



Kingswood Y6 Residential Trip

Friday 8th – Monday 11th June
2018

Kingswood Activity Centre

West Runton





Activities

All activities have a full risk assessment and are led by fully trained instructors.

The children will do up to four activities a day, including swimming, go karting, zip wire and campfire, so over the long weekend we will do approximately 12 different activities.

Activities

Activities include (alternatives provided in bad weather conditions):

- Team challenge
- Shelter building
- Archery
- Fire lighting
- Orienteering
- Go karts

Orienteering



Team challenge



Fire lighting



Archery



Activities

- Leap of faith
- Nightline
- Low ropes
- Fencing
- Caving
- Zip wire
- Laser

Nightline



Leap of faith



Laser



Low ropes



Bedrooms



Sample menu

All children will need to bring a packed lunch on Friday for the Journey.

The centre will provide: (sample menu)



Breakfast

- Pork sausage/ vegetarian sausage, baked beans and grilled fresh tomato
- Yoghurt and fresh fruit
- Toast with jams and marmalade
- Cereals

Lunch

- Home made soup with crusty bread
- Jacket potato
- Pasta
- Freshly prepared salads with sauces and dips
- Selection of fresh fruit

Dinner

- Chicken and sweetcorn pie
- Vegetable frittata
- Selection of vegetables and potatoes
- Selection of freshly prepared salads with sauces and dips
- Yoghurt and fresh fruit

Kit List

- Walking shoes or trainers for day wear
- Indoor shoes or slippers
- Shoes which can get muddy and wet (these can be old trainers)
- Jelly shoes or Crocs (or similar for water activities)
- Raincoat or Cagoule
- Coat or Fleecy Jacket for evening wear
- Cap
- Warm sweater and/or jumper
- Trousers (tracksuit or jogging bottoms are best)
- T-shirts (at least 2)
- Long sleeved t-shirt or top for activities
- Shorts
- Socks and underwear
- A disco outfit
- Swimming costume
- Nightwear (eg. Pyjamas)
- Towels for beach and for washing
- Packed lunch for the journey down (please NO sweets for 'midnight snacks')

Kit List

Wash bag

- Soap
- Toothbrush and Toothpaste
- Shampoo
- Comb/brush
- Tissues
- Suncream
- (all deodorants must be roll on not aerosol)

Optional Extras

- Camera
- Torch
- Book
- Small games or playing cards
- Note pad and pencil

Please do not bring

- Any electronic games
- Mobile phones
- New clothes
- Any money



(or anything you do not want to get lost or damaged)

Additional information

- Please arrive at school at **7.45am** on Friday 8th June
- If taking travel sickness tablets, please take 1 hour before we leave
- Monday 11th June – we leave the centre after lunch
- Arrival back at school will be approximately **5.00pm or 5.30** – a text will be sent out on the day to confirm
- Please ensure you have completed the medical information form and handed it in – all medication must be labelled with your child's name

Staff



Any questions?

