# Hindleap Warren Y6 residential





Monday, 27th November to Wednesday, 29th November.

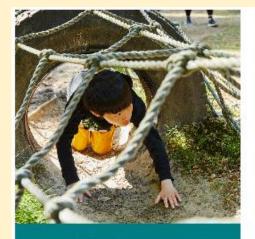
#### Introduction

- Children learn so much in the classroom, but what they learn outside it can be just as important.
- At Hindleap Warren, they offer a gold-standard outdoor learning and adventurous activities that boost children's personal development, in the scenic 300 acre private woodland. It helps the children to develop their confidence and resilience, and their ability to build relationships skills.

### What does the visit involve?

- 7 different 'Outdoor & Adventurous' activities on rotation
- 2 different evening activities including a campfire
- Full qualified and experienced outdoor education workers
- All equipment, meals, accommodation and travel expenses are included in the price – but please send with a packed lunch on the first day and water bottle to refill throughout their stay
- An opportunity to work with children from both classes and build team skills

### **Activities**



Obstacle course



**Team building** 



**Bushcraft** 











## Kit list – emailed and printed copy sent

It will be winter and it can get very cold as the majority of the sessions take place outside. The best way to keep warm is to wear lots and lots of layers like long sleeve tops and fleeces combined with warm socks, hats and gloves.

On the next page is the kit list. Please note, the children will not be swimming so do not need a swimming costume.

<u>Do not</u> send the children with any electronic devices: phones, etc.

PLEASE name everything clearly – even socks!

#### KIT List

- T-shirts
- Sweatshirts/fleeces
- Clothing to wear in the Centre
- Gloves and hat
- Plenty of spare underwear and socks
- Old trainers
- Wellington boots
- Shoes to wear indoors and/or slippers
- Towels
- Toiletries

#### **TOP TIPS:**

The children will get wet and muddy and although there is a great drying room please send a bin bag to put in any wet and dirty kit.

The children need to be able to carry their own kit so a suitcase with wheels is ideal.

Name everything!

Do not send any clothing that is precious or valuable. Older clothing that you do not mind getting very muddy is ideal.

#### First aid – medical forms.

Deadline for medical return form: 9th November.



#### Lockable Drugs/Medicine Trolley (x2)

Available for groups to store medicines and drugs safely.



Mini-fridges (x2)

Available for groups to store medicines and drugs safely.

It is **essential** that the centre is briefed at least 2 weeks prior to the stay so please return the medical forms by **Thursday, 9<sup>th</sup> November**.

Mrs Harrison will be responsible for administering any medication. Please hand any medication to Mrs Harrison on the morning of the trip. If you need to give any personal information, please speak to Mrs Harrison or Mr Irvine. We have use of a fridge if needed for any medication.

All of the instructors are trained first aiders and able to treat minor injuries. If there is a need for a hospital visit, details of the nearest hospitals are on the next slide.

The local hospitals are;

East Grinstead – The Queen Victoria Haywards Heath – The Princess Royal

These are both very good hospitals with great facilities but occasionally, depending on circumstances they may send a young person to **Pembury Hospital** in Kent or Brighton's Children Hospital (**The Royal Alexander**).

## **Emergencies**

You will be provided with an out of hours number to contact the school closer to the trip. This will be manned by Mrs Freeman and she will relay any messages to the staff on the trip.

This is the number for Hindleap Warren: **01342 822625**The address of the centre is: Hindleap Warren Outdoor Centre, Wych Cross, Forest Row RH18 5JH

#### Food

- Packed lunch for day one.
- Meals each day include breakfast (hot and cold choices, lunch and an evening meal).
- There is a huge amount of choice!
- All catering is onsite and can accommodate special dietary requirements: e.g allergies, vegetarian, religious beliefs, etc
- Hindleap Warren is a nut free site.
- Please provide your child with a water bottle to be refilled throughout the trip.

## Dining room



# Sample menu - breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration	Orange, blackcurrant Or lemon	Orange, blackcurrant Or lemon	Orange, blackcurrant Or Iemon	Orange, blackcurrant Or lemon	Orange, blackcurrant Or lemon	Orange, blackcurrant Or lemon	Orange, blackcurra Or lemon
Hot Items	Selection of Croissants Pain Au Chocolate	Bacon Scrambled egg tomato	Pancakes Syrup Or Chocolate sauce	Butter Croissant Slice ham, cheese	Waffle Syrup or chocolate sauce	Bacon Scrambled eggs Grilled tomato	Croissants
Daily Special	Banana, Cinnamon & Vanilla Porridge	Baked beans	Porridge	Boiled eggs	porridge	Baked Beans	Slice ham, cheese
Daily Breakfast Items	Cereal bar Yoghurt station Toast & preserves	Cereal bar Yoghurt station Toast & preserves					
Fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit	Cut & whole fruit

