

"We follow in the footsteps of Jesus to love, learn and laugh"



Barnstondale Year 4 Residential

20th- 22nd of March 2024

The Essential Guide for Parents and Children

by Mr Dewey, Mrs Ebbrell & Mr McCallum

THE VISIT

The Barnstondale Centre is an Outdoor Education Centre in Heswall. It follows the same Health and Safety guidelines as all Cheshire Schools and is subject to the same inspections and procedures. Staff are all fully trained in outdoor and adventurous activities, child protection and health and safety. All are qualified teachers.

Our residential visit will focus on outdoor activities and the arts, providing the children with experiences we cannot give them in school. During the evenings we will provide team building activities in the centre grounds. These activities are led by school staff. Children also have time for play and recreation, which is essential for being away from home.

COMMUNICATION

Barnstondale is a short residential visit. In our experience, children are more likely to become upset and homesick when they call home. Therefore, we will only contact you if your child is very upset, in an emergency, or your child's birthday while we are away.

You can find out when the children have arrived safely by texting your mobile phone if the school office has an up-to-date contact number.

MEDICAL AND ALLERGIES

Please can all parents and carers complete and return the attached Form C link by **Friday 8th March 2024.**

Form C - <https://forms.office.com/e/mEARmSErPw>

Any medicine needs to be put into a named, clear plastic bag, along with a completed medical form (this can be obtained from the office). Please keep this separate and could, whoever is dropping off your child, hand it directly to Miss Williams on the morning we depart.

All Centre staff are qualified in first aid. In addition, there will be a nominated person on duty in the centre 24 hours a day who is qualified in first aid. Any accidents will be dealt with in the same way as at school. In the improbable event of a more severe accident, staff would first deal with the injured child, perhaps by administering first aid, taking them to the nearby hospital or calling an ambulance. Parents would be contacted as soon as possible after these actions had been carried out.

Some children may have nighttime issues such as bad dreams or wetting the bed. These need not cause a problem to the visit if we know about them in advance; we can then prepare to support your child and sort out procedures that can eliminate any embarrassment.

If your child had an accident requiring emergency medical attention, we would first ensure they receive the attention they need and then contact you. If they required minor medical attention, we would contact parents or carers first.

ACCOMMODATION AND FOOD

Children will sleep in shared bedrooms with en-suite showers and toilets, and staff are on hand 24 hours.

Meals will be served in the main centre with a meal each evening and a packed lunch mid-day. Vegetarians are catered for, and there is a choice of food. Please highlight any allergies in the relevant section of form C.

Finally, may we thank you for supporting your child by allowing them to accompany us on this trip. The activities and experiences they will have will broaden their horizons and enable them to achieve high standards in a very different way from what we can offer in the classroom.

EQUIPMENT AND CLOTHES – KIT LIST

Please note that no new or expensive clothing is required for outdoor activities. Items such as tracksuits and trainers are the most useful and comfortable. The centre provides waterproof and windproof cagoules for wet activities. Jeans are not very practical as they provide little warmth and, when wet, take a long time to dry.

DEPARTURE AND RETURN

If you would like to join us at school to send your child off, the coach will leave at approximately 11:30-11:45 am. We will return to school around 2:00 pm on the Friday.

Tick here	Kit List
	Wash bag and two towels (no aerosols please)
	Night clothes
	Teddy (please bring one)
	Slippers/indoor shoes
	Book
	Underwear for 3 days
	Several pairs of socks
	3/4 thick jumpers/fleeces
	3/4 pairs of trousers - plus an extra pair for wet activities
	Several t-shirts
	2/3 pairs of trainers/outdoor shoes (could include wellies)
	Warm coat
	Waterproof jacket (only if you have one)
	Hat and gloves
	An old shirt for art activities.
	Disco clothes and shoes
	Small bag of sweets (to be packed inside suitcase not rucksack).
	Plastic bottle for water
	Strong plastic bag for wet clothes.
	A backpack to take to activities. Spending money of no more than £5. Can this please be kept in a named purse/wallet. (This will be collected in by a teacher on the morning we depart).
	A packed lunch is needed for the first day

The ONLY electrical items allowed are a torch and a disposable camera (an old digital camera is ok) if they wish to. NO mobile phones, handheld games consoles etc.

Please try to limit luggage to one case/bag per child and one hand luggage item. The children will have to walk some distance with their luggage, so cases/bags with wheels would be beneficial!

PLEASE NAME ALL KIT - All items brought on the trip are the child's responsibility, and we accept no liability for loss or damage to items lost or damaged on our residential.