



Trafford Hall 2024

24th – 26th June



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YHA Trafford Hall

Ince Lane

Wimbolds Trafford

Chester

CH2 4JP

0345 371 9035

Costings

- The trip will cost approximately £210 per child.
 - The balance will be put on School Money so that each family can choose how and when they wish to pay this.
 - Insurance – children are covered through school but you may wish to take out your own insurance policy.
 - We will be using a Cheshire approved coach company
- £50 is due 17th January and should be paid online
 - £50 then due on 17th Feb
 - £50 then due on 17th March
 - £60 or remaining balance on 17th April

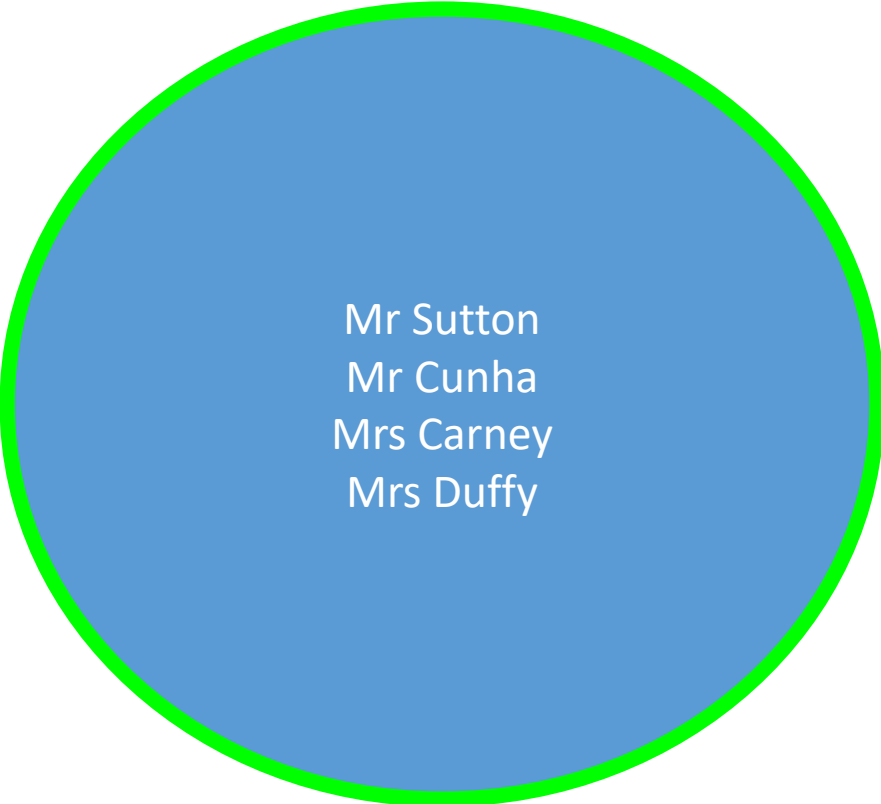
What is the purpose of the trip?

To learn in a different environment with an educational focus on outdoor learning via topics such as history and PE.

To promote teamwork, acceptance of others, independence, respect for ourselves and others, self reliance and challenge

To provide new experiences and further basic skills (bed making, serving food, clearing tables etc)

Who is coming?



Mr Sutton
Mr Cunha
Mrs Carney
Mrs Duffy

Activities that can be done at the centre



Guided walking



Archery



Orienteering



Archaeological
dig



Fire lighting



Shelter
building



River dipping

What will we do



RESPECT and accept each other



Learn to be independent

Teambuilding



Challenge ourselves!



2 Night Discovery Activity Program



	Day 1		Day 2		Day 3	
Activity	Arrive Packed lunch brought with		Activities: 9:30		Activities: 10:00	
			Fencing	Night line	Team challenges	Orienteering/maps skill
			Lunch: 12.30		Lunch: 12:00	
	Activities: 13.00		Activities: 13.00		Depart	
Activity	Fire Lighting	Shelter Building	Environmental art	Archery		
	Evening Meal: T.B.C.		Evening Meal: T.B.C.			
Activity	YHA On site Egg rockets		YHA On site Camp fire			

YHA on Site

Fire lighting, Shelter building, Archery, Orienteering, Team challenges, Fencing, Egg rockets, Campfire, Maps Skill, Guild Walk, Night line Environmental art

Breakfast

The YHA breakfast for groups consists of a continental buffet from which you may help yourself and a cooked full / vegetarian English breakfast served by our team. You are welcome to both, and we don't require choices in advance of your stay.

Packed Lunch

Packed lunches contain a sandwich, bag of crisps, biscuit bar, and piece of fruit.

Please remind everyone in the group to bring a refillable water bottle with them.

