

GRAFHAM WATER RESIDENTIAL TRIP

27th-29th March 2023

Aims of the trip

- ▶ For children to take part in fun outdoor, adventurous activities guided by expert instructors as well as their teachers.
- ▶ To experience staying over in a new place away from home.
- ▶ To have new experiences and learn new skills.
- ▶ To build trust and team work within the year group.
- ▶ To develop resilience when faced with a challenge.

Grafham - Accommodation

- ▶ Children will be placed in rooms with friends - they will be asked to name up to three friends they would like to share with, and we will ensure they are with at least one of these people.
- ▶ Children will be told which room they will be staying in when they arrive at Grafham.
- ▶ Dietary requirements will be sent to Grafham to ensure all children are catered for. They will receive three healthy meals per day.

‘Learning to make a bed, being responsible for their own belongings, sitting at a table and eating their dinner with their friends, learning to set a table for dinner, keeping their bedroom tidy, eating a healthy meal, going to sleep at a reasonable time so that they wake up the next morning ready to have a positive day taking part in adventurous activities.....these are just some of the many benefits of a residential experience at GWC.’

- Grafham Water Centre Website (<https://www.grafham-water-centre.co.uk/schools-colleges-and-youth-groups/residential-visits/>)

Staff Going

- Mrs Brace-Smith
- Mr Grieve
- Miss Turner
- Mrs Durham
- Miss Ingle
- Mrs Robertson
- Miss Purser
- Mrs Suttle
- Mrs Rossin
- Miss Dean

Departure and Arrival

- ▶ The children will need to arrive to school at normal time on Monday 27th March with their kit for the 3 days we will be away.
- ▶ Children are required to bring a packed lunch for the first day.
- ▶ We will return to school for collection at the usual time on Wednesday 29th March.

Grafham - Activities

- ▶ This trip will be a great experience for all children. There are a wide range of activities planned throughout the day and the evening.

- ▶ The activities the children will be taking part in are:

Canoeing

Archery (Indoors)

Low Ropes

High Ropes

Climbing (Indoors)

Bushcraft

- ▶ Grafham Water Centre require all children to wear/use the appropriate safety equipment (e.g. life jackets, helmets) which will be supplied for each child.

Kit List

- We will send a copy of the kit list out
- During some of the activities your clothes may get wet and muddy, therefore you will need at least 1 full change of old clothes per day.
- It is better to have too much warm kit rather than not enough.
- Packed lunch for the first day – if required this can be provided by the school but needs to be booked in advance.
- No electrical devices e.g. mobile phones, tablets – the Centre will not take any responsibility for these and children will not need them.
- Please ensure all clothes are labelled with your child's name.
- No food is allowed in rooms please do not pack any extra snacks.
- **Lost property is held for TWO WEEKS at Grafham, before then being given to charity.**

ITEM
T Shirts
Sweaters/Fleeces
Warm Trousers (<u>NOT</u> Jeans)
Shorts
Underwear: Pants
Socks
Vests
Nightwear
Bath and Hand Towel
Washing Kit – soap, shampoo etc.
Indoor shoes (Slippers)
Outdoor Shoes (<u>e.g.</u> Trainers for land activities)
Rubber Soled Shoes for wet activities (<u>e.g.</u> Plimsolls/Old trainers that can get wet)
Waterproof Coat/ Jacket/Anorak
Waterproof Trousers (optional)
Gloves
Wellington Boots (weather dependent)
Hat (Visor for sun, woolly for cold)
Bin Liner for wet/muddy clothes
Water Bottle
Other optional items, <u>e.g.</u> sun-cream, sunglasses

Grafham - Medical

- ▶ If there are any dietary requirements the school are not aware of please let us know as soon as possible. This needs to be done via an email to the office.
- ▶ If your child requires any medication throughout the trip this must be taken to the office for forms to be completed so that this can be administered appropriately during their stay. Please do this by Monday March 20th.
- ▶ You will receive a form where you can add any additional information about your child that you think will be relevant for the trip, please return this by Monday March 20th.

Questions

- ▶ Does anybody have any questions?