

Year 5 Residential Visit to Keswick

June 19th to 21st 2023

- Keswick Youth Hostel
Keswick, Cumbria
- Live4Adventure - Chris Higgins

ACCOMMODATION

- KESWICK YOUTH HOSTEL



Room allocation

- Children will be split into boys and girls.
- Children will be asked to write down names of 3/4 people they would like to share a room with, so that the experience of being away is as happy as possible.
- This does not necessarily mean they will get to be in a room with all of their closest friends (there might not be enough space) but we will do our best, your child will be with at least one close friend.

Breakfast

A lovely choice so something for all:

- Cooked Breakfast
- Cereal
- Pastries
- Fruit
- Fruit juice



Lunch

- Sandwich (selection of fillings)
- Crisps
- Cake/Biscuit
- Fruit
- Water

Evening meal

- Homemade soup or fruit juice
- Meat Main
- Vegetarian Main
- Jacket potato
- Choice of hot/cold dessert

Children choose their meal option in advance. If you feel your child may struggle with meal choices please discuss with Mrs Simms or Mrs Morris.

The rules for children

- You must take care of yourself and everyone that you come into contact with.
- You will be sharing a room with several friends so please be friendly and helpful.
- Respect the fact that other people need their sleep.
- All litter is placed in bins.
- All medicines must be handed to your class teacher.
- Water bottles and filling them up is your responsibility, it should be done before breakfast and at lunch time if necessary.
- You must listen and follow all instructions and safety rules at all times.
- You should be sensible when activity rules and centre rules are being explained.
- You must wear the appropriate protective equipment when required to do so, all specialist equipment provided by the centre is worn when needed for activities for safety reasons.
- You must take care of all facilities, equipment and the environment.
- Work hard but above all enjoy your time at Keswick!

These rules are in place so everyone can enjoy their experience safely.

ACTIVITIES

- Indoor climbing session
 - Orienteering
 - Problem solving
 - Canoe-rafting
 - Hill walk
 - Mountain rescue base visit
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- Live4adventure – Chris Higgins



Live4Adventure

The Lake District Experts in Outdoor Education

- **Outstanding Safety Record**
- **High Quality Equipment**
- **Very Highly Qualified Staff**
- **Proven Track Record**
- **Small Scale Efficiency**
- **Totally inclusive**
- **Professional in every aspect**





Live4Adventure

The Lake District Experts in Outdoor Education

- **Behind the scenes**

AALS – inspection & license

Risk Assessments

Insurance

L.E.A. approved provider



Activities/Inclusion

- Children are split into groups of 10, each group supervised by one member of our staff and also members of staff from Live 4 Adventure.
- All children are encouraged to participate regardless of ability or individual needs. In cases where this is not possible, a more appropriate alternative will be offered.

Monday 19th June

- Leave school at approximately 9.30am. Travel to Keswick by coach.
- Stop at Services on M6. Arrive at Keswick around 12 noon, have packed lunch on lawn.
- Meet the activity team and begin first activity
- Evening meal 5:30 – 6:00
- Evening Activity
- Lights out 9.00 hopefully!

Tuesday 20th June

- Breakfast 8am
- Morning Activity
- Back to Youth Hostel for lunch around 12:00
- Afternoon Activity
- Evening Meal 5:30 – 6:00
- Evening Activity
- Lights out 9:00

Wednesday 21st June

- Breakfast 8am
- Morning Activity
- Back to Youth Hostel for lunch around 12:00
- Set off back to school stopping at Service Station for toilet break

Clothing List

- Trainers or strong shoes or walking boots – at least one pair may get wet
- Two pairs of trousers
- Shorts
- Several tee-shirts
- Spare underclothes
- Waterproof coat
- Waterproof trousers (If possible)
- Anorak or similar warm coat
- Two sweaters or jumpers
- Socks
- Nightwear
- Tissues
- Tracksuit
- Rucksack
- Personal hygiene kit (inc. towel)
- Plastic lunch box and water bottle
- Plastic bag for soiled clothing
- *Please mark personal items with the child's name.*

Cost

£250 per person

This includes:

- Coach
- Full board from Monday -Wednesday
- 4 day-time activities
- 2 evening-time activities

- Please could you pay a deposit of £30 by Friday 17th February via Parentpay to indicate you would like you child to participate in this residential.
- If you wish to discuss payments please speak to either Mrs Morris, Mrs Simms, Mr Marley or the office in confidence.
- Final full payments to be made by Friday 9th June.

Extras

- If you would like your child to bring a few sweets, please could you ensure that they do not contain nuts.
- No mobiles or other electronic devices.
- Digital cameras brought at your own risk – a disposable camera might be best.

Communication

We ask you to not contact the centre directly.

In case of emergency please contact the school, who will then contact staff.

Children are not to bring any electronic equipment or mobile phones, they should be far too busy to use them.

We understand that children maybe homesick and hope that through our support they will not need to contact home. On residential visits the children hardly have time to think about home! However, if we feel that a reassurance call is needed please be assured we will make it; we aim to act in the best interests of your child.

Medical Information

- A medical form will be handed out nearer the time.
- Any medication to be fully labelled and handed in to staff on the morning of departure.
- Inhalers
- Travel sickness tablets – please check time needed to work.
- Food allergies – please write on medical form
- Night time issues – can be discussed in confidence.

If you have any further questions, please contact Mrs Morris, Mrs Simms, Miss Gray or the office.