

Dear Parents,

**Year Five Residential**  
**Camp Kernow, Malpas, Truro**  
**Sunday 16<sup>th</sup> – Wednesday 19<sup>th</sup> June 2019**

I am delighted to inform you of our plans for a very exciting four day residential experience at Camp Kernow in June. Please find below details of our stay at the centre and a kit list of items necessary for the children to bring with them.

**Day One – school sweatshirts to be worn**

This four day experience will start on Sunday 16<sup>th</sup> June, when the children will need to arrive at school at 9.00 a.m. for a 9.15am departure. The children will need to have 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.

**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.**

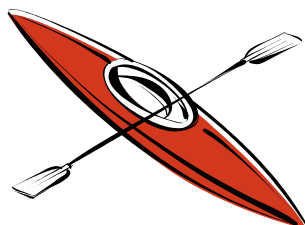
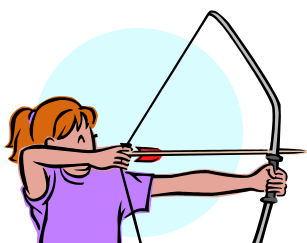
**Venue and Accommodation**

Set in acres of countryside and farmland and close to our beautiful city of Truro, Camp Kernow is situated close to Malpas and is completely off the beaten track and totally private. It is an (almost) completely self sufficient community with its own water bore hole and energy and waste system. It will be a unique experience for the children to learn about renewable energies and their lives in the future looking after the environment.

The accommodation is in different types of tented living spaces from different cultures around the world, ranging from a yurt to an upturned, revamped Cornish fishing boat – all of which are completely warm and cosy and offer an excitingly new sleeping experience. There are showers, washbasins and a compost WC block. There are separate areas for cooking and eating and socialising. The children will harvest (most) of their own food and prepare it in supervised teams.

Staff members will sleep in a separate tent and therefore have direct supervision of all of the children through the day and night. All adults will be in mobile phone contact with one another and school at all times.

We would like to assure all parents once again of the safety aspects of this residential. **Safety is a priority** and all risk assessments have been carried out and control measures put in place. All of the activities will be carried out by qualified instructors, with myself and other members of staff assisting.



## **Programme**

Camp Kernow add new activities to their offering every year, so the itinerary may change nearer to the time to take advantage of these. For now, as a guide, here is the itinerary from last year to give you an idea of the type of activities the children can expect:

### **Sunday - Day One**

We will travel to Truro by coach. At Malpas we will be met by a staff member from Camp Kernow. We will then proceed with settling in and having lunch. These will be followed by fire lighting, campfire cooking and animal tracking. The evening will involve preparing and having dinner, followed by more games and activities and campfire stories and finally quiet time before bed.

### **Monday and Tuesday - Days Two and Three**

These two days follow a similar pattern of events and activities. In different groups the children will experience a wide variety of outdoor activities and life skills. They will, as on other days, harvest, prepare and serve their own delicious food. In teams they will tidy and wash up and do general housework and organisation – vital skills for the start of growing up and becoming independent. The activities (all supervised) range from climbing, kayaking, team challenges, wild food foraging, archery, climbing and traditional crafts.

### **Wednesday - Day Four**

It will be the BIG tidy up for us all but at least only a few children's belongings will be mixed so that should be a whole lot easier than a whole dormitory's worth! We will do this as quickly as possible and then after breakfast and packed lunch making, there will be more activities, including shelter building, and then final goodbyes.

We will leave the centre at approx. 1.15 p.m., arriving back at school for approximately 2.00 p.m.

**Children should not 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
- be in a suitable container
- given to Mrs Pompe
- NOT packed in luggage or day sac. (Exception to this would be asthma inhalers)

A log will be kept of any medicine administered during the residential. If there is any medical information it would be useful for me to know before the trip, please speak with me.

### **Staff**

**Group Leader:** Mrs Pompe  
**Deputy Leader:** Mrs Moine  
**First Aider:** Mrs Pompe  
**Medication:** Mrs Pompe  
**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 Mrs Pompe who will be collecting in all medication. 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 Camp Kernow and the local farm shop who supply organic produce. Please inform Mrs Pompe of any special dietary requirements. The menu will be healthy but will also contain lots of treats, and why not?

### **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.

### **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 for the initial packed lunch on the first day), the cost of this residential will be £200.00.

To confirm your child's place on this residential, **a £50 non-refundable deposit is required through ParentPay by 1<sup>st</sup> November 2018**. This enables us to confirm numbers with the residential provider. The remainder of the residential payments can be made in instalments but **full payment must be complete by 20<sup>th</sup> May 2019**.

Should you have anything you wish to discuss regarding any aspect of this visit please come to see me.

Thank you.

Yours sincerely

Mrs Pompe  
Residential Leader



## CAMP KERNOW RESIDENTIAL – June 2019

### EQUIPMENT LIST

As we are taking advantage of our minibus to reduce cost it is imperative luggage is kept to a minimum. The majority of our activities during this residential will be out of doors and your child could get dirty or wet so at least two 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
Waterproof coat		
Waterproof trousers		
Wellington Boots (check school ones fit and are in school for us to pack)		
Spare collared T shirt / sweatshirts		
Spare sweater		
Spare Trousers – thick, NOT leggings or jeans (jogging bottoms are great)		
Spare socks and underwear		
Spare trainers comfortable not fashionable		
Walking boots		
Hat to protect from sun + warm hat for around campfire		
Comfortable thick socks for walking		
Swimsuit & swimming towel for kayaking		
Sleeping Bag + pillow case		
<b>NO PILLOWS</b>		
Blanket		
Roll mat		
Pyjamas / reading book		
Toiletries in a bag or container		
<b>NO AEROSOL DEODORANTS</b>		
Sun screen and lip salve		
Sunglasses		
Towel		
Tissues		
Spare plastic bags for dirty washing		
Trainers / shoes / crocs to get wet		
Wetsuit ( <u>only</u> if they have one)		
Torch		

#### Items NOT Required

Money

Mobile phones

Expensive cameras

Pillows

**SWEETS!**