

SS John & Monica Catholic Primary School

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PRIMARY SCHOOL RESIDENTIAL COURSE AT BELL HEATH OUTDOOR ELEMENTS Information for parents/children

Wednesday 15th to Friday 17th June

Dear Parents,

Mrs Gray & Mr Ullah are happy to announce that Mrs Smith will be accompanying Year 6 to Bell Heath from Wednesday the 15th to Friday the 17th June. As a staff, we are very excited for our first residential trip for a couple of years and we have no doubts that the children are equally excited! Over the past few months, we have organised dorm rooms and activity groups and will share these with the children after half term. We have also confirmed our activities through liaising with the staff at Bell Heath and now can share with you a final overview of our stay.

The activities that we will be completing are:

- Grass Sledding
- Archery
- Zip Wire
- Climbing
- Night Walk
- Orienteering
- Quad Pole
- High Bridges
- Bushcraft
- Nightline

Please note that comprehensive risk assessments for each activity have been completed with robust health and safety checks and training for staff in place. Should you require any further information please talk to a member of the Year 6 team.

Below you will find a brief overview of each day. We will send some last minute reminders closer to the time. You will also find a suggested kit list. Having been to many residential trips in the past, can I suggest that you prepare for all weather scenarios as the British weather can be so unpredictable. The last time we went to Bell Heath we spent one day in glorious sunshine and the other in pouring rain!

Day 1

- Arrive at School as normal **8.45am**, remember to bring luggage/packed lunch (logistic details e.g. where to put your bag we will share closer to the time)
- Leave school at 9:15am
- Met by Centre staff – introductions
- Unpack, make beds, equipment update, packed lunch

- Fire Drill
- 1.30 pm First activity – split into your group
- 3.00 pm second activity
- 4.30 pm finish activities – classroom to review the day
- 5.30pm – evening meal
- Kitchen duties for pupils
- 7.00 pm evening activities

Day 2

- Early morning call – Breakfast – 7.30 am to 8.15 am
- Make up packed lunches
- Kitchen duties
- 9.00 am – Dorm inspections
- 9.30 am – morning activities begin
- 12.30 pm to 1.30 pm packed lunch
- 1.30 pm afternoon activities begin
- 4.30 pm activities finish – classroom session
- 5.30pm – evening meal
- Kitchen duties
- 7.00 pm evening activities (School Staff Led)

Day 3

- Early morning breakfast call
- Strip beds, pack suitcases – take to designated area
- Make up packed lunches
- Kitchen duties
- Dorm inspection
- 9.30 am – morning activities
- Course debrief
- Lunch, shop
- 1.30 pm – 2.00 pm depart
- Return to school by 3.00pm

WORRIES:

- Every activity run and led by fully qualified, insured Centre staff
- All children will be encouraged to have a go
- No one will be forced into doing something they don't want to
- About personal challenges and team work
- Centre staff on 24 hour duties – each staff member fully trained first aider
- School staff will be available 24 hours and will have a nominated first aider, who will be in charge of any medications
- The Centre caters for special diets including gluten free, lactose intolerant & nut allergies, please inform the school of any special dietary requirements in advance of your visit

WHAT DO YOU NEED TO BRING?

- Single sheet, duvet cover & pillowcase or a sleeping bag and pillowcase if preferred.
- Medication in a clear plastic bag clearly labelled and with instructions on dosage etc.
- Packed lunch for first day
- Lunch box / water bottle
- Plenty of old clothes – Loose fitting and comfortable clothes appropriate to the season – lots of layers are warmer than a few thick ones. Trousers not skirts. Track suit bottoms are much better than jeans. Hats and gloves are important between October and March.
- Sunscreen that your child is able to put on by themselves. There are sunscreens that are in a spray bottle and need only one application. These are the easiest for children to apply themselves.
- Underwear – at least one change per day plus an extra set/Multiple Thick socks
- Outdoor shoes that won't hurt to get muddy and wet
- Walking boots or comfortable trainers
- Slippers/indoor shoes
- Waterproof & Wellies –these are not provided by the site so please bring so we are prepared
- Small rucksack
- Toiletries
- Towels + spare for water sports
- Empty plastic bag for dirty washing
- Night clothes/Pyjamas/Robe
- **We will not be using the gift shop, so money is not required for this trip. Please ignore the suggestion to bring £5 on the Bell Heath info for parents that has also been shared.**
- **NO MOBILE PHONES** – poor signal. Visiting staff will have all emergency contact details with them, they have access to land lines if anything arises
- **No electronic devices!** This is a time to switch off from devices and enjoy each other's company
- GOODIES – we are happy for the children to bring some sweets and snacks within reason and will talk to the class about this. If your child does bring a few treats, **please ensure that they do not contain nuts.**
- If you can please pack everything in a suitcase with wheels, it make it easier for the children to carry their things. If not then please make sure they are able to carry their own belongings from the coach.

Further information is also included in the attachment from Bell Heath. This gives an overview of the meals, dorm rooms and site layout. As always, if you have any further questions or concerns, please speak to one of the Year 6 team.

With thanks

Mrs Gray, Miss Hill, Miss Smith and Mr Ullah