Indicate the sandwich choice(s) for your stay to allow us to place an order with our sandwich supplier:

		Tues	Weds	
Ham on white bread (Urban Eat) 246kcal				
Cheese on white bread (Urban Eat) 335Kcal				
Egg Mayo on white bread (Urban Eat) 334kcal				
Chicken Mayo in malted bread (Urban Eat) 328kcal				
Tuna Mayo in white bread (Urban Eat) 329kcal				
Gluten Free Chicken & Bacon (Urban Eat) 359kcal				
Gluten Free Cheese & Onion (Urban Eat) 359kcal				
Halal Just Chicken Mayo (Urban Eat) 328kcal				

Evening meal

Please choose one main and one dessert per person for each day you are having an evening meal with us and put totals in the right-hand column below:

Meat Free Monday find out more at www.meatfreemondays.com	
Macaroni cheese with garlic bread and salad bar (v) – 709 kcal	
½ 12" Margherita pizza with garlic bread and salad bar (v) – 798 kcal	
Jacket potato with cheese & beans (optional) (v) – 657 kcal	
Chocolate brownie sundae (v) – 286 kcal	
Choc ice (v) – 171 kcal	
Fresh fruit (v)	
Tuesday	
Red tractor pork sausage with gravy and mash with vegetables – 915 kcal	
Vegetarian Cumberland sausage with gravy and mash with vegetables (v) – 787 kcal	
Jacket potato with cheese & beans (optional) (v) – 657 kcal	
Mini doughnuts with salted caramel sauce (v) – 285 kcal	
Choc ice (v) – 171 kcal	
Fresh fruit (v)	



Returning to School

We aim to be back at Lower Park by 3.15pm.

We need to know who is picking up each child.

If your child is attending an afterschool club, please let us know **before** the trip so we can plan for this.

We will add things to class dojo during the trip.

Regarding the return time, you will receive a text to let you know when we are 20 minutes away. There are occasions when the traffic can delay the return.

Contact

- During the trip we do not encourage children to contact their parents. This can be upsetting for both parties and one of the chief aims of the trip is to encourage independence. We cannot allow any mobile phones for this reason and for safeguarding reasons.
- If there are any children that are worried about this aspect of the trip, please let us know in person and I will have a quiet chat to reassure them.
- If there are circumstances where you need to contact the children in an emergency, there is a protocol in place. You should firstly contact school who will then contact me at the centre. If it is night time, at this point only should you call the centre.
- If there is any need to contact you, I will be taking a list of phone numbers along with the Form C's. Please don't be alarmed – this may just be to check something small!

Medicines

- Each child needs to fill in a Form C prior to departure. We cannot take anyone without this form.
- This should list any medications and allergies that your child has.
- On the morning of the trip, a designated first aider will set up her counter at the front of the hall. They will be collecting medication from the adult dropping off the child. Each item of medication MUST have a form filled in to state what it is, how often it is required and how much. They will be responsible for administering this during the trip and each time your child does have any medication, this will be recorded.
- We cannot take medicines that are not prescribed for your child such as ibruprofen.
- However, we can take hayfever medicines and strongly advise you to supply these if your child does suffer from this. Much of each day will be spent outside and we want everyone to enjoy their time on the residential

Kit list

We provide all the essentials that your group needs for their stay. The following personal items will prove useful to each participant.


You might need:

- casual trousers suitable for outdoor activities
- shorts
- t-shirts
- jumpers
- waterproof coat
- two pairs of shoes including one pair of trainers
- hat and gloves/sun hat and sun cream
- pyjamas
- underwear and socks
- towel(s)
- laundry bag/plastic bag for wet/dirty clothes
- toiletries
- prescribed medication
- refillable water bottle

Please ask that all belongings are named.

A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

Games/teddies/books

- You **may** bring a teddy – one is usually enough (whatever you pack, you carry!)
 - It is a good idea to bring a book/magazine/small game/crafty kit (such as loom bands). There is downtime where there is time to fill (such as before the rest of the children are awake). Reading a book at this time is a fabulous way to fill your time!
- 
- A series of four yellow curved dashes are located in the bottom right corner of the slide.

What do we expect from the children?

- **Manners and politeness - teachers and the centre staff are going to a lot of trouble to make this the best possible experience. Listen well, try your best, even when it is really challenging, and don't forget your please and thank you. (Lower Park have a wonderful reputation which we are sure will continue).**
- **Respect each other – use common sense and make sure that friends have as good a time as you would like to have. Remember that everyone is different, like different things, and respect this.**
- **Follow the rules of the centre, and school rules, while we are there. We do have a hotline to Mrs Lomas which we have not had to use for a long time! Anyone not following the rules will be sent home!**
- **Enjoy yourselves and support others.**



Frequently Asked Questions

- May I bring my teddy?
- What happens if I need someone in the night?
- What is the food like?
- What if I sleepwalk?
- What if I snore?
- What if someone else snores?
- What time do we go to bed?
- What if we cannot sleep?
- What if it's my birthday while we're there?