

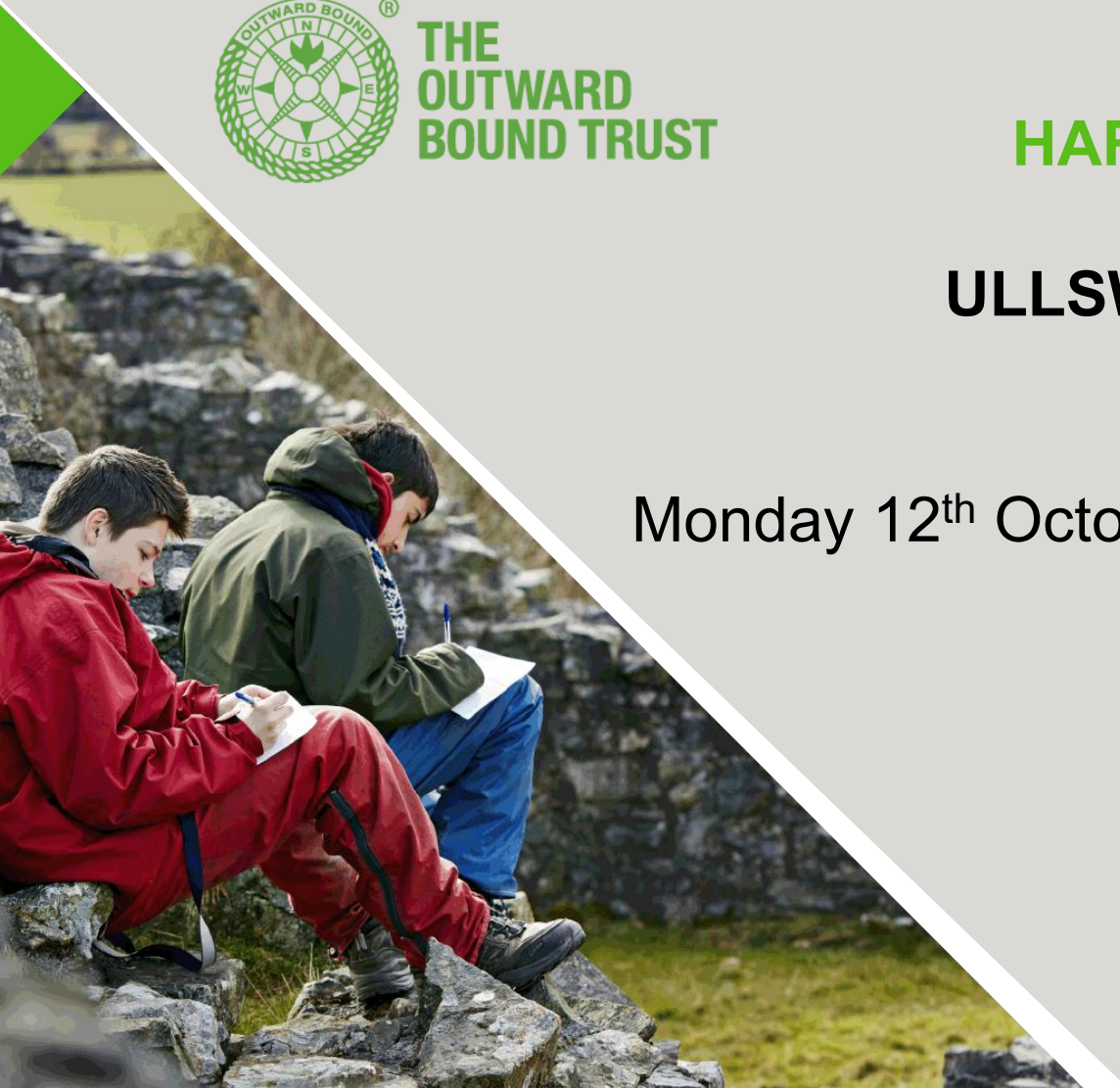


**THE
OUTWARD
BOUND TRUST**

HARRIS PRIMARY SCHOOL

**ULLSWATER, LAKE DISTRICT
RESIDENTIAL TRIP**

Monday 12th October to Friday 16th October





THE
OUTWARD
BOUND TRUST

AGENDA

- The experience at Outward Bound
- Learning outcomes
- What to bring and what not to bring.
- Medication
- Groups and dorms.
- Sleep!
- Questions and Answers



