

Year 4 Grafham Water Residential Trip

Wednesday 1st – Friday 3rd May



Why are we going?

- To develop life skills including: communication, co-operation, teamwork, respect for others, safety and self-confidence.
- To take part in adventurous outdoor activities.
- Every aspect of the residential visit is educational - making beds, tidying room, laying the table for meal times and clearing away afterwards.



Aims of the trip

ORGANISING YOURSELF

- In bedrooms
- Clothing and kit
- Planning ahead
- Cleaning up afterwards

ACCEPTING RESPONSIBILITY

- Completing duty tasks
- Showing a mature attitude
- Recognition of limitations

UNDERSTANDING GREEN ISSUES

- Country code
- Recycling
- Avoiding litter

CONSIDERATION FOR OTHERS

- Around the Centre
- In public
- Helping each other

BEING SOCIABLE AND THOUGHTFUL

- Living with friends
- Respecting others
- Dealing with any conflicts

PERSONAL DISCIPLINE

- Thinking safe and being safe
- Good timekeeping
- Acceptable behaviour

MANNERS AND POLITENESS

- With each other and leaders
- During activity sessions
- In the dining room
- During casual conversations

COMMUNICATION SKILLS

- Listening skills
- Understanding
- Contributing

CARE OF BORROWED EQUIPMENT

- Safe usage
- Correct storage
- Return clean and undamaged

LOOKING AFTER YOURSELF

- Hygiene
- Care of personal clothing
- Sensible eating and resting

HELPING YOU ACHIEVE

- ◆ A positive attitude
- ◆ Making a real effort
- ◆ Celebrating success

WORKING AS A TEAM

- Co-operation
- Contributing
- Encouraging

Who is going?

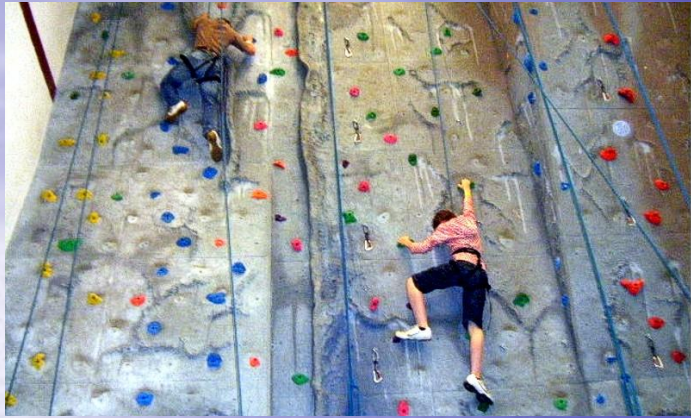
- Year 4 children
 - Girls & boys
- 3 members of staff – Mr Whitehouse, Mrs Henson and Mrs Long
- 1 previous member of staff – Mrs J Taylor
 - 1 parent helper – Mr Sutton
- Additional helpers supporting during the day

Mountain biking



Can your child ride a bike? Please let us know if they are not stable on a 2 wheel bicycle.

Climbing



Archery



Whammel Sailing



High Ropes



And in the evenings?

- Grafham Challenge
- DVD or Drawing & Reading



Safety and Activities

- Safety is paramount when an educational activity visit is arranged.
- The Centre is registered and licensed by the Adventure Activities Licensing Authority (AALA).
- Regular inspections of the Centre are completed of the facilities, equipment and instruction given.
- On all our activities every safety aspect is clearly explained to everybody. Children are encouraged to check each other's safety equipment, with the Instructors completing the final checks.



Food

- Lots of it!!
- Breakfast – cooked or cereals and toast or both!!
- Mid-morning snack
- Lunch
- Afternoon snack
- Dinner – healthy options
- Hot chocolate in the evening
- Please let us know of any special dietary requirements



Sample menus:

Our Menu

MONDAY

LUNCH

Soup of the day
Filled Rolls
Selection of salads
Yoghurts & fresh fruit

DINNER

Pepperoni pizza
Chicken in breadcrumbs
Cheese & tomato pizza*
Served chips, peas & sweetcorn
Assorted puddings

*The vegetarian option is only available for pre-booked vegetarian meals.

Our Menu

TUESDAY

BREAKFAST

Selection of cereals
Toast & jams
Porridge
Scrambled eggs
Orange Juice

LUNCH

Jacket potato
with cheese, beans or
tuna & mayonnaise
Selection of salads
Yoghurts & fresh fruit

DINNER

Lasagne
Macaroni Cheese
Served with a mixed salad & garlic bread
Assorted puddings

Our Menu

WEDNESDAY

BREAKFAST

Selection of cereals
Toast & jams
Grilled bacon
Poached eggs
Hash browns
Baked beans

LUNCH

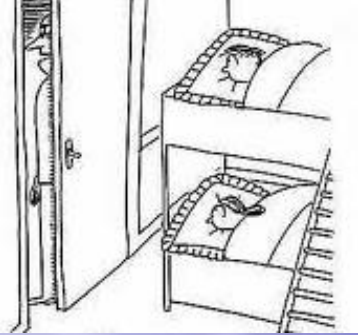
Sausage roll
Vegetarian sausage roll*
Potato wedges
Served with a mixed salad
Yoghurts & fresh fruit

DINNER

Homemade steak pie
"Buckden" sausages
Vegetarian sausages*
Served with mashed potato, broccoli & carrots
Assorted puddings

*The vegetarian option is only available for pre-booked vegetarian meals.

Sleeping



- There are 2 floors of sleeping accommodation
- Each floor has 3 types of rooms
dormitories of 8, 4 and 2
- We aim to have a maximum of 6 children per room
- We have a boys floor and a girls floor
- Lights out is between 9.30pm and 9.45pm
- We will tell the children which room and group they are in when we arrive at Grafham.

Grafham Kiosk



- Children may take up to £3 so that they can buy a souvenir of their visit on the final evening.
- Items cost between 40p for a rubber to £2.50 for a Grafham teddy.
- All money should be put into a named purse and given to Mrs Henson on arrival at school on 1st May.

When are we going?



- Arrive at school for **9.15am** on 1st May
- Leave school at 10am by coach
- Arrive at Grafham for 10.30am
- Leave Grafham at 2.30pm on 3rd May
- Arrive back at school about 3pm – school will be notified of any changes

On arrival on 1st May

- Register with Mrs Henson and Miss McAuley in the KS1 hall.
- Give any medicines in their original packaging to Mrs Long and Mrs Taylor
- Give any pocket money (up to £3 in a named purse or packet) to Mrs. Henson and Miss McAuley.
- Leave all suitcases outside so they can be loaded onto the coach – help with this would be much appreciated.



Kit List

Please name everything!!



- No new clothes please! Old clothes that can get dirty or even thrown away if necessary!
- Wash kit (no sprays) and towels
- Sunhat and cream
- Waterproof coat
- 3 pairs of shoes, including one pair for water activities
- Clothes need to be packed into a case or bag that the children can move themselves!
- No electronic games, MP3s, mobile phones or cameras
- A cuddly toy and book!

First Aid & Medicines

- We will be taking a basic first aid kit
- Please provide any special creams or plasters if they may be required
- If your child needs to take any medicine while he/she is away, please provide the correct dosage in the original named packaging, as we request for school.
- Inhalers – named. We would advise two are brought.
- All medicines should be given to Mrs. Long and Mrs. Taylor on arrival at school on 1st May.
- If any details have changed since filling in the medical form please let us know.



A final note...

Don't worry – they will be fine!!
This is the biggest and most exciting
sleepover they will ever have!

