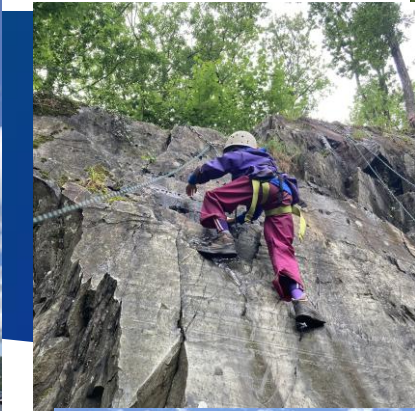




Lakeside



Staff

**Mrs Roberts
Mrs Simmons
Miss Brooks**

**Mr Gill (Mon-Wed)/Mrs Henderson (Wed-Fri)
Mrs O'Brien (Mon-Wed)/Mrs Prior (Wed – Fri)**

Qualified Instructor for each group

Timetable: Monday 1st June

- ▶ Depart @ 9:15am (children to arrive at school normal time – KS2 playground)
- ▶ Arrive at YMCA Lakeside approx. 11:30am
- ▶ Unload then lunch – **disposable packed lunch**
- ▶ Tour of the site by group instructors
- ▶ First activity @ 2pm
- ▶ Evening meal
- ▶ Evening Activity

Timetable

- ▶ Breakfast
- ▶ 9:30am- 12:30pm Activities (3 hrs)
- ▶ Lunch
- ▶ 2pm-5pm Activities (3hrs)
- ▶ Evening meal
- ▶ 6:30pm – 8pm Activities (1.5 hrs)
- ▶ Leisure time

Timetable: Return day

- ▶ Breakfast
- ▶ 9.30am- 12.30pm Activities
- ▶ Lunch
- ▶ Depart Lakeside approx. 1:30pm
- ▶ Arrive at Ashdene approx. 3:30pm
- ▶ We will keep school office updated of any delays and ETA – office will communicate any delays with parents
- ▶ Children to be collected from KS2 playground

Activities

Session	Time	1 Ashdene Primary Y6
Mon	11:00 - 12:00	Arrival 1
Mon	14:00 - 15:30	Stand Up Paddleboard
Mon	15:30 - 17:00	Stand Up Paddleboard
Mon	18:30 - 20:00	Orienteering A
Session	Time	1 Ashdene Primary Y6
Tue	09:30 - 11:00	Archery Driveway
Tue	11:00 - 12:30	Obstacle Course A
Tue	14:00 - 15:30	Climb and Abseil Parrock
Tue	15:30 - 17:00	Climb and Abseil Parrock
Tue	18:30 - 20:00	Raft Building Stoller A
Session	Time	1 Ashdene Primary Y6
Wed	09:30 - 11:00	Homing - Group Canoe A
Wed	11:00 - 12:30	Homing - Group Canoe A
Wed	14:00 - 15:30	Homing - Fell Walk A
Wed	15:30 - 17:00	Homing - Fell Walk A
Wed	18:30 - 20:00	Initiatives A
Session	Time	1 Ashdene Primary Y6
Thu	09:30 - 11:00	Bushcraft C
Thu	11:00 - 12:30	Runway Woodland
Thu	14:00 - 15:30	Crate Stack
Thu	15:30 - 17:00	King Swing South
Thu	18:30 - 20:00	Campfire New
Session	Time	1 Ashdene Primary Y6
Fri	09:30 - 11:00	Review A
Fri	11:00 - 12:30	Challenge Course A
Fri	13:00 - 14:00	Depart 3

Fully qualified instructors
All safety equipment

- 3 x water activities:
- Paddleboarding
 - Group canoe
 - Raft building

Runway = ziplines through woodland

Obstacle courses, team problem solving challenges, orienteering and woodland activities

Thursday night – all together for a campfire

Accommodation



Accommodation

- ▶ Purpose-built accommodation block
 - ▶ We have our own 'wing' on the top floor
 - ▶ Children in rooms 4 - 7 – bunk beds
 - ▶ Every room en-suite
 - ▶ At least 2 members of staff on each corridor
 - ▶ Allocated 'drying room' for wet gear
 - ▶ Group common room
- Staff have organised rooms already and submitted to Lakeside
 - Staff have organised the year group into 5 mixed groups; they will stay in these groups for all activities (11/12 chn in each)

Food

- ▶ Dining hall overlooking the lake
- ▶ Breakfast – cooked breakfast or options of toast and cereals
- ▶ Lunch - cooked 2 course meal (several options)
- ▶ Evening meal – cooked 2 course meal (several options)
- ▶ All dietary requirements catered for – we let the centre know in advance
- ▶ **CHILDREN ARE NOT TO BRING ANY EXTRA FOOD**

What to bring

Essentials

- Clothes which can get wet and muddy
- 'Leisure time' comfortable clothes
- Clothing (including footwear) for the lake (at least x2)
- Pyjamas
- Casual footwear for indoors (must be able to safely climb stairs)
- Plenty of underwear and socks!
- Sun cream and hat (fingers crossed)
- Insect repellent (no deet)
- Toiletries
- **Towel**
- Roll on deodorant (no aerosols)
- Bag for dirty/wet clothes
- Rucksack (to carry each day)
- Refillable water bottle
- Medications (medication form must be filled out)
- **Disposable packed lunch for Monday**

Optional

- Wetsuits/water wear
- Walking boots
- Waterproof clothing
- Camera (disposable recommended)
- Change for gift shop (Max £10)
- Book/cards/travel games for evenings
- Watch/small alarm clock for room

- Please name as many items as possible
- Please pack with your child so they know what they have
- Children must be able to carry their case up a staircase

What not to bring

- Expensive/precious clothing – it may get ruined!
- Electronic devices: Mobile phones, tablets, smart watches
etc
- Jewellery (must be removed for all activities)
 - Food

*children can bring a camera. Digital cameras have been brought in the past but please note these are sometimes accidentally broken

Medical Information

- ▶ For all medication (including travel sickness, hayfever medication and medication already held in school) a medical administration form **MUST** be filled out, detailing the medical information and dosage.
- ▶ This has been emailed and paper copies are available from the office.
- ▶ All medication must be in its **original packaging** with the **dispensing label/prescription**
- ▶ Please bring all medication on the morning of Monday 1st and give it to school staff. Children are not to keep it in their own bags (except inhalers)
- ▶ Please indicate on the medical form if you would like us to take any medication which we hold in school.
- ▶ Ensure all medication packaging is clearly labelled with your child's name
- ▶ Medication shall be held throughout the week by teaching staff, except inhalers
- ▶ Children with inhalers shall carry them with them **AT ALL TIMES**

What you can expect from the children

- ▶ They will have a great time!
- ▶ They will develop team-working skills, independence and responsibility
- ▶ They will develop more friendships across the year group
- ▶ They will challenge themselves (challenge by choice is the centre's motto)
- ▶ They may lose clothes/come home with someone else's

What you can expect from us

- ▶ We are there to make sure all children have a great time
- ▶ If there are any issues (e.g. illness) we will contact you
- ▶ Children will not be making contact with home unless there are exceptional circumstances
- ▶ We will post photos on X at the end of each day – we cannot guarantee that there will be a photo of every child, so please do not contact school to request one. We will try to post pictures of each group. If we do not have image consent for your child, we will not post images of them
- ▶ Please appreciate that we are incredibly busy all day – photos won't be posted until late at night
- ▶ If you need to contact us urgently, please do so via the school office. We will not be checking class email accounts.