

***Year 4 Residential – Whitemoor Lakes
Wednesday 9th – Friday 11th February, 2022***



Whitemoor Lakes

- *Whitemoor Lakes is an outdoor activity centre in South Staffordshire, approximately 30 minutes away.*
- *Opened in 2011*
- *All Whitemoor Lakes staff undergo training on how to do their activities to meet specific needs of groups.*



Purpose of visit

- *As a school, we see our Year 4 residential as the perfect opportunity for the children to have new experiences with activities they wouldn't get to do in a normal school day – this leads to them develop their: independent skills; their ability to problem solve; and to increase their understanding of the importance of working as a constructive team.*
- *From past experiences, I have seen that these type of residential visits improve independence, problem solving skills, teamwork, confidence and communication skills*



- *It is also designed to prepare children for the longer residential they may attend in year 6.*
- *To make new friends*
- *To have lots of fun!*

Staff Attending

- *Mr Uppal*
- *Miss Martin*
- *Mrs Mutch*
- *Mrs Kilday*
- *Miss Walker*
- *Ms Gonzalves*
- *Mr McEwan*



Outline of day/activities

- *Each day consists of 4 day time activities and 1 night time activity:*

Breakfast

9:30 – 11:00 – Session 1

11:30 – 13:00 – Session 2

Lunch

14:00 – 15:30 – Session 3

16:00 – 17:30 – Session 4

Dinner

19:00 – 20:30 – Session 5

Bedtime



List of activities that children will be doing ...

- Abseiling
- Archery
- Buggy Building
- Climbing
- Eggs can fly
- High ropes
- Indoor Orienteering
- Team Games

