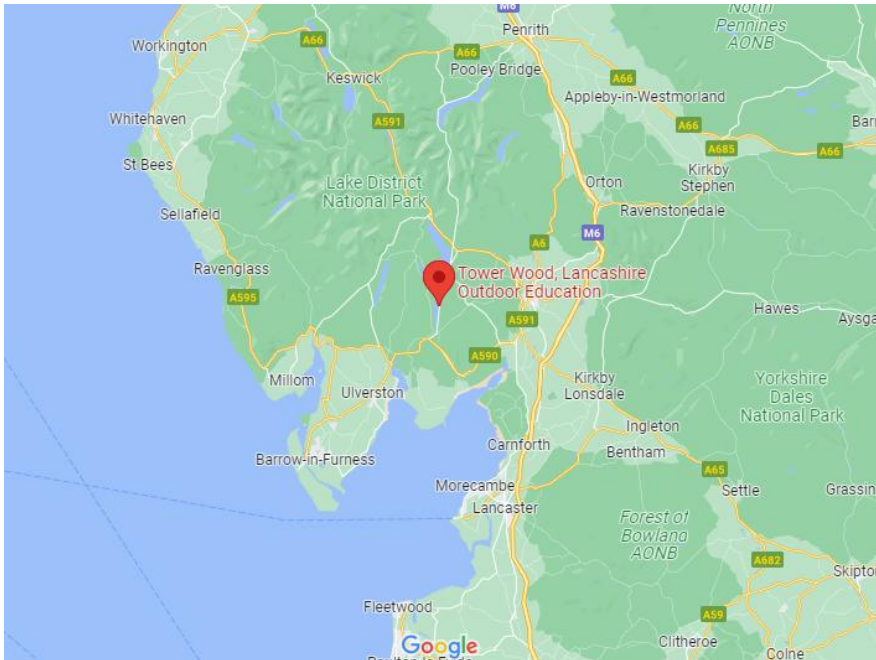


Year 5 Tower Wood Visit

10th Wednesday to Friday 12th February

- ▶ Tower Wood Outdoor Education Centre
Windermere
Cumbria
LA23 3PL
- ▶ <https://www.lancashire.gov.uk/outdooreducation/our-centres/tower-wood/>
- ▶ Travel Time 1hour 15 mins to 1hour 30 mins



Accommodation - Main House

Children will be in rooms of 2,3 or 4



Staff

▶ Mr. Quirk

▶ ?

▶ ?

▶ ?

Visit Goals

- ▶ Learning about ourselves, others and the environment
- ▶ Trying new things outside of our comfort zone
- ▶ Explore our potential and making lifelong memories
- ▶ Supported by 3 Instructors and 6 Members of Staff
- ▶ NB All activities are dependent upon weather conditions and the instructors available at Tower Wood. Sometimes timetables may be changed and altered.

Kit List - Everything Must Be Named. If in doubt - pack more!

► Tower Wood Essentials

- Disposable lunch in a plastic sandwich box. The sandwich box will be used again on the second day.
- School water bottles - named
- Small holdall/suitcase - the children must be able to carry this on their own & up stairs
- 3 x pairs for shoes (indoors eg slippers, outdoor & trainers (lake)
- 2x jumpers
- School Sweatshirt/hoodie top (to be worn on site)
- Rain jacket/Coat
- Woolly Hat and gloves or Cap (if it is sunny)
- 2x Tracksuit bottoms, leggings etc NO JEANS
- Underwear and socks(enough for two days and possible accidents)
- 2x T shirts
- Sun lotion (NB children must be able to apply this themselves)
- PJs (and cuddly toy)
- 2 x Towels
- Wash Bag - toothbrush, tooth paste, shower gel/shampoo, roll on deodorant (No aerosols)
- Plastic Bags (for wet clothes)

► Extras

► SMALL TORCH

- NO Backpacks required - these are provided by Tower Wood
- Some sweets. The same amount as you would provide on a Friday in school.
- There is a tuck/gift shop - £5 is enough and keep safe in a purse or wallet. Try to use coins.

Medicines

- ▶ Updated nearer the time.
 - ▶ Permissions for paracetamol .
 - ▶ Consent forms for travel tablets and any other prescriptions.
 - ▶ School inhalers/EpiPens etc will be taken.
- ▶ All medical information updated on the medical forms which will be sent out in due course.

Meals

- ▶ Lunch and evening meal menus will be organised by the staff on arrival.
- ▶ Packed Lunches
 - ▶ Sandwiches (buns)
 - ▶ Fillings: ham, cheese, chicken, tuna, red lentil (V)
 - ▶ Crisps (variety of flavours)
 - ▶ Cake/Biscuit

Timetable - Wednesday 9th February

Time	Timetable
0840	School departure – BRING A PACKED LUNCH Sandwiches in a plastic tub as this will be used again on Thursday. School water bottle. Any other food in a labelled plastic bag. NB No fizzy drinks Luggage on the coach Children to be registered in school Parents wait by the coach
0930	Depart
1100	Arrival & debrief
1200	Packed Lunch – Disposable lunch NB no fizzy drinks
1300	Afternoon Activity – Tree Climbing & High Ropes (TBC)
1700	Evening Meal
1800	Evening Activity – Camp Fire and/or Head-hunters Activity, Quiz & Team Task
2100	Hot Chocolate and Biscuits

Timetable - Thursday 10th February

Time	Timetable
0800	Breakfast
0930	Morning Activity – Walk (including cave) (TBC)
1200	Tower Wood Packed Lunch
1300	Afternoon Activity – Ghyll scrambling (TBC)
1700	Evening Meal
1800	Evening Activity – Camp Fire and /or Film Night
1930	Hot Chocolate and Biscuits

Timetable - Friday 11th February

Time	Timetable
0800	Breakfast
0930	Morning Activity – Lake Activity
1200	Tower Wood Packed Lunch
1300	Afternoon Activity – De Camp
1400	Departure
1530	Arrival - updates will be sent via the SchoolSpider

Cost

- ▶ We will ask for a £75 deposit to secure a place.
- ▶ Wednesday 21st October
- ▶ We need to know 6 weeks prior to the visit that your child still wishes to attend - Risk Assessments
- ▶ Spider will be activated this week.
- ▶ Budget for £225 (plus/minus 10%)
- ▶ Increase in transport cost has risen and the centre has raised costs in line with inflation.