

# Year 4 Grafham Water Residential Wednesday 22nd – Friday 24<sup>th</sup> May



# When are we going?



- Arrive at school for **9.00am** on 22<sup>nd</sup> May
- Leave school at 9.30am (ish) by coach
- (Parents wave from Green)
- Arrive at Grafham for 10.00am
- Leave Grafham at 2.30pm on 24<sup>th</sup> May
- Arrive back at school about 3pm – school will be notified of any changes. Usually collect from KS2 hall.



# On arrival on 22<sup>nd</sup> May

- Leave all suitcases outside (by the mural) so they can be loaded onto the coach – help with this would be much appreciated.
- Register in the KS1 hall.
- Give in any medicines in their original packaging

# First Aid & Medicines

- We will be taking a basic first aid kit
- Please provide any special creams or plasters if they may be required
- If your child needs to take any medicine while he/she is away, please provide the correct dosage in the original named packaging, as we request for school.
- Inhalers – named. We would advise two are brought. Do check they are in date!
- All medicines should be handed in on arrival at school on 22<sup>nd</sup> May.
- If any details have changed since filling in the medical form please let us know.





# Packed lunch

- The children will need to bring a packed lunch and drink with them on Wednesday. This will need to be in a bag that can be thrown away. No lunchboxes please.



# Why are we going?

- To develop skills of communication, co-operation, teamwork, respect for others, safety and self-confidence.
- To take part in adventurous outdoor activities.
- Every aspect of the residential visit is educational - making beds, tidying room, laying the table for meal times and clearing away afterwards.





# Who is going?

- Year 4 children
  - Girls & boys
- Mr Whitehouse ,Miss Dearnley, Mrs Crook & 2 parents.

# Safety and Activities

- Safety is paramount when an educational activity visit is arranged.
- The Centre is registered and licensed by the Adventure Activities Licensing Authority (AALA).
- Regular inspections of the Centre are completed of the facilities, equipment and instruction given.
- On all our activities every safety aspect is clearly explained to everybody. Children are encouraged to check each other's safety equipment, with the Instructors completing the final checks.





# Activities during the day:

High ropes crate stack

Bushcraft

Sailing

Archery

Kiting

Stand Up paddleboarding

# High Ropes



# Archery





# And in the evenings?

- Grafham Challenge
- DVD or Drawing & Reading



# Sleeping

- There are 2 floors of sleeping accommodation
- Each floor has 3 types of rooms  
dormitories of 8, 4 and 2
- We aim to have a maximum of 6 children per room
- We have a boys floor and a girls floor
- Lights out is between 8.45pm and 9.00pm
- We will tell the children which room and group they are in when we arrive at Grafham.





# Food

- Lots of it!!
- Breakfast – cooked or cereals and toast or both!!
- Mid-morning snack
- Lunch
- Afternoon snack
- Dinner – healthy options
- Hot chocolate in the evening
- Please let us know of any special dietary requirements



# Sample menus:

## Our Menu

## WEDNESDAY



### BREAKFAST

Selection of cereals

Toast & jams

Grilled bacon

Poached eggs

Hash browns

Baked beans

### LUNCH

Sausage roll

Vegetarian sausage roll\*

Potato wedges

Served with a mixed salad

Yoghurts & fresh fruit

### DINNER

Homemade steak pie

"Buckden" sausages

Vegetarian sausages\*

Served with mashed potato,

broccoli & carrots

Assorted puddings



\*The vegetarian option  
is only available for  
pre-booked vegetarian  
meals.



# What to wear:

## Please name everything!!

- No new clothes please! Old clothes that can get dirty or even thrown away if necessary!
- Wash kit (no sprays) and 2x towels
- Sunhat and cream
- Waterproof coat
- 3 pairs of shoes, including one pair for water activities, one for activities, one indoor.
- Water bottle and 2x plastic bags for wet clothes
- Clothes need to be packed into a case or bag that the children can move themselves!
- No electronic games, MP3s, mobile phones or cameras
- A cuddly and book!

# A final note...

Don't worry – they will be fine!!  
This is the biggest and most exciting  
sleepover they will ever have!

