.00pm (leaving from school)
- Packed lunch required for both days
- Thick socks are an essential item for the roller skating day.

LONGRIDGE

This activity is OFF SITE and residential.

Places for this trip have already been allocated. If you have secured a place on this trip then you do not need to make a FAB application.



Join the Year 8 getaway to Longridge for two days of fresh air, new skills and unforgettable memories.

This year we are heading to Longridge activity centre on the river Thames for an unforgettable residential trip packed with adrenaline, teamwork and high-energy fun. Longridge offers the perfect backdrop for you to push your limits and make memories with your friends that will last a lifetime.

This is a two night, 3 day trip packed with highlights both on land and on the water (subject to swimming ability).



SPEAK OUT – PUBLIC SPEAKING AND PRESENTING SKILLS

This activity is ON SITE

Spend two days building strong speaking skills in a friendly setting. You learn how to plan what to say, stay steady under pressure, and present your thoughts in a way that feels natural.



This two-day workshop guides you step by step through the basics of speaking in front of others. You try short exercises, build your voice, and learn how to deliver messages that people remember.

"A great way to face your fears and to learn new skills."

- This trip is FREE
- Places for 30 students
- On both days; 10.00am to 2.00pm in school
- Packed lunch required for both days

WHAT NEXT?



Join the Google Classroom

Google Classroom

Code: uxvcf4wi



Complete the year 8 form with your
top **THREE** choices

Any time from Friday 6th to
Wednesday 11th February.



Pay on ParentPay by Friday 1st
May to secure your place.

