

# **Year 5 Residential: High Ashurst**

**Wednesday 20th May – Friday 22<sup>nd</sup> May 2026**



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## Accompanying Adults

Mrs Gautheron  
Mrs Fleming  
Mrs McCauley  
Mrs McQuillan  
Mrs Lamont  
Mrs Chaudoir

(2 parent helpers – Mr Withers  
and Mr Lenoel)



**Why are we going?**

## **PSHE & PE Curriculum Links**

- Encourage independence
  - Develop self-risk
  - Learn new skills
  - Team work

# Transport

*Children will travel from school via a coach*

*Departure: Wednesday 20<sup>th</sup> May 10:30am (Children will be in school for normal registration. Please drop bags in the hall before school).*

*Return: Friday 22<sup>nd</sup> May at approx. 2:45pm (Usual pick time from school).*

# Accommodation



Two 'villages' each consist of:

- 2 leader teepees with 3 beds
- 8 bell tents for 8 young people in each
- 1 communal teepee for meeting with seating, mains power, a fridge and a kettle
- A shelter for group activities and socialising

# Itinerary

- Challenge course
- Ropes
- Team tasks
- Campfires
- Climbing
  
- Evening sessions

## High Ashurst Centre - Activity Programme

Organisation Name: Cardinal Newman Catholic Primary School | Number Of Groups: 6 | Nights: 2 | Arrival Date: 12:00, 20 May 2026 | Departure Date: 14:30, 22 May 2026

Session	Time	Cardinal Newman 1	Cardinal Newman 2	Cardinal Newman 3
<b>Wednesday 20 May</b>				
Wed	13:30 - 15:00	Challenge Course (A)	Challenge Course (B)	Challenge Course (C)
Wed	15:00 - 16:30	Challenge Course (A)	Challenge Course (B)	Challenge Course (C)
Wed	18:30 - 20:30	Evening MA Session 2 hrs - Instructor led activity (A)	Evening MA Session 2 hrs - Instructor led activity (A)	Evening MA Session 2 hrs - Instructor led activity (B)
Session	Time	Cardinal Newman 1	Cardinal Newman 2	Cardinal Newman 3
<b>Thursday 21 May</b>				
Thu	09:30 - 12:30	Ropes 3 (A)	Ropes 3 (C)	Ropes 3 (D)
Thu	13:30 - 15:00	Team Tasks (A)	Team Tasks (B)	Team Tasks (C)
Thu	15:00 - 16:30	Fire Lighting (A) FC1	Fire Lighting (B) FC2	Fire Lighting (C) Meadow
Thu	18:30 - 20:30	Meadow Camp Fire - Self led (B) (60)	Meadow Camp Fire - Self led (B) (60)	Meadow Camp Fire - Self led (B) (60)
Session	Time	Cardinal Newman 1	Cardinal Newman 2	Cardinal Newman 3
<b>Friday 22 May</b>				
Fri	09:30 - 12:30	Climbing (Stair 1)	Climbing (Stair 2)	Climbing (Stair 3)

## High Ashurst Centre - Activity Programme

Organisation Name: Cardinal Newman Catholic Primary School | Number Of Groups: 6 | Nights: 2 | Arrival Date: 12:00, 20 May 2026 | Departure Date: 14:30, 22 May 2026

Session	Time	Cardinal Newman 4	Cardinal Newman 5	Cardinal Newman 6
<b>Wednesday 20 May</b>				
Wed	13:30 - 15:00	Team Tasks (C)	Team Tasks (A)	Team Tasks (B)
Wed	15:00 - 16:30	Fire Lighting (C) Meadow	Fire Lighting (A) FC1	Fire Lighting (B) FC2
Wed	18:30 - 20:30	Evening MA Session 2 hrs - Instructor led activity (B)	Evening MA Session 2 hrs - Instructor led activity (C)	Evening MA Session 2 hrs - Instructor led activity (C)
Session	Time	Cardinal Newman 4	Cardinal Newman 5	Cardinal Newman 6
<b>Thursday 21 May</b>				
Thu	09:30 - 12:30	Climbing (Stair 3)	Climbing (Stair 1)	Climbing (Stair 2)
Thu	13:30 - 15:00	Challenge Course (C)	Challenge Course (A)	Challenge Course (B)
Thu	15:00 - 16:30	Challenge Course (C)	Challenge Course (A)	Challenge Course (B)
Thu	18:30 - 20:30	Meadow Camp Fire - Self led (B) (60)	Meadow Camp Fire - Self led (B) (60)	Meadow Camp Fire - Self led (B) (60)
Session	Time	Cardinal Newman 4	Cardinal Newman 5	Cardinal Newman 6
<b>Friday 22 May</b>				
Fri	09:30 - 12:30	Ropes 3 (B)	Ropes 3 (A)	Ropes 3 (C)

PLEASE NOTE THAT CHANGES TO THE ORDER OF ACTIVITIES MAY BE NECESSARY UP UNTIL YOUR ARRIVAL WITH US.



