



JAMES DIXON PRIMARY

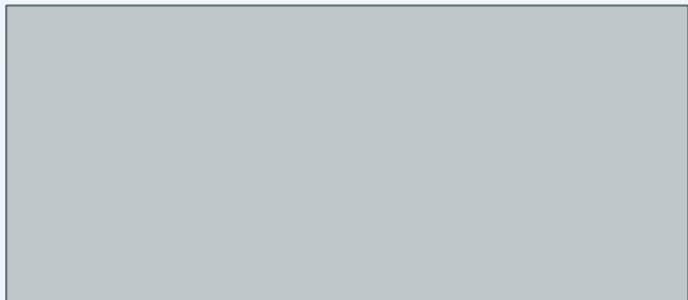
Norfolk Lakes
YEAR 6
RESIDENTIAL

21st – 24th June 2024



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Medicines and Medication

Regular medication

If your child takes any regular medication, you will need to include this information in the google form. It is also essential that you write out the details of what the medication is and when they need to take it. Put the medication and the administration notes together in a bag, labelled with your child's name.

This should then be handed to a member of staff going on the residential on the day of departure.

Medicines

We will take general medicines - calpol, bite and sting creams, paracetamol, etc. - with us in a general first aid kit. If you are happy for us to administer these, if necessary, please make this clear in the google form.

Recovery day

If required the children can take Tuesday 25th June as a recovery day, if you feel this is beneficial to them.

Your child will not receive an unauthorised absence mark on their attendance record.

Why have a residential?

Life is, quite simply, full of challenges: physical challenges, emotional challenges, challenges that test our determination and resilience.

The list goes on!

It's impossible to prepare our children for everything, but we can start laying the ground work to help them stand tall and meet these challenges.

Through the residential we want to:

- Develop team work and problem solving skills.
- Improve resilience both emotionally and physically.
- Improve mind-set to react positively to life's challenges.
- Build essential social communication skills, to form positive relationships.

While it is possible to start building these skills in class, there is no substitute for real experience in the wider world.

This trip offers the opportunities to start working towards these aims.

Where are we going?



Norfolk Lakes Activity Centre, Norwich

How are we getting there?

The Journey

We are traveling by coach to the activity centre.

This journey will take around 3 hours.

NO FOOD is permitted on the coach!

Departure and Return

Departure from school: Friday 21st June

Children should arrive to school at the normal time, where they will have their bags checked.

If you wish to wave the coach off it will depart school at 11:00 am

Arrival back to school: Monday 24th June

Children will be back from the residential **around 4.30pm**

If there are any delays we will inform the school office and they will text parents.

Luggage

The children's bags will need to be brought to school with them on Friday 21st June. They will be checked for electrical devices, food and other contraband.



Accommodation

The centre is made up of basic accommodation, the rooms consist of bunk beds and a side table/chest of draws. The dorms are set across 3 floors which are split into separate male and female levels with teaching staff on the middle floor. Teaching staff are available at any point if the children need us for any reason. The children will be allocated rooms based on their preferences, but the teacher will have final say on room groupings.

There are several showers, all separate male and female, and there will be allocated times to shower before breakfast and dinner and before lights out time.

There is a lounge area where most of our social time will be spent after activities chatting, playing games and listening to music.

The on site drying room means clothing and shoes can be dried quickly and easily after activities ready for the next day.

Safety and security are paramount and Norfolk Lakes is a secure site. The centre has a central base which is manned 24 hours a day by duty leaders.

What will we be doing there?

The program of activities is yet to be approved, but will involve problem solving as well as building teamwork and resilience over the course of the weekend through outdoor adventurous activities. These activities will include kayaking, stand up paddle boarding, climbing and high ropes.



Health and safety

All activities at Norfolk Lakes Activity Centre are run by fully qualified tutors. The equipment for the activities is supplied and safety checked fully before activities, this includes waterproofs, life jackets, safety helmets and harnesses.

All leaders are first aid trained and hold the necessary qualifications for the activity they are leading. A leader also stays on site in a separate lodge for night duties and is available if needed.



Meal time and chores

All main meals are cooked on site by the catering team.

A google form with a dietary requirement section has been sent to all parents and needs to be completed as soon as possible so we can inform the centre of dietary needs.

Please note this does not cover 'fussy' eaters.

Any meat served will be Halal. If this is not available a vegetarian option will replace meat. Nuts are not permitted and the kitchen is a NUT FREE ZONE.

It is essential you take time to fill out a dietary requirement form for allergies and intolerances.

Chores

Over the week, after meals, the children will be expected to clear their plates and cutlery and to make sure their dining space is tidy.

ALL Children will take part in these responsibilities.

Kit list

Pupils must be prepared to take part in outside activities in all types of weather!

So having a set of **old clothes** for day activities that you don't mind getting muddy and dirty is highly recommended. A cleaner/neater set of clothes can be worn in the evening but this is not essential.

Please DO NOT bring new or valued clothes or jewellery of ANY kind.

Outdoor Activities

- Trousers/tracksuit bottoms (enough to last the trip 2/3 pairs) No DENIM JEANS
- Warm coat/jacket, just in case of bad weather
- Socks (including spares plus a thick pair)
- Sweater/hoodie/jumpers/fleece tops
- t-shirt / shirts —a long sleeve top is required for some activities (3 or 4 should do)
- Old trainers are required for all activities (which you don't mind getting muddy or wet)

Indoor & Bedding

IMPORTANT INFORMATION

Due to COVID restrictions, and for the safety of the children and adults, children will need to bring a sleeping bag AND a pillow with them.

- Pyjama's
- Washbag & towel (2 towels are useful but not essential)
- Indoor shoes e.g. clean trainers, slipper, sliders
- Sleeping & pillow

PLEASE NOTE: No aerosol deodorants are allowed, please provide roll on deodorants .
No aftershave/perfumes, these will be confiscated.

Other useful or essential Items

- Water bottle (ESSENTIAL)
- Torch
- Plastic bags to store dirty clothes
- Sun cream and hat for hot weather (ESSENTIAL)

Cameras are permitted, but children will be expected to be responsible for them.

Mobile phones are not permitted.

FAQ's

How do I contact you if there is an emergency?

If there was an emergency where you needed to contact us at the centre, you should contact the school office at the first opportunity and they will contact us to arrange any required actions.

What if my child loses something?

All personal items should be marked with the owner's name, the centre can hold them and post items back at **the cost to the owner.**

Are mobile phones, Gameboys, Nintendo Switch, etc permitted?

Mobile phones and game devices are **NOT** permitted on the year 6 residential. We will be conducting bag searches and confiscating any such device.

What if my child is homesick?

Many children have moments of feeling homesick, but once they are off on the journey they quickly focus on their friends and the adventures they're taking part in.

Can I send snacks and drinks for my child?

The short answer is no. There are a few reasons but the big one is to minimise the chances of allergic reactions. We conduct bag searches before we leave and all snacks and drinks will be confiscated.

Should I send pocket money?

There is a small gift/tuck shop on site, £5 is more than enough pocket money. Please send coins and not notes, if the centre does not have sufficient change they will not be able to serve the child.

My child only eats chicken nuggets! What will happen?

There are many options on the menu so there is always something they will be able to eat. Children usually find new food they like on these trips because of the wide selection.

Where can I get a sleeping bag?

- [Link to a sleeping bag](#)
- [Link to a sleeping bag](#)

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