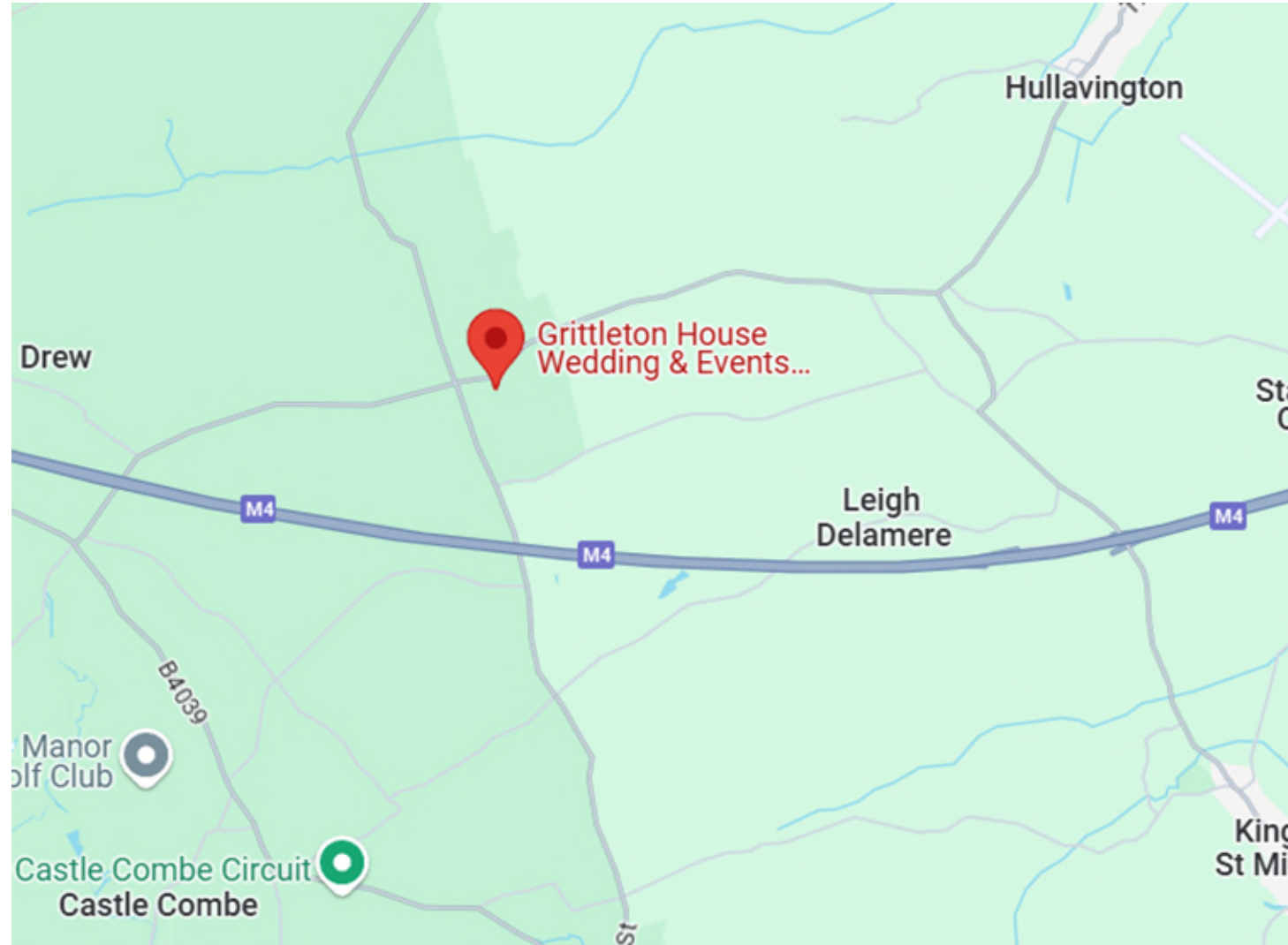




Year 4 Residential

Parent/Carer Information Meeting

Year 4 will be heading to Grittleton House





Timings

On **Wednesday 18th June**, children need to be dropped off at school for normal 8.30am arrival time. We will be leaving around 10.30am.

Pick up will be **Friday 20th June** at 1.15pm From outside the main entrance of the school. We will inform you if we are running late.

Medication

- If your child requires medication during the trip, please **collect a medication form** from the school office **before the day of departure**.
- Ensure the form is completed and handed to **Mrs Knight or Miss Cullen** along with the medication **when you arrive on the morning of the trip**.
- *Please note: medication cannot be accepted without the completed form.*

Activities

We will be completing a range of activities across the 3 action-packed days we are away, both during the day and in the evenings (see next slide).

Children will be split into groups of approximately 10 children for the activities and they will remain in these groups for the 3 days. Each group will be accompanied by a school adult and an instructor from the activity centre. The children will find out these activity groups in the week prior to leaving.

Example Activity Programme



Aeroball – An exhilarating, high-energy sport that's a cross between trampolining, basketball and volleyball.

