



Holly Lodge Primary School

## High Ashurst Year 4 Educational Visit 14<sup>th</sup> to 15<sup>th</sup> October 2019

### FINAL INFORMATION

#### Itinerary

<b>Day 1</b>	<b>Time</b>	<b>Activity</b>
Monday	10:00	Coach departs from Holly Lodge
Monday	11:30	Arrival on site
Monday	12:30 - 13:30	Packed lunch - Pupils to bring own packed lunch on first day
Monday	13:30 - 15:00	Activity
Monday	15:00 – 16:30	Activity
Monday	17:00 - 18:00	Evening Meal
Monday	18:30 - 20:00	Teacher-led activity
Monday	20:30	Bedtime
Monday	21:00	Lights out
<b>Day 2</b>	<b>Time</b>	<b>Activity</b>
Tuesday	07:00	Morning wake-up call from staff
Tuesday	07:30 - 08:30	Breakfast
Tuesday	09:30 – 11:00	Activity
Tuesday	11:00 – 12:30	Activity
Tuesday	12:30 - 13:30	Packed Lunch - Provide by venue
Tuesday	14:00	Departure - Return to school by 15:15

**Medication:** Please ensure that your child has taken any travel sickness medication on the morning of our visit. Further medication required during the visit, or for the homeward journey, should be handed to Mr Smith on the morning of departure, clearly labelled with your child's name and with written instructions for administration.

**Meeting Place:** All children should report to their classroom for registration as usual. Pupils should bring their overnight bag to the classroom for safe keeping until we are ready to board the coach.

***The coach will depart at 10:00am prompt.***

**Luggage:** All items should be clearly labelled with your child's name and light enough to be carried comfortably by each child. Please refer to the "Kit List" included below. Pupils may also bring a small bag for the day which should contain their packed lunch and anything else they may need for the journey.

**Packed Meal:** A home packed lunch will be required for the outward journey and should be sufficient to last until the evening meal at the centre. No fizzy drinks, please. Unfortunately, the school kitchen will be unable to provide packed lunches for this visit.

**Clothing:** Comfortable clothing should be worn on the outward journey as the children will start their activities immediately after their lunch. A weatherproof jacket is essential and must be carried on to the coach in/with hand luggage. **Please make sure this is clearly named.**

**Behaviour:** Whilst on the trip, we expect the same standard of behaviour from pupils as we do at school. Our behaviour policy still applies for offsite visits. Persistently poor or dangerous behaviour may result in a pupil's place on the visit being forfeited, and in extreme circumstances parents may be asked to collect their child from the venue.

**Surrey Outdoor Learning (SOLD) Details:**

**Telephone** 01372 378901

High Ashurst Outdoor Education Centre  
Headley Lane  
Mickleham  
Dorking  
Surrey  
RH5 6DQ

*Parents are asked to contact the centre only in cases of emergency*

We expect to return by 3:15pm, so children should be collected from school as usual.

**Return Travel Communication:** Should there be a major change to the anticipated return time to Holly Lodge, a text message will be sent by the school office to advise on the new time.

**In case of emergencies:**

**Daytime:** please contact the school on 01252 548390 for advice on the best course of action.

**Evenings:** please telephone SOLD and ask to speak first to Mr Smith, as it may be unwise to make direct contact with your child without having familiarised the party leader with the nature of the problem.

## Kit List



### Kit list for groups visiting our centres

The kit lists below are to be used as a guide only and are not extensive. Wetsuits, cagoules and life jackets are provided by us. For residential visits, please observe the kit list for both the appropriate activity day (land or water-based) and appropriate type of residential (log cabin, teepee or yurt).

#### **Land-based activity day/s (Including canal boat):**

- Appropriate clothing for the weather - jumper, trousers, long sleeved t-shirt
- Old pair of trainers (flip-flops, crocs or open back/toe shoes are not suitable)
- Warm coat
- Waterproofs
- Hat and gloves/sun cream and sun hat
- Water bottle and packed lunch (if you have not booked catering with us)

#### **Log cabin residential at High Ashurst:**

In addition to the appropriate kit list for either a land-based or water-based visit please also bring the following:

- Towel and wash kit
- Slippers or thick socks to wear around the cabin
- Any medication
- Torch – the centre is in a remote location and very dark
- Snacks (in a sealed container)
- Extra clothes for the following day(s)

All bedding is provided for log cabin residentials.

## Frequently Ask Questions

### **What is the staff to children ratio at High Ashurst?**

The ratio is 10:1 for land based activities.

(Pupils will not be participating in any water activities)

### **How many members of staff from Holly Lodge will be going?**

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Mr Smith, Miss Moreton-Ford, Mr Drew, Mr Meakin, Mrs Young, Mrs Davison, Mrs Sherry, Mrs Wootton

### **What about the accommodation?**

Holly Lodge has exclusive use of the sleeping accommodation for the duration of our visit. There are 4 cabins all located near to one another. Each cabin has up to 4 bedrooms for pupils and up to 2 bedrooms for school staff.

