

# **St Oswald's RC Primary School and St Charles' RC Primary School**

Year 6 Residential Visit to the Lake District  
19<sup>th</sup> to 21<sup>st</sup> June 2023

Borrowdale Youth Hostel  
Near Keswick, Cumbria

Live4adventure - Chris Higgins

# ACCOMMODATION

- BORROWDALE 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 Miss Gray.

# 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 Miss Gray.
- 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 Borrowdale!

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

# ACTIVITIES

Lake/River Canoeing



Ghyll Scrambling



Rock Climbing



Night Walk/Treasure Hunt



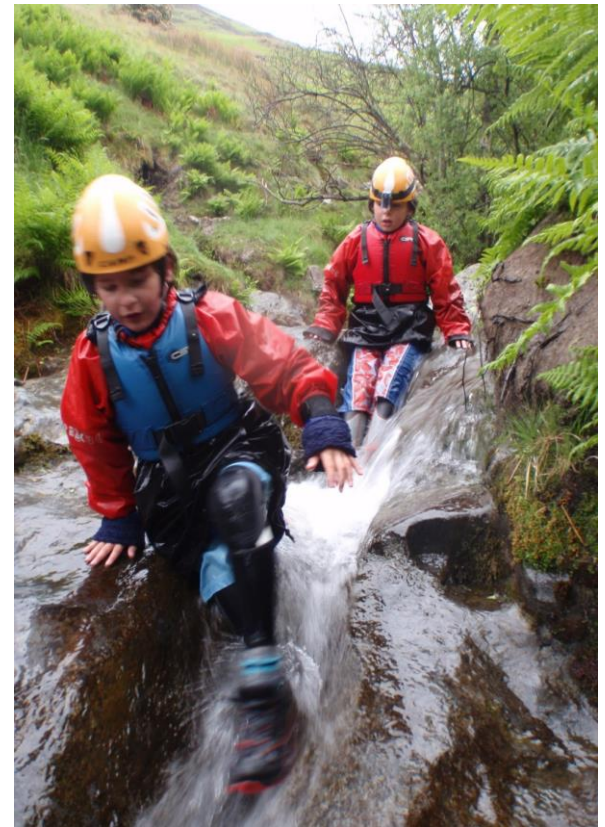
Camp Craft





# Live4Adventure

The Lake District Experts in Outdoor Education





# 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





# Live4Adventure

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- **Ghyll Scrambling**

*“Otherwise known as;-  
**Gorge Walking**”*

Try something new

Try something fun

Challenge yourself

Be with your friends





# Live4Adventure

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- **Rock Climbing**

**Recognised Benefits  
of Outdoor Activities**

Team work  
Self-esteem  
Trust  
Determination  
Communication  
New skills  
Commitment  
Support  
Empathy  
Self-reliance  
Success





# Live4Adventure

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- **Canoeing**

A lake journey surrounded by the beautiful Lake District scenery

Games develop skills and build confidence whilst being lots of fun

When it's windy or cold we 'raft' the boats so no one has a 'dip' – brrrr!!





# Live4Adventure

The Lake District Experts in Outdoor Education

- **Hillwalking**

Activities achievable by all

Appreciation of nature

Activities to “take home”

Lifelong memories

An analogy of life



# 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.



# Clothing List

- Trainers or strong shoes or walking boots – at least one pair will get very wet!
- Two pairs of trousers
- Shorts
- Swimming clothes / costume
- Several tee-shirts
- Spare underclothes
- Waterproof coat (If possible)
- Waterproof trousers (If possible)
- Anorak or similar warm coat
- Two sweaters or jumpers
- Socks
- Nightwear
- Tissues
- Tracksuit
- Rucksack
- Personal hygiene kit ( inc. 2 towels)
- Plastic lunch box and water bottle
- Plastic bag for soiled clothing
- *Please mark personal items with the child's name.*

# Cost

£280 per person

This includes:

- Coach
- Full board from Wednesday evening – Friday lunchtime
- 4 day-time activities
- 2 evening-time activities
  
- Please could you pay a deposit of £30 by Friday 16<sup>th</sup> 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 Miss Gray, Mr Marley or the office in confidence.
- Final full payments to be made by Friday 7<sup>th</sup> June.

# Wednesday 19<sup>th</sup> June

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

# Thursday 20<sup>th</sup> 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 9:30

# Friday 21<sup>st</sup> 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

# Communication

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.

# Spending Money

- This is £5 maximum.
- Please put any money inside a purse/wallet/envelope that is clearly marked with your child's name.

## 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.
- Sweets and camera must be labelled with name of child. They should fit into a ziplock bag (provided) as items will be collected in during the evening and then handed out the next day.



# 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 Miss Gray or the office.