After learning the basics participants jump into action! The aim is to get the ball in the opposing player's net. A lot of fun for all and develops team tactics and communication skills along the way.



Archery – Accuracy, control, a steady hand and of course safety awareness are vital for achieving the best results. The experience of handling bows and arrows presents a variety of new challenges and many discover a talent for a new skill. With encouragement from the outset participants are taught the basic skills on our range.



NEW FOR 2025

Archery Tag – It's archery but with a twist!! A game of skill and teamwork where you are equipped with foam arrows and following basic skills training battle it out in a variety of action packed games.



Body Zorbing – Is fun and massively entertaining for all taking part. In the Zorb you can run, walk, jump, flip, back roll and bounce into other Zorbs. The session includes a variety of team games including Last Man Standing, Sumo and the very popular Body Zorb football in our Body Zorb Arena.



Buggy Building – Split into teams your group complete a series of challenges to win the materials needed to build a moving buggy. Creativity and lateral thinking are vital skills needed in designing, building and then competing as a team with the Buggy in a series of races and challenges.



Crate Stack Challenge – Innovative thinking, construction, balance, courage – and above all effective teamwork, all are needed to build the tallest tower of crates. With 4 of the group standing on top as the tower grows, you must come up with ever more innovative ways of getting more crates to the top, the higher the tower becomes the more those on top become precariously balanced!



Crystal Maze – In teams participants will compete in mental, skill, physical and mystery challenges in 4 zones (Aztec, Industrial, Medieval, Futuristic) to collect crystals for time in the final dome.



Den Building – Participants will develop their teamwork skills and build confidence as they learn how to find materials to build the structure, then strengthen and waterproof their own Den. Once built, the Dens can be decorated using natural materials to make each Den unique.



Escape & Evasion – After competing in mission training the group must locate areas around site and complete a variety of challenges and tasks to find the extraction point, and signal to be rescued. This activity will involve them using teamwork, map reading, problems solving skills and coding techniques.

Refreshed for 2025



Escape the Room – Experience our themed escape room. Participants need to use their intuition, teamwork skills and intelligence to solve the problems and overcome the challenges to ultimately discover the code to exit the room within the time limit.



Jacobs Ladder – It's an exercise in teamwork and cooperation. In teams of 4 working together, the aim is to climb to the top of a suspended ladder of logs. The higher you go the wider the gaps between each log becomes. By pushing up, pulling up, standing on shoulders – it's all about working together and encouraging each other to achieve the team's success



Mission X – Relying on teamwork and communication your group will negotiate the series of obstacles, challenges and problem-solving missions around the centre, including our purpose-built Low Ropes Course.



Olympics – The chance to experience the thrill of being an Olympian during this high energy session by taking part in a selection of Track, Field and Sports Events in the lead up to the finale our Obstacle Steeplechase.



Problem Solving – Line Challenge, Hanoi's Tower and Croc Swamp are just some of problems to solve that will test your group's initiative and ingenuity. Working in small teams all are encouraged in their planning, communication and decision making – the skills needed to achieve the objectives in each task.



Sensory Adventure – Discover what happens when one of your senses is removed by learning how to navigate through a series of challenges, games and obstacles, while blindfolded – using just their remaining senses and the other members of the group for guidance. It's a challenge that requires mutual trust, self-belief, and effective communication to complete the course successfully.



Scooters & Skateboards – Participants will take part in a host of time trials, games and challenges. Working on pushing & gliding to kicks and jumps. Participants will learn skills & tricks to show back to the group at the end.



Survival – Encourages participants to think about their perception of the natural world, while teaching useful survival skills including, purifying water, hunting for food and tracking, but also above all respecting the countryside and nature.

Evening Activities



Campfire – A great social occasion where your group can get together at the end of the day. Our instructors lead the group in singing songs, playing games and swapping stories.

Marshmallows available to purchase on site



Night Hike – A night-time walk through the grounds or surrounding area, discovering about nature, learning interesting facts to take home to impress family or friends. Plus, a history of Grittleton House itself.



Quiz – Split into teams your group compete against each other in a series of rounds including General Knowledge, Sports, TV, Animals, Name that Tune, to see which team become the Quiz Champions.



Sports Evening – Bring your group together to take part in a selection of fun sports and games for the evening.

Activities

MONDAY	Arrive at Centre from 11:30am Welcome Talk, Packed Lunch Orientation Followed by Games and Ice Breakers				Crate Challenge	Settle into Accommodation	Dinner	The Great Big Game Show
TUESDAY	Breakfast	Body Zorbs	Water Wars	Lunch	Buggy Building	Survival		Campfire
WEDNESDAY		Crystal Maze	Sensory Adventure		Archery	Jacobs Ladder		Night Hike
THURSDAY		Aeroball	Low Ropes		Problem Solving	Escape Room		Celebration Night
FRIDAY		Den Building	Leave accommodation, Lunch, Say goodbye and Depart Centre at 12.30pm					

Accommodation

Children will be split across single-sex rooms. Teacher rooms are dispersed between these rooms. Children have will choose a room buddy and be put into their rooms before the trip.