#### WEEK 1 LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course 1	Lasagna	Chicken and Leek	Hot dogs	BBQ Glazed Chicken		Jacket Potato Baked beans	Beef Burger
Main course 2	Vegetable Lasagne	Pie  Veggie sausage Pie  New Potatoes  Broccoli Sweetcorn	Sticky Onions Skin on Wedges Sweetcorn Mustard Ketchup	Vegan Nuggets Stir Fry Vegetables Hoisin Sauce Egg Noodles Turmeric Rice	Breaded Fish  Vegetable Puffs  Peas Chips	Cheddar  Tuna & Sweetcorn Mayonnaise  Egg Mayonnaise  Vegetable chilli	Veggie burger
On the side	Sauté Potatoes Garlic Bread						Chips
Salad Bar	Mixed salad Crudité pots	Mixed salad Crudité Pots Cous cous and sultana	Mixed Salad Crudité Pots Rainbow Slaw Potato Salad	Mixed Salad Crudité Pots Roasted Vegetables	Mixed Salad Crudité Pots Spiced noodle salad	Mixed Salad Crudité Pots Coleslaw Spicy Pasta salad	Tomato Relish Ketchup Mayonnaise Tomatoes Asian slaw
Dessert	Toasted Oat Flapjack	Sticky Toffee Pudding	Jelly	Fruit flan	Fruit Crumble	Selection of deserts	Ice Cream Bar Waffle Cones

WE	EK 1 DIN	NER	200				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Salad Bar	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Main course	Homemade Sausage Rolls Roasted Vegetable Rolls Chips Beans	Cottage Pie Risotto	Fish Pie Mushroom Stroganoff Mash Potato Peas	Beef and sweet Potato Bake Tomato Pasta	Spicy Breaded Chicken	Beef Goulash Vegetable Goulash	Vegetable Lasagne Traditional Lasagne
On The Side				Garlic Bread	Curly Fries	Mash Potato Broccoli	Garlic Bread  Carrots  Wilted Greens
Dessert	Fresh Fruit Salad	Banana & Ginger sponge	Fruit crumble	Chocolate brownie	Carrot cake	Baked Cookies	Rocky road

Selection of fresh cut & whole fruits

#### Accommodation



The children are in rooms with bunk beds.
There are shared bathrooms with showers and toilets.

The children's bedrooms are spaced between the staff's bedrooms. We have our own accommodation separate from other schools visiting.

### Accommodation





After dinner and an evening activity, the children will be in bed with lights out at 9pm.

## Rooms – up to 6 children



The centre provide all the bedding for the children: duvet and pillow.

We will be asking the children to put forward names of who they would like to be in a room with. They will be guaranteed <u>ONE</u> of those names.

## **Transport**



We will aim to leave at 9:15 on Monday 27<sup>th</sup>. You are very welcome to come and see us off!

Please ensure your child arrives at school between 8.30am-8.45am with their luggage to the year 6 building.

## Tuck shop and gift shop!



Cash only.

Up to £4 in coins.

Named envelope – handed to the teachers.



Skittles – 90p
Sour Skittles – 90p
Strawberry Chewits – 80p
Cola Chewits – 80p
Fruit Pastilles – 80p
Fizz Wizz Popping Candy – 50p
Sour Apple Refreshers – 20p
Spearmint Trebor Softmints – 80p
Original Polo – 60p



Curly Wurly – 60p Kit Kat – 90p Mint Aero Bubble – 90p Chocolate Aero Bubble - 90p



Walkers Ready Salted – 90p Walkers Cheese & Onion – 90p Walkers Salt & Vinegar – 90p



Postcards – 40p
Pencil – 50p
Arrow Pencil – 80p
Rubber – 80p
Sharpener – 80p
Notepad – £1.50
Pen - £1.00
3 Coloured Pen - £1.50



Window Clings – 50p
Fridge Magnet - £1.00
Muddy Bugs – 80p
Key Rings - £1.50
HW Wristband - £1.50
Bouncy Ball - £1.50
Buff - £4.00
Hairbrush – £2.00
Drop Bear - £4.00
Torch - £4.00
HW Mug - £4.00

Prices and options may change.

#### Checklist

- Medical form and medication form if needed (return by 9<sup>th</sup> November)
- Kit list (no swimming trunks)
- Up to £4 in coins (in a named envelope)
- Please complete a medication form if your child needs any prescribed medicine. On the day it needs to be handed to Mrs Harrison who will be in charge of giving any medication.
- Packed lunch for the first day
- Water bottle for the children to re-fill during the week

# Any questions?

