



Year 5 Residential: High Ashurst

**Monday 22nd May to Wednesday
24th May 2023**

Accompanying Staff

Mrs Chaudoir

Mrs Sharp

Ms Bealin-Kelly

Mr Flower

Mrs McCauley

MrS Cordery

Mrs Santos

Mr Mischler

Mr Mantio



Why are we going? PSHE and PE Curriculum Links

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

Transport

Children will travel from school via a coach

Departure: Monday 22nd May @ 8:15am

Please arrive at school 7:40-7:45 (please do not be late)

*Return: Wednesday 24th May @ 2:30pm
approx. Usual pick time from school*



Accommodation Teepees

Itinerary

Session	Time	Cardinal Newman 1	Cardinal Newman 2	Cardinal Newman 3
Monday 22 May				
Mon	09:30 - 12:30	Climbing (A)	Climbing (B)	Climbing (C)
Mon	13:30 - 16:30	Woodland Skills (A)	Woodland Skills (B)	Woodland Skills (C)
Mon	18:30 - 19:30	Night Walk (A)	Night Walk (A)	Night Walk (A)
Mon	19:30 - 20:30	Camp Fire - Instructor led activity (A)	Camp Fire - Instructor led activity (A)	Camp Fire - Instructor led activity (A)
Session	Time	Cardinal Newman 1	Cardinal Newman 2	Cardinal Newman 3
Tuesday 23 May				
Tue	09:30 - 12:30	Team Tasks (A)	Team Tasks (B)	Team Tasks (C)
Tue	13:30 - 16:30	Ropes 3 (A)	Ropes 3 (C)	Ropes 3 (B)
Tue	18:30 - 20:30	Self-led group activity (A)	Self-led group activity (B)	Self-led group activity (C)
Session	Time	Cardinal Newman 1	Cardinal Newman 2	Cardinal Newman 3
Wednesday 24 May				
Wed	09:30 - 11:00	Code Breaker (A)	Code Breaker (B)	Code Breaker (C)
Wed	11:00 - 12:30	Orienteering (A)	Orienteering (B)	Orienteering (C)



Food



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

Reusable water bottle

All other food will be provided by the centre.

Please ensure we are informed of ANY food allergies ASAP

Equipment

List:

Please refer to handout.

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

Equipment

List:

Please refer to handout.

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 wheelie 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 26th 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 separately

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 Sharp on the morning of departure.

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.

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!

Any questions?