Food

The restaurant at Grittleton House is located on the ground floor of The Clock Tower at the Old Stables and has a capacity for approx. 100 children per sitting.

We aim to offer:

- Heathy well balanced familiar meals
- Vegetarian options at each meal
- Salad bar available for lunch and dinner
- Locally sourced ingredients (where possible)



Food

Wednesday – Lunch and Dinner
 Thursday – Breakfast, Lunch and Dinner
 Friday – Breakfast and Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST			
	Choice of Cereals Brown and White Toast with Jam or Bacon Fresh Fruit Yoghurts Tea,Coffee,Water & Orange Juice	Choice of Cereals Brown and White Toast with Jam or Baked Beans Fresh Fruit Yoghurts Tea,Coffee,Water & Orange Juice	Choice of Cereals Brown and White Toast with Jam or Bacon Fresh Fruit Yoghurts Tea,Coffee,Water & Orange Juice	Choice of Cereals Brown and White Toast with Jam or Baked Beans Fresh Fruit Yoghurts Tea,Coffee,Water & Orange Juice
	LUNCH			
	Soup of the Day with Bread Rolls with Ham or Cheese Salad Bar with Potato Salad Fresh fruit	Hot Dogs with fried onions Salad Bar with Pasta Fresh fruit	Jacket Potatoes with choice of fillings Salad Bar with Pasta Fresh fruit	Freshly prepared packed lunch Sandwich with choice of filling: Ham, Cheese, Jam Chocolate bar Crisps
DINNER				
Option 1 Chicken Nuggets Chips & Veg Option 2 Vegan Nuggets Chips & Veg Salad Bar Apple Crumble & Cream	Option 1 Spaghetti Bolognese Option 2 Macaroni Cheese Garlic Bread and Salad Bar Brownies	Option 1 Stew, Baby Potatos and Veg Option 2 Tomato Pasta Salad Bar Ice Lollies	Option 1 Fish Fingers Chips and Veg Option 2 Veggie Burger and Chips Salad Bar Flapjacks	

Kit List

- Children must bring all belongings in **one bag or suitcase** that they can **carry or wheel independently**. One bag or case only per child, please.
- To help keep costs down, Grittleton House provides **duvets, pillows, and bed sheets** but children will need to bring their own **duvet cover** and **pillowcase**.
- Each child may also bring **one small teddy or soft toy** for bedtime comfort.
- Please **label everything** your child brings – indelible felt tip pens are useful for this. Children are responsible for their own belongings – it may be useful to provide a list of items packed. Lost property is hard to track down after a visit.
- Clothes are likely to suffer wear and tear, therefore, several changes of old clothes will be needed. Jeans are not suitable for activities as they get heavy and cold when wet do not dry out quickly.
- A **full kit list** will be shared **after the meeting**, along with this presentation.

Recommended Kit List

- Duvet Cover and Pillowcase (duvet and pillow provided)
- Slippers – Please Ensure Slippers are Included
- Toiletries bag and contents (Including but not exclusive to - Tooth Brush & Paste, flannel, Shower Gel/Shampoo, hairbrush)
- Nightwear and Underwear
- Towel (to be used in accommodation for Showering/Washing)
- Old sweatshirts or fleeces
- T-shirts
- Shorts (knee-length)
- Strong, loose-fitting trousers/tracksuit bottoms
- 1 pair of very old trainers for wet/muddy activities
- Waterproof coat (and waterproof trousers if possible)
- Small rucksack
- Named bin liners (not black) for bringing any damp or wet clothes/towels home (black bin liners can be mistaken for rubbish bags!)
- Sun hat and plenty of appropriate factor sun cream
- Refillable drinking water bottle

Reminders

- **All** medication must be signed in with an adult who will look after it for the entirety of the trip.
- Sweets/other snacks are permitted within reason but these **must not** contain nuts. If you choose to pack extra snacks, please be mindful of the quantity children are bringing. Please no lolly pops/ hard boiled sweets that could be a choking hazard.
- There is a gift shop at Grittleton House if children would like to bring some pocket money. All money will need to be in a sealed envelope, clearly named and given to a teacher on arrival.

What **Not** To Bring

- Electronic devices of any kind (**phones, tablets, apple watches gaming consoles etc...**) **are not permitted** on this trip.
- No jewellery or valuables.

Additional Information

- All adults on the trip will have access to a mobile phone and are able to contact parents in the event of any emergencies.
- You can contact The Croft who will be able to pass a message on to us however please do respect that this is for emergencies only.
- We will keep you updated via X (twitter) and the parent Whats APP group where possible in between all of the activities and fun! Please respect that our priority is keeping the children safe and ensuring they are having fun so we may not be able to upload photos of everyone/ on a daily basis.
- We will send out a form for this trip for you to give your permission for us to send pictures via the whatsapp group.

Any Questions?

