



# Bude



**Sunday 14<sup>th</sup> July 2024**  
**– Friday 19th July 2024**

# STAFF

Mrs Ashworth (Trip Leader)

Mrs Shepherd (2nd)

Mr Passerini

Mr Farquharson

Mrs Banks

Mrs Fielden

Mrs Kay

Mrs Bolton Heaton

**We will be with the groups throughout the activities and obviously to have a camera handy**

<https://adventure.uk.com>

**I will update the Twitter account daily @ GCA\_PE and also @GarstangAcademy**



**Learning  
outside the  
classroom**

- **Personal development**
- **Communication**
- **New skills**
- **Team work**
- **Cross-curricular enrichment**
- **Chance to meet employer  
and discuss job skills and  
attributes**



## **Travel Arrangements**

### **Departure from GCA...**

- **Sunday 14<sup>th</sup> July 2024**
- **Coach arriving at school for 8:30am**
- **Leaving GCA at 9am**
- **We will do service station stops en-route.**
- **Packed lunch is advisable.**
- **Arrive at Bude at 4pm approx.**



## **Travel Arrangements**

- **Departure from Bude...**
- **Friday 19th July**
- **9am approx.**
- **Pupil will be given a packed lunch.**
- **We will do service station stops on the return.**
- **Return to GCA approx. 5-6 pm.**
- **Pupils will make contact with you on the way home.**

# Accommodation

- Rooms
- Facilities
- Location



# Rooms

- Bunk beds or single bed with en-suite.

## *Rooms inspections*

- Adventure international .../100 everyday
- GCA Rooms inspection .../10 everyday

Prizes to be won.

- Label items so they don't get lost!!







Scott

Rob

ANOS

MACE

T.J.X

Michelle

Rachel

Rob

Alex

Kate

Sam

Shelly

Adam

Ashley

John

Emma

Ellie

Katie

Kate

John

John

REX

JESS

Daz

John

Jules

Sandra

Vicky

Rachel

James

Alan

Meg

James

ALY

Mark

SO

Alan

Ben

Ross

Ross

John

Aly

Mark

# Equipment Hire

- All specialist equipment is provided. For example – helmets, harness, surf board, wet suits.



# What to pack



Please use the table below as a guide line as to what to pack for your child's week of activity with us at Adventure International. Obviously the prevailing weather conditions for the forthcoming week will have an influence on exactly what to pack so please do have a look at the weather forecast for the week of their trip. Please also be aware however that the weather here on the North Coast of Cornwall can be very unpredictable and it is sensible to have cover for most eventualities.

Items to Pack			Specialist Equipment	Packed
4	x	T-Shirts	Any specialist equipment required for activity sessions is provided by the centre.  This includes : Helmets, Harnesses, Wetsuits, Padding, Gloves, Waterproof Spraytops & Jackets and all session equipment such as Ropes, Surfboards, e.t.c.	
3	x	Long Sleeved Tops		
3	x	Shorts (no short length shorts on activities)		
3	x	Tracksuit Bottoms		
4	x	Jumpers		
1	x	Clothes to wear in the evening		
8	x	Socks (no trainer socks on activities) & Underwear		
1	x	Warm Jacket/Coat		
2	x	Trainers to stay dry		
1	x	Wet Shoes or Trainers to get wet		
2	x	Swimwear		
2	x	Towels		
1	x	Toiletries		
1	x	Water Bottle		
1	x	Hat		
1	x	Sun Lotion		
1	x	Hair Bands		
1	x	Fancy Dress Costume		
1	x	Black Bin Liner for Wet Clothes		

## What Not To Pack

**Please do not allow your child to bring any of the following items to the centre :**

Mobile Phone, Cigarettes, Drugs, Alcohol, Matches, Lighters, Pets, Electric Iron, Curling Tongs, Hair Straighteners, Ipods, MP3 players, Games Consoles, Jewelry, Chewing Gum, Sweets or Fizzy Drinks.

# Equipment Hire

- All specialist equipment is provided. For example – helmets, harness, surf board, wet suits.



