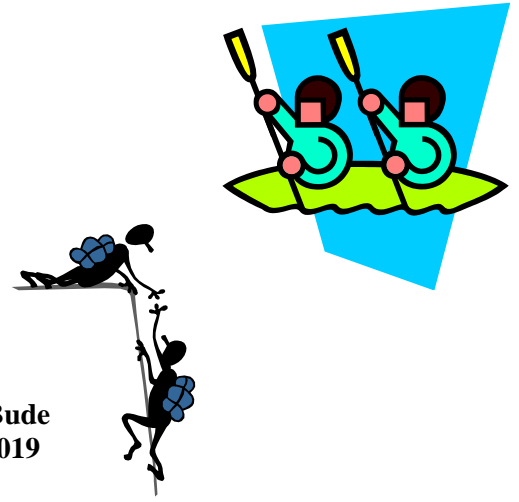




Dear Parents/Carers

Year Six Residential
Outdoor Adventure, Widemouth Bay, Bude
Monday 29th April – Friday 3rd May 2019



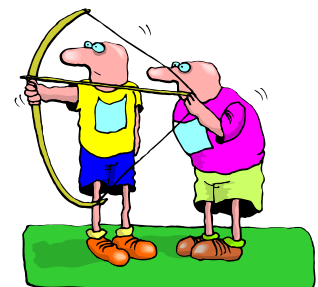
I am delighted to inform you of our plans for a very exciting five day residential experience with Outdoor Adventure at Widemouth Bay. The centre has long serving staff and an excellent reputation. In addition, myself and other St Breock staff members will be attending, to an appropriate ratio of staff to children. We will be on site with the children at all times.

Outdoor Adventure offers ...

- Full **Outdoor Education** program (many activities to choose from);
- Fully catered - breakfast, packed lunch and 3 course evening meal, supper cake & hot drinks;
- Private lounge & dining room - AV equipment and secure wifi;
- Real activities in real environments;
- Spacious bedrooms including some en-suites;
- Excellent security and safety;
- Spectacular coastal location;
- Approved centre by LA's - Fully adventure licensed and insured;
- Sole occupancy of 'our' accommodation.

The activities include: **archery, teambuilding activities, climbing & abseiling, coastal traverse, kayaking & canoeing, surfing / bodyboarding and evening activities.**

Please check out their website www.outdooradventure.co.uk



Day One – school sweatshirts to be worn

The five day experience will start on Monday 29th April 2018, when the children will need to arrive in school at the normal time. The children will need to have the following items with them:

- ❑ Their kit for the stay.
- ❑ A packed lunch and drink, which **should not be** packed into a lunch box. No canned drinks or glass bottles please, preferably a litre plastic bottle filled with water. These should be packed in a day sack separate from their clothes.
- ❑ Suitable clothing for outdoor activities. Please pack for all types of weather.

Day sacks MUST be of the two padded strap variety which will allow the children to carry all they need for a day out in comfort. It is essential that they have both hands free and must not be carrying a bag. Please make sure your child does have this as children have suffered in the past with very inappropriate bags.

On arrival the children will settle in and then begin a programme of activities which will cover the whole week.

The majority of activities are off site. It goes without saying that all activities are led by qualified, experienced instructors.

The centre is separated into houses and these have their own living/games room and restaurant. So the children will remain in a contained space at night.

Hot breakfast, packed lunch, hot dinner and snacks will be provided for the children and cooked on site.

Friday – Day Five

The children will complete their five day activity programme in the morning. We will leave the centre at approx.1.30 p.m., arriving back at school for approximately 3.00 p.m.

Children do not need to bring money or mobile phones with them on the trip.

Health and Medication

Nearer to the time we will be sending home a health and consent form for you to complete. This will give you an opportunity to ensure that we receive correct, up to date information about your child's medical needs.

Should your child need to take regular medication during our visit there is no problem with this. Please bring your child's medication to school on the morning of the departure. The medication must be:

- labelled clearly with your child's name and dosage;
- in a suitable container;
- given to Mrs Hawkins;
- NOT packed in luggage or day sac (an exception to this would be asthma inhalers).

A log will be kept of any medicine administered during the residential.

Staff

Group Leader: Mrs Hawkins
First Aider: Mrs Hawkins
Medication: Mrs Hawkins
Additional Staff: To be confirmed

Travel

The children will be travelling by coach. If your child suffers with travel sickness, please bring this to the attention of teacher in charge. Please ensure your child has taken appropriate precautions on the morning of the trip and that, should you wish them to have medication on the journey home, this is put in an envelope which is clearly marked with your child's name and the correct dosage.

