

# The Horstead Centre

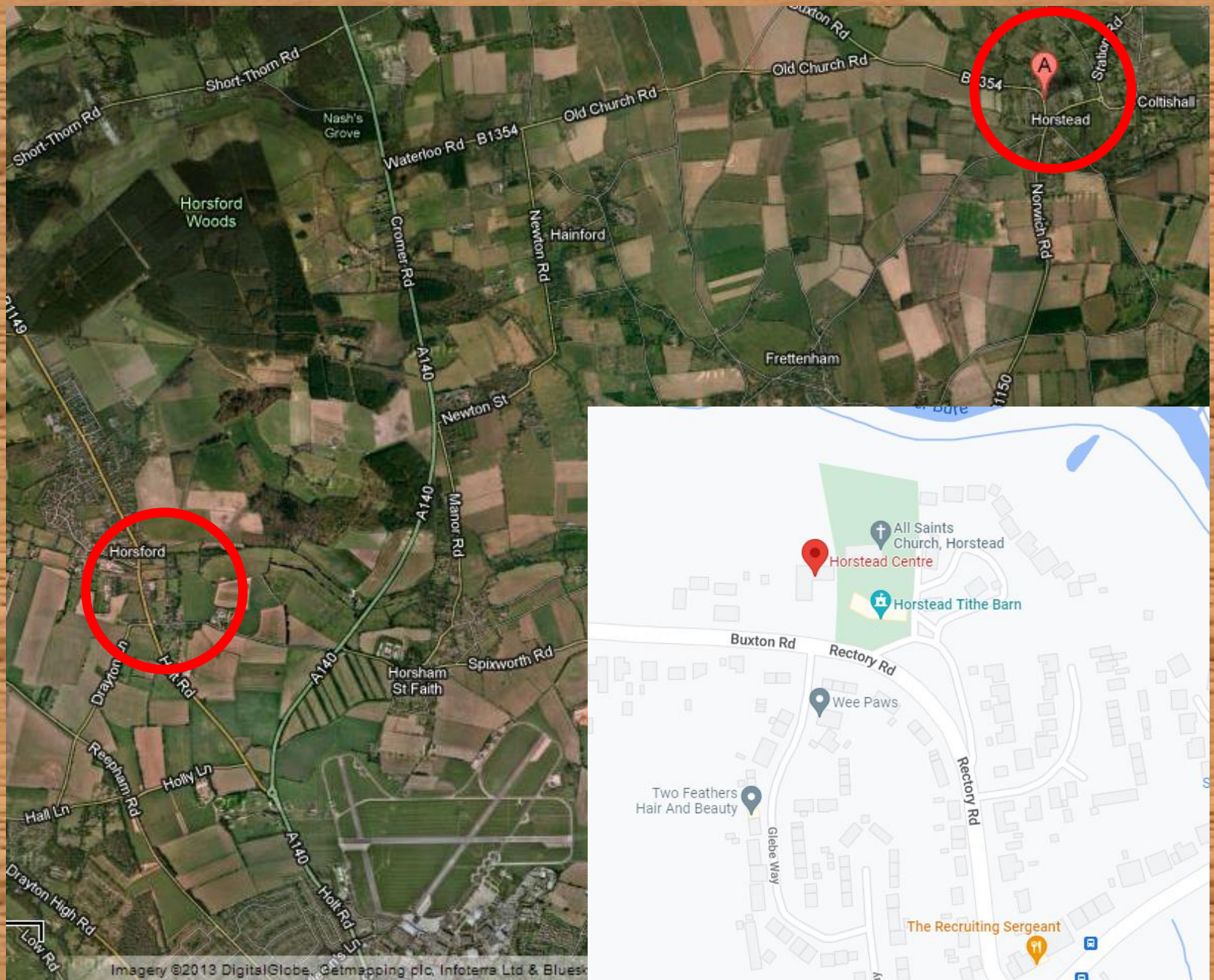
Monday 20<sup>th</sup> to Wednesday 22<sup>nd</sup> October



This residential visit allows our Year 6 pupils an opportunity to experience outdoor adventurous activities alongside their peers thereby giving them the opportunity to develop their team building skills and confidence.

All the activities will be led by the Horstead centre staff, but our staff will help to supervise and guide the pupils through the activities.





The Horstead Centre is run by the Diocese of Norwich.

It is a Georgian building, originally the Rectory for Horstead. It has been an activity centre for more than 40 years.

It has been modernised and suits our school well.

We are taking 45 children and 4 adults.



