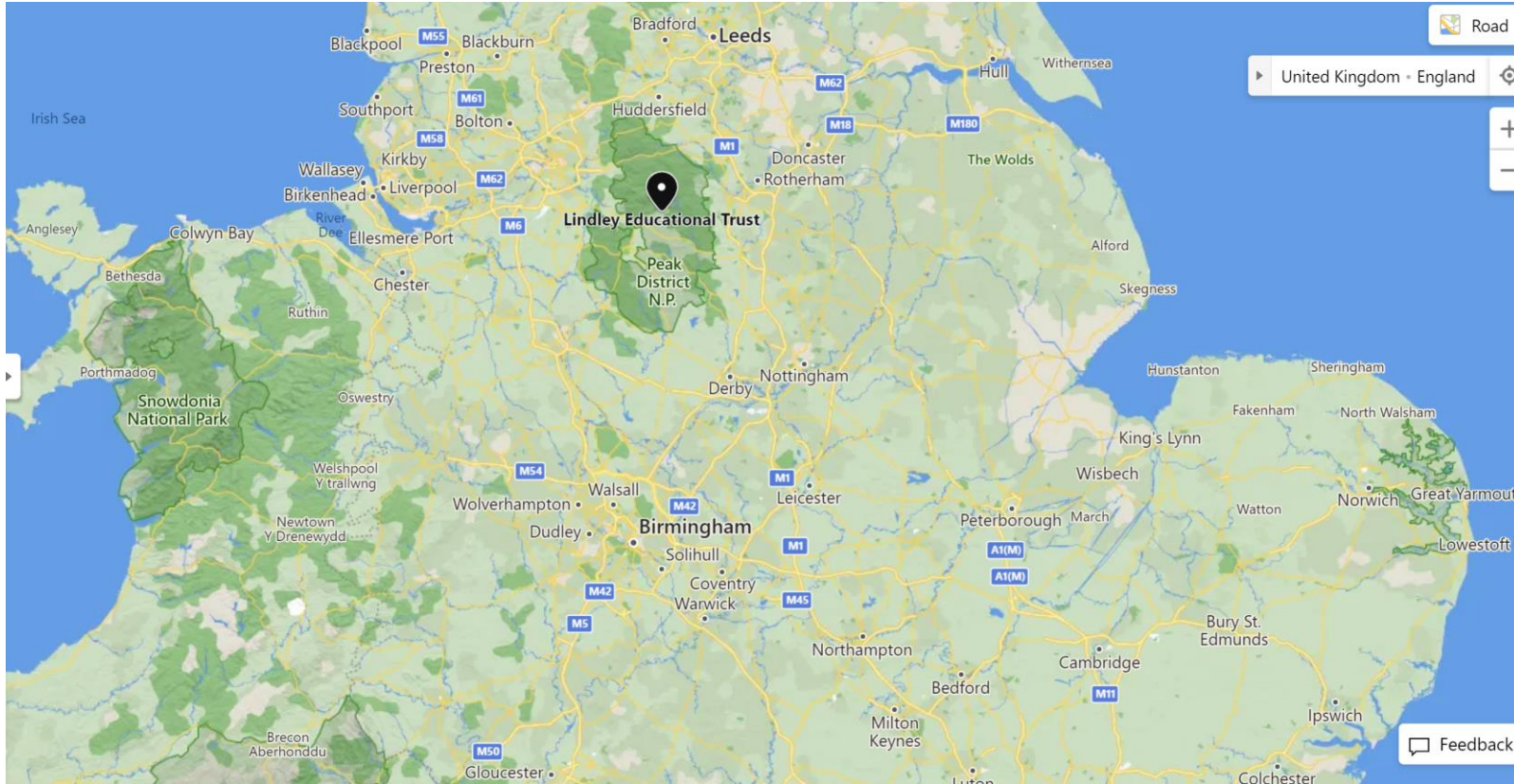


Hollowford Year 4 residential

March 27th – 29th 2023

Hollowford - Castleton



Approx 1 hr 40 min
drive on the coach.

Children need to arrive
at school at usual time
on Monday.

We aim to be back for
pick up time on the
Wednesday but will
keep in touch via the
office.





Breakfast

Cooked breakfast – you can choose what you would like

Cereal, toast and fruit

Lunch

Sandwich – choice of filling
Crisps, fruit and a snack

Dinner

Choice of 3:
2 meat-based and one
vegetarian.
Pudding

Children will need a water bottle that will be filled up each day.



Children will be in dorms of between 4 and 6.

They do not need to bring any bedding but will need a towel.

We will allocate their dorm based on what we know about the children.

Activities

- The children will be put into activity groups while we are there.
- Working with each group will be at least one member of staff from Red Hill Field and at least one member of staff from Hollowford.
- The groups will rotate round the activities so the children won't necessarily do exactly the same thing as their friends on a particular day.
- All staff are used to supporting children who may find the activities difficult for a variety of reasons.

The final activities we do **will depend on the weather conditions** while we are there but we can talk to you about some of them.

- high ropes



- team building



- weaselling



- orienteering



canoeing



Kit List

- ✓ 3 sets of outdoor clothing-outdoor clothes may receive heavy wear so bring old but sturdy clothing (trousers, shirts/t-shirts, jumpers/sweatshirts) **NB Jeans are unsuitable for outdoor activities**
- ✓ Indoor casual clothes and shoes
- ✓ 2-3 pairs of thick woollen socks
- ✓ Training shoes for activities
- ✓ Old training shoes (for water based activities)
- ✓ Tights and thermal underwear are valuable in winter
- ✓ Nightwear and underwear
- ✓ Toiletries, soap, towel etc
- ~~✓ Pen and notebook~~

Also Useful

- ✓ A Torch
- ~~✓ Thermos flask and plastic lunchbox~~
- ✓ Shorts, swimwear and suncream in summer
- ~~✓ Travel alarm clock~~
- ✓ Scarf, hat and gloves in cold weather

- We advise a spare set of nightwear just in case.
- The children are not allowed to bring **any** kind of electronic device – there is no exception to this.
- Please **do not** send your child with sweets or other snacks unless allergy related. These must be given to a member of staff and put in a named container.
- The children do not need any spending money.

Medical information

- Medication – please label with name and instructions for use
- Other medical information – please make sure you have filled in the form with the office
- It is vital that you inform us of **anything** that may affect your child while we are away. For example: sleep walking, bedwetting, particular fears or concerns etc

Behaviour

When we are on school trips, the behaviour of our pupils is always commented on and the children make us proud.

It is important to know that the behaviour expectations while we are there are the same as when in school.

If staff feel that a child's behaviour is impacting their safety (or that of other people) then they may not be able to participate in the activities and it could result in a phone call home. This is reflected in the behaviour policy.

<https://www.lindleyeducationaltrust.org/hollowford-centre/>