- Campfire
- Disco

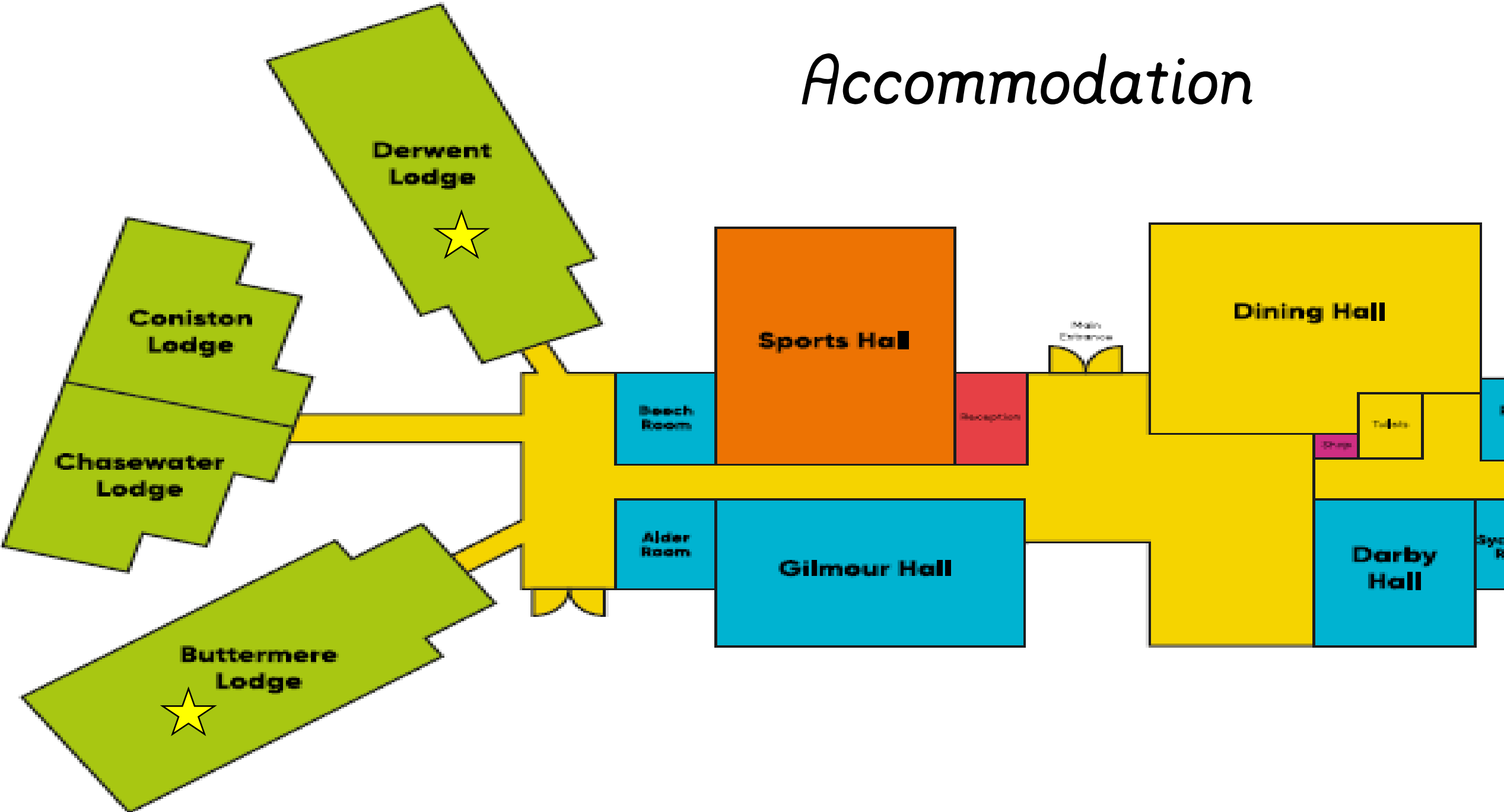


Meals

- *Three hot meals a day.*
- *Vegetarian options available and all other dietary requirements are provided for.*
- *Drinks available at all times.*
- *Tuck – to be sent in, in a clearly labelled bag.*



Accommodation



Sleeping Arrangements

- *Separate boys and girls dorms (minimum of 4; maximum of 5 children per dorm). (No boys allowed in girls' dorms and vice versa)*
- *Dorms have ensuite facilities.*
- *Each lodge comes with its own lounge fully equipped with a kitchenette, TV, DVD and projector screen*
- *Teacher rooms located in close proximity to children's rooms (children made aware of their location in case they are needed in the night).*
- *Night time / first aider supervisor provided by the centre available 24 hours a day.*
- *Dorms and activity groups organised by school staff.*
- *All bed linen will be provided by Whitemoor Lakes.*



Suggested Kit List

Outdoor Activities

	One set of clothes per day
	Warm layers
	Trainers or outdoor shoes
	Waterproof jacket
	Sun hat or woolly hat and gloves
	Hair bobbles for long hair

Water Sports

	Clothes you don't mind getting wet
	Shoes you don't mind getting wet
	Spare towel
	Plastic bag for wet things

Indoor Activities

	Indoor Shoes
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Optional Items

	Waterproof trousers
	Wellington boots
	Torch

General Items

	Pocket money (we recommend no more than £5/£10 in small change)
	Packed Lunch (if you are arriving at the centre in the morning)
	Towel
	Wash kit (toothbrush, tooth paste, soap, flannel, shampoo, roll on deodorants only)
	Sun cream
	Insect repellent/hay fever medication if necessary
	Nightware/Pyjamas
	Enough underwear and socks for your stay, plus spares in case you get wet
	Water bottle
	Optional: books, teddy, quiet games such as cards or board games
	Small plastic bag for dirty clothes

Please note, jeans, 'short' shorts and crop tops are not suitable for activities, we advise tracksuit bottoms. Open-toed shoes are not suitable footwear for activities.

When packing please bear in mind the weather forecasts and adjust your clothing accordingly.

All bed linen is provided.

A few things to remember:

- Your clothes may get dirty, so don't bring your best stuff.
- Please do not bring electronic games, radios, personal stereos or anything else that makes unnecessary noise or may get lost or broken.
- No aerosols please (our fire detectors in the bedrooms are extremely sensitive and will be triggered by spray deodorants)
- We advice bringing a suitcase or soft holdall for your main kit as it's easier than a rucksack to keep tidy.

Please ensure everything is clearly labelled.

Money

- *Children are recommended to bring in £5–£10 (preferably in coins.)*
- *In the communal area, children can play table tennis, pool and table football for 50p a go.*
- *In the shop, small items are available to purchase. The maximum price of these items is £2.50.*
- *No money to be spent on food – tuck should be sent in separately.*

Contact with home

- *Children will not be able to contact home during their stay.*
- *A parent mail – and tweet if possible – will be sent detailing our safe arrival when we get to the centre.*
- *Twitter updates will be given (poor reception leads to intermittent online updates).*
- *Parents only contacted in an emergency.*
- *Emergency contact details*
- *School mobile number – 07512 462 356*



Departing – Wednesday morning

- Drop your child – along with their luggage – in the main school hall from 8:30am*
- Here, children will be registered and allocated to a coach (Coach 1 and Coach 2) and then you put their luggage next to the correct sign (we will let you know Wednesday morning which coach they are.)*
- Children should be in own clothes – there is no need for school uniform at all for the duration of the residential – and all money and medical items (both clearly labelled) to Mr Uppal, Mrs Mutch or Mrs Kilday.*
- We will be do a fun activity at school and leave at 11:30am.*
- Please ensure you child is provided for a packed lunch on this day as we will be eating a packed lunch at Whitemoor Lakes.*

Last day and travelling back

- On Friday, we complete two morning activities and then have lunch at Whitemoor Lakes*
- We aim to leave at 2:00pm.*
- Children will be returned to school and can be collected at 3.45pm from the school hall. Please remember to collect any medication, etc from staff.*
- A parentmail will be sent out before our expected arrival and we will try and provide twitter updates too.*
- This is all traffic permitting!*



Any questions?