There are two large lounges and a fully equipped games room with table football, table tennis, pool and a range of other games.



There are a range of sizes of rooms for the children. They have been asked to choose people they would like to share with. We will try to make sure they are with at least one of them.

They will know room allocations when they arrive.





There are six organised activities; this is an example:

Canoeing  
Low ropes and caving  
Vertical challenge  
Team challenges  
Tower  
Archery



Children will be in groups with a named adult responsible for them.

The sessions are all 1½ hours long.



## Monday

8.40-8.55am - Children arrive at school with their luggage and packed lunch.

9.00-12.00pm - Lessons in class as normal.

12pm - Eat lunch at school

12.30pm - Leave school and drive in two school minibuses to Horstead Residential

1.00pm - Arrive at Horstead - fire talk etc

2.00pm - Children in groups to complete first activity

3.30pm - Finish activity - time to go and get changed, unpack, play games etc

6.00pm - Dinner

7.00pm - Film night

10.00pm - Lights out

## Tuesday

7.30am - Wake up, wash, dress

8.00am - Make lunches

9.00am - Breakfast

9.30am - Second activity

11.15am - Third activity

1.00pm - Lunch

1.30pm - Fourth activity

3.15pm - Fifth activity

5.00pm - Go to dorms and play - games room

6.00pm - Dinner

7.00pm - Quiz night - make sure most of your items are packed

10.00pm - Lights out



## Wednesday

7.30pm - Wake up, wash, dress

8.00pm - Make lunches - strip beds/finish packing

9.00am - Breakfast

9.30am - Sixth activity

12.00pm - Lunch

12.30pm - Leave Horstead to travel back to school on minibuses

### Option for parents to collect their child:

1. from Horstead Centre at 12.30pm
2. from school at 1pm
3. normal end of day collection from school

Please let Miss Blyth know which option you will use.

Horstead Centre Sample Full Menu*		*Menu Subject to availability
Day/meal	Menu	Drinks
Day 1 Dinner	Jacket Potato, sausages, grated cheese, beans & salad  Apple Crumble & Ice-cream	Orange/Apple Juice Tea/Coffee(&De-Caff ) Hot choc Squash Milk
Day 2 Breakfast	Cereals (coco pops/corn flakes/rice krispies/weetabix) Toast (white or wholemeal) Jams, marmalade, marmite Yoghurts Apples	
Day 2 Lunch (Children make)	Sandwiches - Ham/Chicken/Cheese/Salad/Jam +mayo/marmite Crisps Home-made flapjack/giant jammy dodger Apples	
Day 2 Dinner	Pasta & Bolognaise sauce, Cheese, Garlic Bread & Salad  Jam Sponge & Custard	
Day 3 Breakfast	Cereals (coco pops/corn flakes/rice krispies/weetabix) Toast (white or wholemeal) Jams, marmalade, marmite Yoghurts Apples	
Day 3 Lunch (Children make)	Sandwiches - Ham/Chicken/Cheese/Salad/Jam +mayo/marmite Crisps Home-made flapjack/giant jammy dodger Apples	



Please do not send Crocs, wellies, flip-flops or open toed sandals for the water activities. Children will need to wear shoes, trainers or wet shoes which cover their toes and won't come off in the water as we can't guarantee what might be at the bottom of the river.

## Student/ Young Person Kit List

### WHAT KIT DO YOU NEED FOR YOUR RESIDENTIAL STAY AND OUTDOOR EXPERIENCE?

The clothes you bring can make a big difference to your comfort and your enjoyment of the whole experience. It is no fun taking part in any activities if you are cold or wet because you have not brought a coat!

How many days am I staying at The Horstead Centre? .....

Even in summer it can rain and in the winter the sun can shine! Be prepared for this, you may get muddy, you may get wet, we will still go outside - and with all the right kit, you will love the mud and rain!

### LAND BASED ACTIVITIES – One set per day (in case of rain)

	<i>Have I remembered to pack one set per day (in case of rain)?</i>
T. SHIRT	
SHORTS / JOGGING TROUSERS	
FLEECE / WARM TOP	
EXTRA FLEECE / WARM TOP!	
WATERPROOF COAT	
WATERPROOF TROUSERS (if you have them)	
SUN HAT (weather dependent...)	
TRAINERS / BOOTS (sturdy footwear, NO crocs or flip flops for activities)	
INDOOR SHOES (slippers / clean shoes)	
WARM HAT (weather dependent...)	
GLOVES (weather dependent...)	
BUFF/SCARF (weather dependent...)	