Activity Group	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.
<b>Garstang</b> A	Canoe		High Ropes		Surf		Mountain Board		Depart
		Walk		Climb		Kayak		Caving	
<b>Garstang</b> B	Canoe		High Ropes		Surf		Mountain Board		Depart
		Walk		Climb		Kayak		Caving	
<b>Garstang</b> C	Walk		Climb		Kayak		Caving		Depart
		Canoe		High Ropes		Surf		Mountain Board	
<b>Garstang</b> D	Walk		Climb		Kayak		Caving		Depart
		Canoe		High Ropes		Surf		Mountain Board	
<b>Garstang</b> U	Canoe		High Ropes		Surf		Mountain Board		Depart
		Walk		Climb		Kayak		Caving	
<b>Garstang</b> V	Walk		Climb		Kayak		Caving		Depart
		Canoe		High Ropes		Surf		Mountain Board	
<b>Garstang</b> CC	Body Board		Canoe		High Ropes		Surf		Depart
		Team Trail		Walk		Climb		Kayak	

## Evening Programme

Day	Time	Evening Entertainment	
		Indoor	Outdoor
Sunday	9:00 p.m. - 10:00 p.m.	Meet & Mix Disco	Astroturf Area
Monday	8:00 p.m. - 10:00 p.m.	Karaoke	Parachute Games
Tuesday	8:00 p.m. - 10:00 p.m.	Fancy Dress	Basketball Competition
Wednesday	8:00 p.m. - 10:00 p.m.	Talent Night	Five a Side Tournament
Thursday	7:00 p.m. - 10:00 p.m.	Presentation Night	

Please pack a fancy dress costume for the Tuesday evening

# Medication

- Medical forms to be filled in, please provide enough medication for your child for their time in Bude.
- Mrs Kay will be in charge of all medication. (It will be kept locked away)
- All medication should be in a clear bag and labelled with their full name and instructions.



# Money

- Money will be needed for the service stations. BOTH to and from Bude.
- Money is only spent on sweets, drinks and the arcade games room downstairs.
- No more than £30 - £40 should be needed.
- Mrs Bolton Heaton will be in charge of the bank and all money will be kept in her room. Please put money in a labelled envelope.
- Eg. Billy Smith £30

# Weekly Menu 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Sausage Hash Browns Beans Cereal / Toast Orange Squash	Bacon Hash Browns Beans Cereal / Toast Orange Squash	Croissant Or Pain Au Chocolate Cereal / Toast Orange Squash	Bacon Hash Browns Beans Cereal / Toast Orange Squash	Sausage Hash Browns Beans Cereal / Toast Orange Squash
Lunch		Fish Fingers Fishless Fingers Chips. Peas. Salad Fruit Bowl Jelly Blackcurrant Squash	Chicken Pasta Bake Tomato & Basil Pasta Bake Warm Bread Roll Salad Mousse Blackcurrant Squash	Jacket Potato Cheese / Beans Coleslaw Fruit Bowl Jelly Blackcurrant Squash	Hot Dog Veggie Hot Dog Salad Bar Fruit Bowl Mousse Blackcurrant Squash	Packed Lunch Various Filled Rolls Crisps Chocolate Bar Fruit Bag Drink
Evening Meal	Sausage Roll Veggie Sausage Roll Salad Bar  Ice cream Fruit Bowl	BBQ Chicken Fillet BBQ Quorn Fillet Roast Potatoes Broccoli & Carrots Toffee Tray bake  Ice Cream Fruit Bowl	Chicken Burger Spicy Bean Burger Chips Coleslaw/Salad Apple Crumble  Ice Cream Fruit Bowl	Chicken Goujons Veggie Spring Roll Chips Peas/Salad Chocolate Sponge  Ice Cream Fruit Bowl	Pizza Jacket Wedges Sweetcorn Salad Chocolate Flapjack  Ice Cream Fruit Bowl	

Food Allergens & Intolerances - Before ordering please speak to the Catering staff about your requirements

# Behaviour Contract

## BEHAVIOUR CONSENT FORM



*Below are the 7 main rules that all visitors to Adventure International must adhere to during their stay at the centre.*

*Before your visit here to the centre you are required to read through the following form and sign to confirm both the student and students parent/guardian agree to abide by the rules and are aware of the consequences if the rules are broken.*

<b>Adventure International - 7 Main Rules</b>	
<b>1</b>	No smoking or bringing cigarettes, lighters or matches into the centre.
<b>2</b>	No boys in girls bedrooms or girls in boys bedrooms.
<b>3</b>	No drinking or bringing alcohol or illegal substances into the centre.
<b>4</b>	No anti-social behaviour i.e. bullying, vandalism, theft, graffiti, racism e.t.c.
<b>5</b>	No leaving the centre unsupervised.
<b>6</b>	No bringing or using mobile phones on to the premises.
<b>7</b>	No students allowed in other schools allocated areas.

*In the event of any of the above rules being broken a student can expect to be sent home. The parent/guardian will then be responsible for their collection and journey home from the centre and will be unable to claim any reimbursement for the shortened course or any travelling expense.*

# GCA Behaviour

- Outstanding behaviour at all times.
- No boys allowed in girls room and vice versa.
- Sleep is important to prepare for the next day.
- The instructor is responsible whilst doing activities.
- Failure to follow this will result in loss of activity time.
- **Excellent behaviour = safe behaviour**



**Do you have any questions?**

