

Year 6 Residential Trip



The Trekking Company

The Trekking Company is run by two ex-teachers and is now one of the largest providers of Outdoor and Adventurous Activities for schools in the South East. The company is a fully licensed provider under the Outdoor Activity Centres (Young Persons' Safety) Act 1995. All the staff are fully qualified with National Governing Body Awards. The company website will give further information about the organisation and the courses run.

Website: www.trekco.com. Sevenoaks Primary School have been visiting Blackland Farm and using The Trekking Company since 2002.

Blackland Farm

The trip is due to take place between **Tuesday 1st October – Friday 4th October 2019**. The children will be staying at Blackland Farm. This is situated two miles south of East Grinstead, in West Sussex. The Trekking Company run their own courses from the site using 'excellent facilities which are unmatched in this part of the country'. There is a range of high rope challenges alongside other outdoor, adventurous activities.

Accommodation

The children will be staying in indoor accommodation, in dormitories (separate accommodation for boys and girls) at Blackland Farm.

Food Glorious Food!

Main meals are provided by a local school meals service, so are made by qualified staff and are nutritious and enjoyable. Lunches are provided **except for the first day, therefore parents must supply children with a lunch for day one**. Pupils also have access to drinks all day, but it is vital that children bring their **own water bottle** to take around on activities.

Activity Outline – What activities are available at Blackland Farm?

The children will be divided into groups for the activities. Qualified staff from the company will supervise the activities and be supported by adults from the school. Within reason, these will take place in all weathers. Below are some of the activities available. No child will be forced to participate in any activity with which they are not comfortable, but they will be asked to "have a go".

Orienteering – a purpose built orienteering course is set up around the site

Canadian (open) canoeing – always within the minimum ratio of 1:8

Abseiling – from one of the abseil towers

High wires – a tightrope walk through the trees

Rock scrambling – climbing around the rocks with no ropes, finding caves and boulders

Problem solving – a series of problems designed to help pupils work together as a team

Night hike – a series of circuits in and around the site and local area, hiked at night for extra fun.

Itinerary

The list below is a rough guide to the timetable for the four days:

Day One

Arrive at school, **normal time**. (Put suitcases/bags in the main hall; go to the playground as usual.) Leave school (by 9.30am) to arrive at the site by 11 o'clock.

Activity 11am-1pm.

Lunch 1pm-2pm.

Activity 2pm-4pm.

Activity 5pm-7pm.

Dinner 7.30pm.

Evening Activity 8.30pm-10pm (Night Hike, Indoor Climbing Wall, Mini-Olympics).

Day Two and Three

Breakfast 8am-9am.

Activity 10am-12pm.

Lunch 12 noon-1pm.

Activity 1pm-3pm.

Activity 4pm-6pm.

Dinner 7pm.

Evening Activity 8.30am-10pm.

Day Four

Breakfast 8am-9am.

Activity 9.30am-11.30am.

Lunch 11.30am- 12.30pm.

Activity 12.30pm - 2.30pm.

Leave accommodation by 3.15pm.

Return to school by approximately 4.30pm.

Blackland Farm Clothing and Equipment Requirement Sheet

Please note, at the end of the trip, we are always left with **masses** of lost property. It is vital that **ALL** your child's belongings are clearly **labelled** – including shoes, towels, socks, etc.

NB: Aim for layers of clothing

Minimum requirements (it is advisable to add more):

Clothing

4 x long sleeve tops or T-shirts depending on weather forecast

2 x jumpers / fleece tops

3 x outdoor trousers

1 x pair of shorts – (if sunny, add more)

Underwear and spares (especially extra pairs of socks – consider 2 pairs per day – weather dependent)

Thermal layers (optional, but advisable – weather dependent)

Night wear, slippers, dressing gown

Footwear

2 x pairs of shoes: trainers / waterproof walking boots

Wellies optional in addition to the above

1x pair of 'indoor' shoes - could be slippers / crocs / flip-flops, to wear in buildings (outdoor shoes are not allowed inside the buildings and have to be left in lobby areas)

(NB: it may be extremely muddy so have **at least** 1 pair of waterproof shoes for the trip)

Outer Wear

1 x **warm, waterproof** coat (suitable for heavy rain / cold) - **vital**

1 x waterproof trousers (suitable for heavy rain - these are not for canoeing!)