# Food



They will need a pack lunch, brought from home for Wednesday lunch time (in a plastic disposable bag please).

Re-useable water bottle

All other food will be provided by the centre.

**Please ensure we are informed of ANY food allergies ASAP**

# Equipment

Clothing	Other
Underwear (at least 4 pairs)	Wash bag: toothbrush, toothpaste, deodorant
Socks (at least 4 pairs)	Brush
3 x shorts/leggings/ tracksuit bottoms – at least 1 full length (not jeans as these restrict movement)	Hairbands
3 x T-shirts (ideally 1 with long sleeves)	Small towel
2 x Sweatshirt	Travel sickness pills or bands *
Pyjamas – long sleeved/full length plus onsie or similar	Medication *
Trainers (Suitable for outdoor activities) plus a spare pair	Plastic bags for dirty clothes/trainers
Waterproof coat	Glasses case (if necessary)
Crocs or sliders and thick socks to wear inside tents	Reusable Water bottle
Camping roll/yoga mat-no air beds	Torch
Sleeping bag (2-3 season)	Suitable sized 'teddy' if necessary
	Pillow

Sunscreen

# Equipment

Please note: **NO** sweets, biscuits, extra food etc. to be packed. We have children with allergies and this could prove dangerous.

Absolutely no electronics, mobile phones, music devices etc.

No jewellery to be worn during trip.

Please only send roll in deodorant-NO aerosol.

\*Medication: These must be clearly labelled with your child's name and given to the group leaders on the morning of departure.

A wheellie suitcase will **NOT** be ideal to pack belongings. We suggest a large soft holdall.

# Medication

## Year 5 Residential - High Ashurst Medical Details

Please ensure this form is completely filled out and handed in by Wednesday 26<sup>th</sup> April 2023.

Child's Name: \_\_\_\_\_

I have ensured that my child understands that it is important for his/her safety and for the safety of the group that any rules and any instructions given by the staff in charge are obeyed.

My child has

- no illness, allergy or physical disability
- my child has an Individual Health Care Plan at school
- the following illness/allergy/ dietary need or physical disability: \_\_\_\_\_  
\_\_\_\_\_

*Please tick both*

- I consent to any emergency medical treatment necessary during the course of the visit.
- I consent to my child being given any required first aid or mild pain reliever (Calpol, anti-histamine, plasters, anti-septic, sting relief) if considered necessary by the party leader. (Please indicate above if your child has any allergies to these.)

Name \_\_\_\_\_ (Parent/Guardian)

Signed \_\_\_\_\_ (Parent/Guardian)

ADDRESS      HOME                                      WORK  
\_\_\_\_\_

**2 FORMS! Please return BOTH**

ALL medication details must be entered on the medication sheets provided.

This includes travel sickness tablets and creams.

Make sure all contact details are up to date.

**Please make sure your child's teacher is aware of ANYTHING that could impact your child's stay**

# Medication

Any medication should be clearly labelled and handed to class teacher on the day of departure with the attached form.

## PUPIL MEDICATION REQUEST

Child's Name \_\_\_\_\_

Condition or Illness \_\_\_\_\_

Parent's Home No: \_\_\_\_\_ Work: \_\_\_\_\_

G.P. \_\_\_\_\_

Please tick the appropriate box

My Child will be responsible for the self-administration of medicines as directed below.

I agree to members of staff administering medicines/providing treatment to my child as directed below or in the case of an emergency, as staff consider necessary.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/guardian)



Name of medicine	Dose	Frequency/times	Completion date of course if known	Expiry date of medicine
Special Instructions				
Allergies				
Other prescribed medicines child takes at home				

Please add any additional details on the back of the form

Please indicate whether your child is able to self administer medication or whether an adult will need to administer.

Please indicate exactly what medication is needed, when, how much.

We **MUST** know the expiry of any medication you plan to give us.

Please use the back of the form if you need extra space or need to inform us of anything else important.

ALL medication must be handed to Mrs Haire on the morning of departure.

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# Behaviour



The school's behaviour policy will be followed.

We expect children to listen carefully and respectfully to ALL adults.

High expectation of manners.

Children to be kind and caring to their peers.

Children will be expected to responsible for their own possessions.

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# Preparation



- Tell them you'll be fine without them!
- Practise packing and unpacking own bag and sleeping bag
- Try to organise a night at a friend's or relative's
- Be positive about what the trip will be like!
- Triple check all items on equipment list and label everything!

Thank you for coming!