



September 2023

High Adventure Year 5

High Adventure

- High Adventure is in Cowling. It is an outdoor residential centre that has been open since 2001.
- Activities are led by trained staff and they have 1st aid training.
- All activities are onsite for this trip.



Schedule Thursday 21 September

- 11pm Leave Wycliffe
- 12pm Arrive High Adventure. Welcome Meeting and Lunch
- 1.30pm Activity – Zip Wire / Crate Stack
- 5.30pm Evening Meal – Spaghetti Bolognaise
- 6.30pm Activity – Labyrinth / Archery
- 8.30pm Downtime before lights out: evening class books by staff/charades etc



Schedule Friday 22 September

- 7.30am Wake up
- 8am Breakfast then sandwich making (ingredients provided)
- 8.45am Morning meeting
- 9.30am Activity – Low Ropes / Orienteering / Bouldering
- 12pm Lunch
- 12.30pm Goodbyes and collect belongings
- 1pm Leave High Adventure
- 1.40pm Arrive at Wycliffe





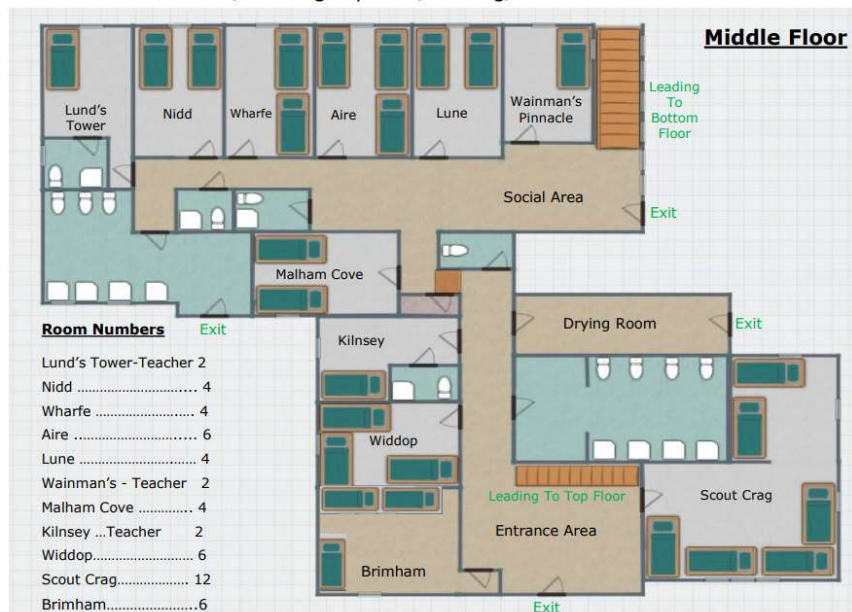
Staffing

- Mrs. Baxter (Both days and overnight)
 - Miss Greaves (Both days and overnight)
 - Miss Parkinson (Both days)
 - Mr Drew (Both days and overnight - Trained First Aid)
 - Mr Hussain (Both days and overnight – Trained First Aid)
-

Transport

- Children will travel to High Adventure on 3 minibuses. Staff will be on each bus.
- **Due to the size of the minibus, children's bags must fit on their lap.**
- **If your bag is too big we will put your items in a carrier bag instead.**

Sleep Arrangements



- Children will sleep in the Nook. Wycliffe CE Primary has exclusive use of this building.
- Rooms have 4-12 beds in them (bunkbeds).
- Children will be asked for 3 children they would like to share with. We will aim to put them with at least one.
- Boys and girls will be grouped together to share a toilet / shower room. Teachers' rooms are on the same floor.
- Clean bedding is provided and children will make their own beds when they arrive.

Toilets

- Boys and girls will have their own toilet / shower rooms.
- These have cubicles.
- Children will have the option of having a shower if they wish.



Food

- On the first day, children will need to bring a packed lunch. **This needs to be in a named disposable bag.** Children who receive free school meals can request one from the school kitchen.
- The evening meal is spaghetti bolognese with garlic bread and salad with ice-cream for dessert.
- On Friday, breakfast is beans, eggs, hash browns, toast, cereal and fruit juice or water.
- For lunch on day two, children will make their own packed lunch, ingredients are provided.
- **Dietary requirements have been sent to High Adventure and alternatives will be available.**



Medication

- School will take medications / inhalers that are normally administered during school hours.
- If your child has medication that needs to be taken outside these hours, please see Mr. Hussain in the office.

Kit

Please arrive in suitable bottoms, t-shirt, jumper and trainers. Warm coat / fleece. No jeans.

Name everything and pack with your child.

All kit should fit into a small rucksack/bag that your child can carry by themselves.

The bag should include:

- A t-shirt
- A jumper (not a hoody)
- One pair of bottoms, for example (joggers, tracksuit bottoms, leggings, shorts) No jeans.
- A pair of pyjamas and slippers / sandals
- A pair of socks and underwear
- A toothbrush and toothpaste
- A towel and shower gel and deodorant
- Water bottle (must be transparent)
- Small Teddy
- **High Adventure will provide waterproofs if required**
- **No mobile phones, gadgets, books or games are needed.**

Questions

- If you have a question, please speak to a member of staff at school or send an email to the office.