### **How many children in each room?**

Each bedroom will contain up to 4 beds. All beds are bunk beds. Bedroom allocations will be announced to pupils on arrival at High Ashurst.

### **How are the roommates chosen?**

Boys and girls will be in separate rooms. The children will be choosing friends that they would like to be with. The rooms will then be allocated by the teachers to ensure pupils are with at least one of their chosen friends. Room allocations will be announced to pupils on arrival at High Ashurst. We will place other children in the adjoining rooms using our knowledge of the children to ensure there is a good mix in each room.

### **Do they need to take bedding?**

No, all bedding is provided.

All beds must be made up by the groups using the cabin, and stripped at the end of the stay. This is great opportunity for the children to practice their bed-making skills!

### **Do we need to provide a packed lunch for the journey?**

Yes. They will eat their packed lunch upon arrival at the venue. Please note that the school kitchen will be unable to provide packed lunches for this visit.

### **Are the children allowed to take electronic devices/phones with them?**

No. Electronic devices are not permitted.

### **What if my child is ill whilst away?**

It depends on the illness. For minor ailments (eg headache, colds) medication may be administered with parental permission. There will be a designated member of school staff who is responsible for medication. For severe illness (eg flu, stomach bugs) a member of staff will stay with the pupil, and parents will be contacted accordingly. Please be aware that if it is evident your child is unable to continue with the trip, you will be asked to collect them.

### **What are the food choices?**

There is a choice of hot and cold food (buffet style) for breakfast and dinner. A packed lunch will be provided by the venue on the second day.

### **Cabin Rules?**

Outdoor shoes must not be worn inside the cabins. There is an area for outdoor shoes to be left inside the entrance of each cabin. It is recommended that groups bring slippers or slipper-style socks inside.

### **What time is bedtime?**

Bed time is at 8:30pm, with lights out at 9:00pm.

### **What type of activities will they be taking part in?**

The children will participate in the following activities:

#### Challenge Course:

Low level (non-harnessed) ropes course, comprising of various team exercises aiming at group cohesion and teamwork development. Thirteen individual elements are linked together in a circular course with the objective of getting round without touching the ground.

#### Climbing:

The session starts with some low level climbing, called bouldering or traversing, developing the trust between the climber and their supporting partner, who has to “spot” the climber to make sure they are in contact with the wall. Bouldering and traversing is limited to 1 metre. Then the instructor talks the group through ascending and descending the wall using a “gri-gri” (an assisted braking belay device). When one person is climbing the rest of the group will be supporting the climber or belaying.

#### Team Tasks:

Uses collective knowledge, inventiveness, communication and common sense to achieve success at the chosen and set challenge. In a team of up to ten, an instructor will challenge the group to succeed at a series of problems, mental or physical (sometimes both). The instructor can adjust the game to make it more or less challenging for the group. An ideal exercise to look closely at group dynamics.

#### Woodland Skills:

Study the environment and how to best adapt to it. Immensely variable, the sessions focus on survival skills as well as environmental knowledge. Typical woodland skills activities are: fire lighting; shelter building; environmental games; nature walks; Cooking; cordage; tracking or tool use in creating various objects (mallets, pencils, pictures, whistle, key fobs).

### **What about the evening?**

We have use of the central hall for the evening. A teacher-led activity will be arranged for the evening.

### **My child has special dietary requirements; will these be catered for?**

Yes. We already have a record of any particular dietary requirements for pupils, but if these have changed, or you are unsure, please advise us so that we may inform the venue.

### **When are the children able to bathe? Is it scheduled times?**

The rooms have en-suite facilities. The children will be expected to wash before they go to bed or when they get up.

### **Any communication allowed home?**

We do not encourage communication with home whilst the children are away. If there is an emergency, we can be contacted through the school or through the centre details will be on this document.

### **What about spending money?**

There isn't an onsite shop, therefore spending money is not needed.

### **What about security? How do children reach the teachers if there is a problem during the night?**

Site security and visitor safety is of the utmost importance. The children will be in their rooms at night. They will be able to open their door in an emergency and school staff will be able to access the rooms if needed. The rooms are secure during the day. Teachers' rooms are at either end of each cabin. The children are shown where the teachers' rooms are when we arrive - each teacher's room will have a sign on the door so if the children need the school staff at night they can knock on the door.

### **Are snacks / drinks allowed in rooms?**

We do not permit fizzy drinks and snacks in the rooms, drinking water is available.

### **Can children bring own pillows / teddies?**

All bedding is provided. The children are welcome to bring a small teddy with them if they want.