OUR PRIORITIES IN ORDER:

1) SAFETY

2) WELL-BEING

3) LEARNING

4) FUN

VIDEO: THIS IS OUTWARD BOUND



VIDEO: Ullswater centre tour



A TYPICAL DAY AT THE TRUST



7.00am – wake up, wash, dress, breakfast

8.45am – morning meeting

9.00am – morning session

12.30pm – lunch

1.30pm – afternoon session

5.00pm – dinner

7.00pm – evening session

8.30pm – free time, then bed

9:00pm – Lights out and sleep!



FOOD GLORIOUS FOOD



Breakfast

Freshly made
porridge
Hash brown
Baked beans
Sausage
Bacon
Grilled tomatoes
Poached eggs
Toast
Selection of cereals
Fresh fruit juice
Grapefruit

Lunch

Bread rolls, wraps
and baguettes with a
selection of fillings

Flapjack and
brownies

Crisps

Fruit

Evening meal (served with a selection of veg)

Chicken & mushroom
pie
Traditional cottage pie
Tuna & pasta bake
Hot pot
Chilli con carne
Homemade pizza
Chicken/veg curry
with rice
Fish & chips

A selection of
puddings and fruit

Activities



- **Gorge walking**
- **High ropes activities**
- **Rock climbing**
- **Cook out**
- **Hill walking**
- **Kayaking**
- **Raft building**
- **And more...**







LEARNING OUTCOMES



- Increased awareness of own skills and abilities
- Improved confidence and self-belief in own abilities
- Improved ability to listen and communicate effectively with others
- Increased awareness and concern for the natural environment
- Increased resilience and determination
- In addition, instructors will develop strands of learning as appropriate.

Coach and Bag on Monday

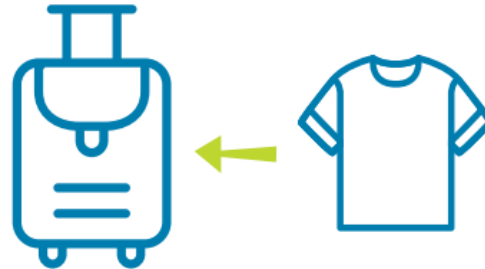


- Arrive at normal time (8:45am) on the Monday. Drop bags in the hall and give any medications to Mrs Draper
- Children should arrive dressed in their outdoor clothing
- Bring One travel bag/suitcase, with nothing tied to the outside.
- The coach will leave school at 10:30am.

Kit List and Organisation



KIT LIST



We'll provide you with walking boots, waterproofs, a rucksack, roll mat and sleeping bag (where appropriate) so don't worry about bringing these. This is all covered in your £10 refundable kit deposit. You can bring your own kit if you have it, but most people prefer to borrow ours.

Aerosols and painkillers are not allowed at our centres.

