

Information Pack

Residential visit to Whitemoor Lakes

9th – 11th July 2014



Residential Visit to Whitemoor Lakes

Kit List

Outdoor activities

- One set of clothes per day [socks, underwear, trousers/jeans/old jogging bottoms /shorts (no leggings), T-shirts and warm sweaters]
- Sensible trainers or outdoor shoes
- Waterproof jacket – **essential**
- Sun hat
- Gloves
- Hair bobbles for long hair

Water sports

- Clothes you don't mind getting wet (two sets if you're doing raft building and canoeing)
- Shoes that you don't mind getting wet
- Spare towel
- Bags/bin liners for wet things

Indoor activities

- Long sleeves for archery
- Indoor shoes

General items

- Towel
- Wash kit (toothbrush, tooth paste, soap, flannel, shampoo, roll on deodorants only)
- Sun cream
- Insect repellent
- Pyjamas/nightclothes (don't forget your teddy)
- Enough underwear and socks for your stay, plus spares in case you get wet.
- Small disposable plastic bottle to be used as a water bottle

Optional items

- Waterproof trousers
- Wellington boots
- Torch
- Book
- Pencil case – containing pencils and colouring pencils/crayons
- Any medication, including travel sickness pills [Pack these separately and give to Mrs Collis on departure day. Ensure they are labelled]
- £10 spending money [coins only]
- Camera

A few things to remember

- Your clothes may get dirty, so don't bring your best stuff.
- Tracksuit bottoms are good for activities; please avoid leggings, jeans and skirts.
- No open toed shoes
- **Please label all items (including underwear)**

ALL FORMS MUST BE RETURNED TO THE SCHOOL OFFICE

BY FRIDAY 27th June 2014

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Paulerspury CE Primary School

Medical Details

Name of child	
Address	
Home Tel and Emergency Contact Numbers	
Allergies	
Medication	
Contagious / infectious diseases / recent illnesses within last 3 months Yes / No (if yes, please give details)	
Name of GP	
Address & Tel No of GP	
Special dietary requirements (e.g. vegetarian, allergies)	
Other health issues	
Date of latest tetanus injection	

Medical Consent

In the event of a serious accident, I give consent for my child _____ to have any necessary medical treatment (which may include surgery).

The leader (Mr Edwards) may authorise this medical treatment if I am unable to be contacted.

I give permission for Mr Edwards to give the enclosed painkilling medication if necessary (Please specify medication to be given): _____

Signed _____ (Parent) Date: _____

Paulerspury CE Primary School Action Plus Activity Programme 9th – 11th July 2014

9:15am leaving school

Wednesday packed lunch [disposable, in a plastic bag]

We'll be leaving Whitemoor Lakes on the Friday at 1:30pm in order to be back at school at 3pm (traffic permitting)

	Wednesday 9 th July				Thursday 10 th July					Friday 11 th July		
	11.00-11.30	2.00-3.30	4.00-5.30	7.00-8.30	9.30-11.00	11.30-1.00	2.00-3.30	4.00-5.30	7.00-8.30	9.30-11.00	11.30-1.00	1.30
Group 1	Arrive & Welcome	Abseiling & Zip Wire	Raft Building	Campfire	Canoeing	Fencing (Darby)	Challenge Course 2	Climbing	Archery	Problem Solving	Team Games (Gilmour)	Goodbyes & Depart
Group 2		Raft Building	Abseiling & Zip Wire		Canoeing	Challenge Course 2	Archery	Fencing (Darby)	Problem Solving	Climbing		
Group 3		Climbing	Raft Building		Challenge Course 2	Canoeing	Fencing (Darby)	Abseiling & Zip Wire	Archery	Problem Solving		
Group 4		Raft Building	Climbing		Fencing (Darby)	Canoeing	Archery	Challenge Course 2	Problem Solving	Abseiling & Zip Wire		