Food

Always such an essential part of being away from home, good comforting food is a wonderful cure and this is being provided by the centre. They have requested that we inform them of any dietary requirements. The menu will be healthy but will also contain lots of treats, and why not?

Keeping in touch

As we have full wifi facilities keeping in daily touch with parents by text message should be very simple. Please ensure we have your up to date mobile numbers on our office system so that this can be truly effective.

Emergencies

In the event of an emergency either on residential or at home the contact point will be school. You will not be able to contact us directly. But we will be able to contact you at all times. I am delighted to say that emergency contact has not been needed and I am committed to ensuring that this will continue to be the case.

All members of staff will have mobile phones and the school will be able to contact us throughout the week.

In the unlikely event that a child has to return home from residential early for reasons such as ill health, we will contact you and arrange the most effective and safe way to get your child home with you. This may need you to come and collect them. You should be prepared for this.

Risk assessments

All the necessary risk assessments have been carried out and the necessary control measures put in place. Every possible care has been and will be taken to ensure that safety comes first and everything else after that.

All activities offered by the outdoor education centres are run by Cornwall & Devon Council approved staff who have the relevant and up to date qualifications. School staff will be additional to the instructors and therefore provide very favourable adult pupil ratios to ensure highest possible health and safety standards.

Finances

I am attempting to keep the residential costs as low as possible and therefore the charge has been based upon all the children taking part.

I am pleased to say that with all the activities planned, the accommodation and all the meals provided (except the initial packed lunch on the first day), the cost of this residential will be £270.00.

To confirm your child's place on this residential, **a £50 non-refundable deposit is required through ParentPay by 1st November 2018**. This enables us to confirm numbers with the residential provider. Once the deposit has been paid you will be given access on ParentPay to pay for the remainder of the residential. This can be done in instalments but **payment must be complete by 1st April 2019**.

If you have anything you wish to discuss regarding any aspect of this residential please see any of the Y6 staff.

Yours sincerely

Mrs Hawkins
Year 6 Class Teacher



Y6 OUTDOOR ADVENTURE RESIDENTIAL 2019 KIT LIST

The majority of our activities during this residential will be out of doors and your child could get dirty or wet so at least four complete change of clothing is essential. We cannot guarantee good weather therefore we must be prepared for all types of weather. We may be working outside in windy conditions so please bring clothing to cope with the wet and the cold. Remember two thinner layers can be warmer than one thick layer. We may also be working outside in hot dry conditions and so adequate protection from the sun is essential. For your benefit and our sanity, it would be appreciated if all items are **clearly labelled** with your child's name. **Please do not pack for your child – pack with them.** A piece of good advice is to put each group of items in different plastic carrier bags and write on them what is in each bag. This will help the children no end especially as they will have packed the bags **themselves**. They will soon recognise which bag contains which item of clothing. Please remember to include a couple of spare plastic bags for dirty and wet clothes. Thank you.

Essential items	Packed	Returned
Four or more complete changes of clothes. Fleece and tracksuit bottoms are especially useful, as are shorts. Jeans for evening wear only.		
Plenty of socks and underwear		
Spare trainers comfortable not fashionable - essential Plus old trainers/jelly shoes/sandals to wear in water if preferred		
Waterproof over trousers (only if owned, please do not buy specially)		
Walking boots if owned		
Hat or cap		
Sun screen (protects against windchill too)		
Comfortable socks for walking		
Warm waterproof coat - essential		
Pyjamas / slippers		
Toiletries in a bag or container NO AEROSOL DEODORANTS OR PERFUME PRODUCTS		
Towels		
Tissues		
Spare plastic bags for dirty washing		
Small rucksack for day use and travel to & from the island		
Drinks container (filled for journey out) labelled with child's name in day sack with packed lunch and snacks.		
Camera optional (but children must take full responsibility for it).		
Magazine and reading material - essential		

Sunburn may be a problem. Some suntan cream or lotion sent with your child's personal kit may save a lot of unnecessary suffering. A cream with a high protective number is very effective as well as a sun hat or cap and collared t-shirts.

Items NOT Required: Mobile phones, pocket knives, computer games, expensive cameras. Please remember we are at an activity centre and clothing should therefore be appropriate!