

Year 4 Grafham Water Residential Wednesday 2nd – Friday 4th April



When are we going?



- Arrive at school for **9.00am** on 2nd April
- Leave school at 9.30am (ish) by coach
- (Parents wave from Green)
- Arrive at Grafham for 10.00am
- Leave Grafham at 2.30pm on 4th April
- Arrive back at school about 3pm – school will be notified of any changes. Usually collect from KS2 hall.

On arrival on 2nd April

- 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 to Ms Dearnley.

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 2nd April to Ms Dearnley.
- 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. Please make sure their drinks bottle has their name on – a lot are the same.

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 Cole,
Mrs Crook, Mr Steward, Mr O'Neil, Mrs Marston

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:

Sailing
Archery
Climbing
Paddleboarding
Bushcraft
High ropes –
Crate stacking



High Ropes



Archery



And in the evenings?

- Grafham Challenge
- DVD or Drawing & Reading



Sleeping

- There are 2 floors of sleeping accommodation
- Each floor has different types of dormitories having 8,6 4,3 or 2 beds
- Each dorm should be full due to the numbers we have going.
- We have a boys floor and a girls floor
- Lights out is between 8.45pm and 9.00pm. The corridors have night lights.
- We will tell the children which room and group they are in when we arrive at Grafham. They are guaranteed 1 of their 3 choices.



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 outdoor 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, torches, 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!

