

### Health

If your child requires medication, or has a medical condition, you need to make us aware of this. **All medicines should be prescribed in the original packaging, labelled with the dosage and the child's name.** The medical form must be filled in and signed.

All medicines should be given to staff before going on the trip if possible. Please remember inhalers with the information required to administer. Children who are travel sick should be given the appropriate dose in time for our 9.15 a.m. departure. Any other tablets must follow the above procedure.

We must be informed of any allergies before the trip. We will need to inform the centre as early as possible if this involves food. **Please ensure all medical forms have been returned to your child's class teacher prior to the trip.**

If your child has a bed-wetting problem, please let us know. All the beds have waterproof mattress covers. If we know your child has a problem, we will make sure they do not drink too much in the evening, go to the toilet before bed and check their bed in the morning.

The matter will be dealt with discretely. No child need be worried or excluded from the trip on the basis of having this little problem.

**A parental consent form MUST be completed and returned to the Year 3 teachers before departure to allow your child's needs to be checked in time for the trip. Children cannot go on the trip if these are not completed.**

Medical Forms are available from the school office.

### Sleeping arrangements

Two dormitories - one for boys and one for girls.

The children sleep in bunk beds therefore we need to be aware if a child has a sleepwalking problem so they can be placed on a lower bunk.

### Personal Hygiene

Facilities are available for the children to wash. However, please be prepared to bath some grubby individuals on their return!

There are wash hand basins in each of the boys' and girls' areas. Please send soap and a flannel to wash with, a tooth brush and tooth paste in a labelled toilet bag.

An extra labelled bin sack for washing and any wet clothes will be very handy!

### Programme

Class 10: Monday 13<sup>th</sup> September - Tuesday 14<sup>th</sup> September

Class 11: Tuesday 14<sup>th</sup> September - Wednesday 15<sup>th</sup> September

Class 12: Wednesday 15<sup>th</sup> September - Thursday 16<sup>th</sup> September

What can the children expect a typical day at Fox Howl to look like?

#### First day

Journey to Delamere Outdoor Education Centre

Arrival at the centre and unpack and have a centre induction, including health and safety

Eat their packed lunch and have a play time

Safety talk and Woodland walk with the Centre Warden

Activity Session 1 (this could be pond dipping, orienteering, den building, nature art etc)

Tea time

Evening activities to include nature crown art, nature art and sports/games

Evening walk/campfire

Supper and story time

Bed time

#### Second day

Breakfast

Activity Session 2 (this could be pond dipping, orienteering, den building, nature art etc)

Lunch time and play time

Depart Fox Howl

Arrive back at school

***Please note that this is a rough guide on what to expect and activities can be subject to change.***



### Food

Day 1 - a packed lunch is needed for the first day of the stay. **Please send this in disposable packaging.**

An evening meal is provided by the centre staff. Supper is left for us.

Day 2 - A simple breakfast of toast, cereal and a drink. Cooked items are on offer.

The centre provides a packed lunch.

**Other than the packed lunch for arrival, children should not bring any extra food.**



All activities have been risk assessed.

Senior Members of staff have visited the centre to prepare for this visit.

### Security

The doors of the centre are locked at night and school staff are on site throughout the night.

### Insurance

We are covered under Warrington Education Authorities insurance and also have extra insurance cover through school.

### Suggested Kit List



Item (all clearly named)	Tick
Medication if required + appropriate forms	
Packed lunch and drink In a small rucksack - all in plastic bags and disposable bottle so everything can be thrown away	
Slippers	
Walking boots or comfortable shoes for walking in.	
Wellies	
Waterproof coat	
Fleece or very warm jumper	
Thick socks - several pairs	
Trainers	
Nightwear	
Underwear	
T - shirts	
Sweatshirts	
Track suit bottoms	
Hand towel and face cloth	
**Suncream and sun hat	
Wash bag - soap, toothbrush, toothpaste, comb, brush	
Teddy bear	
Book or magazine.	
Torch or nightlight	

Electronic games are not allowed.

Disposable cameras are a good idea - please write your child's name on. Photos should not be uploaded onto the internet or shared unless prior written permission has been gained from each child's parents. Bedding is provided.

#### Telephone calls

Mobile phones are not allowed on the trip.

Children will not telephone home. You can be assured that if there is a problem, we will get in touch with you.

#### Emergency

The following numbers are given strictly for emergencies only, should you have a problem at home.

Please ring school in the first instance: 01925 712554  
Mrs Hewson (Headteacher): 07734 405861

Staff at Delamere Outdoor Education Centre will then be contacted.



## Delamere Outdoor Education Centre Y3 Residential



Arrive at school for 8:40 am and register in the class.

Bags can be taken into the class.

Your child will need to be re-registered in their class before they can be taken out of school on their return. We will send a message to school to update parents if we are delayed in traffic. Please see school door and check any texts that may come through.