1x pack-a-mac (for warmer days)

Hats (woolly and sun hat – weather dependent), scarf and gloves (advisable)

Canoeing

Spare towel

Swimwear plus shorts / trousers / leggings / top and possibly a jumper to wear over swimwear for canoeing

1x pair of suitable shoes for canoeing (canoe shoes or old trainers)

Optional pac-a-mac for chilly days

PLEASE NOTE: these clothes will get wet and therefore not be able to be used again on the trip

General

Wash bag and contents (including shower gel)

Sleeping bag or duvet + base sheet

Pillow

1 bath towel, 1 hand towel

Refillable drinking bottle / unbreakable flask - **vital**

A few snacks for in between meals if necessary (not needing refrigeration) **NO NUTS** please

Torch with batteries - important

Bin liners / plastic bags (these are extremely useful - ideal to separate dry clothes from wet clothes in holdall and to carry wet clothing from canoeing)

Toilet roll (various uses!)

Small ruck-sack to take to activity sites

Small amount of spending money (£2 max) to spend at tuck shop on site

Sun cream

A disposable camera is an optional extra but is the sole responsibility of the child.

Teddy (optional!)

Packed lunch for first day

Do not bring anything of value that could get damaged by rough wear or dirt. Expensive items are unsuitable and pupils are entirely responsible for their own belongings.

Mobile phones and electronic games/gadgets e.g. iPads

Mobile phones and electronic gadgets **must not** be brought on the trip. The idea is that the children are independent and 'away from it all'. The dormitories, whilst monitored by The Trekking Company staff, are not the most secure buildings and we could not guarantee that they would not go missing. In the event of an emergency at home, please contact the school office who will liaise with the staff at Blackland Farm.

Insurance Cover

The school has arranged 'school journey insurance' with Safehands (The County Insurance Scheme). This insurance covers the reimbursement of the cost of the trip in the event of non-attendance due to illness. Trek.Co. holds Public Liability cover of £10 million for each incident.

Medical Information and Emergency Contact numbers

Please can you complete the attached form and return it to school by **Friday 17th May 2019.**

If your child requires medication to be administered during the trip, please make a brief appointment, via the school office, with our trip First-Aider, Mrs Williams, on **Monday 10th June** between 9.15am and 11am. Please do not bring medication in with you at this time.

All medication **MUST** be in school by **Monday 30th September** and handed to our trip Mrs Williams, First Aider in advance.

It is vital that medication is handed over to Mrs Williams at this time, as without this medication, your child may not be able to attend the residential trip.

If you would like to provide the school with further information (eg. sleeping habits), please add to the medical form.

Collecting Your Child

Please note that we intend to return to school by 4.30pm. We would appreciate you arriving ready to pick up your child in advance of this time (no later) and your support in collecting the children's luggage from the designated area as instructed by the school office. Also, please remember to collect any medication from the First Aider by the following school day, and if convenient, directly after collecting your child from the coach.

Blackland Farm Residential Trip

Medication

Any medication required for the trip needs to be discussed with the school's nominated First Aiders in advance. All medication must be handed over to the school First Aider at least one day prior to the trip leaving.

Medication includes:

- all daily medication currently taken by the child
- travel sickness tablets
- hayfever medication – even if it is 'just in case'
- prescribed creams
- headache medication eg. Calpol

Every year, we have parents informing us on the day of the trip that their child requires medication and this creates logistical problems. Please consider all aspects of your child's health and well-being and make an appointment with the First Aider to discuss in good time if you have concerns.

For ANY medication that will be required on the trip, please complete the attached form and return to the school by **Monday 10th June**.