ITEM	CHECK	NOTES
TWO PAIRS OF TRAINERS	☐	Bring two pairs of trainers - one pair that you don't mind getting wet or muddy. This could be an old pair or some 'wet shoes'.
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECEs	☐	Fleecees are ideal as they dry quickly but any of the other items are a good substitute.
TROUSERS, SHORTS	☐	Trousers (tracksuit bottoms, leggings, walking trousers). You can bring jeans for around the centre and travelling, but not for activities because they take too long to dry if they get wet.
T-SHIRTS, LONG SLEEVED TOPS , BASE LAYERS	☐	Aim for tops that cover your shoulders from the sun.
NIGHTWEAR, PYJAMAS	☐	
UNDERWEAR INCLUDING SOCKS	☐	Trainer socks aren't recommended as you'll be wearing walking boots. Sports bras may be useful.
THICK WALKING SOCKS	☐	
SUN HAT, SUNGLASSES, SUN CREAM	☐	Don't bring expensive sunglasses. Sun cream should be at least factor 30.
WARM HAT AND GLOVES	☐	We can provide these but feel free to bring your own.
TOWELS	☐	You will need a towel for showering and on activities, so bring at least one.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	☐	It's also a good idea to bring a couple of plastic bags to carry any wet clothes in.
TOILETRIES. Including personal medication. Insect repellent, blister kit or plasters can also be useful.	☐	Please don't bring aerosols or painkillers. Don't forget asthma inhalers, epi pens or personal medication if needed.
£10 KIT DEPOSIT PLUS SPENDING MONEY	☐	You won't need more than £10-15 per week for spending money. All centres have a small shop which sell healthy snacks and souvenirs. Please bring £10 as a refundable kit deposit.

Kit List and Organisation



- Layers
- Label everything!
- Please pack with your child so they know **what** is there and **where** it is.
- No food, drinks or sweets in their luggage – there is plenty of food and drink provided.
- It would also be useful if your child knows how to make a bed, tie their own shoelaces and is spoken to about packing a day bag and organising what to wear for certain activities. Independence is encouraged!

Deposit for Equipment



- During the trip, your child will be issued with their own specialist/safety equipment.
- Outward Bound have changed the way they recoup the costs for any lost or damaged equipment.
- If there are any charges, they will be invoiced directly to the family of the child via the school.
- This is very unusual and we will contact you if needed.

£10 spending money



- There is a tuck shop on site that the children will have an opportunity to use. Snacks and souvenirs can be purchased.
- £10 spending money handed to Mrs Draper on the Monday.

Medication



Medical forms: online

Medication



- All **medication** (including inhalers) to be handed to Mrs Draper.
- Please collect a 'Medicine Administration' form from the office.
- All forms and medication should be clearly named, in its original box/packaging and handed to Mrs Draper on the Monday.

What not to bring

- No valuables e.g. expensive watches like FitBits
- No electronic devices, especially no mobile phones.
- No cameras (including disposables)
- No aerosol sprays

Lunch on the Monday



- A packed lunch will be needed for Monday.
- Please put lunch in a disposable bag e.g. carrier bag.
- No glass bottles, fizzy drinks or sweets please.

Groups and Dorms



The children will be split into 3 groups for their activities. We will all meet up at certain times during the day e.g. meal times.



Groups and Dorms



Group 1 = Mrs Draper + instructor

Group 2 = Mr Ridge + instructor

Group 3 = Mr McCall + instructor



Groups and Dorms



- **Dorms will sleep either 4 or 6. Obviously separate boys and girls.**



Sleep!



- Children are allowed to bring something for their 'quiet' time: a reading book, puzzle book or drawing pad. No electronic equipment.
- Before bedtime we encourage some 'quiet' time; we feel it really helps with everyone relaxing after their busy day and preparing themselves for a good night's sleep.
- **Lights out is at 9pm.**
- **Feel free to pack a teddy or photo.**

Contacting home



- Children are not allowed to bring mobile phones or any other devices.
- We will message school to say we have arrived safely.
- **We will only contact parents where absolutely necessary.**

Arriving back to School



- We will return to school on Friday 16th October (set off at 1pm).
- We endeavour to be back at school by approximately 3pm, please ensure you are here to collect your child at this time.
- Siblings can be collected at the same time.

Key takeaways



- No mobile phones
- Named medication handed to Mrs Draper
- £10 spending money handed to Mrs Draper
- Packed lunch needed for Monday (throwaway bag)
- Label clothes – including undies!
- No food, drinks or sweets in luggage – there is plenty of food and drink provided

QUESTIONS