### WATER BASED ACTIVITIES – Do come prepared to get wet!

	<i>Have I remembered to pack a new set of clothes for each water based activity?</i>
T. SHIRT	
SHORTS / JOGGING TROUSERS	
FLEECE / WARM TOP	
OLD TRAINERS OR WET SHOES (NO crocs or flip flops for activities)	
SUN HAT (weather dependent...)	
SPARE WARM HAT (weather dependent...)	

On the water based activities, you must have something on your feet at all times, so do not bring your newest pair of trainers, crocs or flip flops, bring old shoes that you don't mind getting wet, or, wet shoes! **Jeans are heavy when wet, and do not dry quickly, do not wear them on the water!**

## GENERAL

	<i>Have I remembered to pack...?</i>
SOCKS AND UNDERWEAR	
PYJAMAS	
WASH KIT	
TOWEL	
SPARE TOWEL	
SLEEPING BAG	
PILLOW CASE	
SUN CREAM	
CAMERA	
STRONG BIN LINER (for wet clothes)	
MONEY FOR SOUNVENIR SHOP (max £10)	

Please don't bring your newest and best clothes and trainers. Old, worn and comfortable is best.

### WHAT YOU DON'T NEED

- Please do not bring anything of value; you will not need to glam up with your best jewellery.
- Don't bring your *Game Boy* or your *DS lite* you will not have time to use them.
- Don't bring your MP3, you will not be allowed to use it while you are on the activities as this could be unsafe
- Do not bring a mobile phone. You don't need it and your teachers or leaders will know what to do if there is a problem.
- Do not use large heavy suitcases. Where possible please use holdalls/kitbags/rucksacks – These are easier to store away.

### LOST PROPERTY

We will do our best to help you find anything you lose, but will not be responsible for you misplacing any valuable equipment, you were asked not to bring!

**All students need to bring with them a sleeping bag and pillow case.**

Medical and  
consent form for  
Horstead Centre.

Without this your  
child cannot take  
part in the  
activities

### Medical Form

PARTICIPANT'S NAME..... Date of birth..... \*male/female

COURSE ATTENDING..... From..... To.....

Address..... Post Code.....

Telephone numbers: Daytime..... Evening.....

Mobile..... Email.....

Name of Emergency Contact (parent/guardian/next of kin).....

Contact telephone if different to above.....

**Medical details and allergies:** Please list any relevant medication (auto injectors, allergy to penicillin etc.)

.....

.....

**Any special dietary requirements** .....

.....

**Other important considerations** .....

.....

**Media Consent.** We love to document people's enjoyment of our Centre and we try to promote our work as often as we can. For this reason, photography or filming of your/your child's participation in our activities may take place during your/their visit. These photographs would be used by the Horstead Centre; for displays or publicity including Social Media and our Website. No other personal details would ever be publicised, and you can withdraw your consent at any time by contacting the Centre Manager. Our full data protection and GDPR statement is available on request. **Please tick the box if you consent to photographs and film to be taken and used in this way.** ☐

**Consent to participate** (All participants over 18 at the date of participation must complete this section. If under 18 at this date this section should be completed by that participant's parent or legal guardian).

By signing and submitting this form I hereby agree to myself/my child participating in activities at The Horstead Centre, on the date specified above. I declare that I/my child is water confident, and to best of my knowledge, does not have any undisclosed condition which could affect participation in the course, or require specific assistance.

As the \*participant/ parent / guardian of ..... (Name)

**COVID-19.** The Horstead Centre is a COVID Secure site, and we have put in all possible measures to ensure safe participation in our activities with minimal risk of transmission. By submitting this form, you also agree to not attend, or send your child to attend, the Centre if you or they are displaying any symptoms of COVID-19 or have been in recent contact with someone who has symptoms or a positive diagnosis.

**Signed \*participant/parent /guardian** ..... **Date** .....



# School medical form.

If your child needs medication over the 3 days, please record it on our school form and give to Mrs Cooke in a named/labelled bag on Monday morning.

Form PC/B	
Personal information and Parental Consent Form - Category B Visits	
CONFIDENTIAL	
<b>To be completed by the Visit Leader:</b>	
Please return to : Mrs Kirton Tel No.01603 897938	
The Visit Leader who will only divulge information on this form to other staff as necessary, to ensure the welfare and safety of the participant	
Group: Year 6 pupils	Place of visit: Horstead centre
Day & date of departure: 8 <sup>th</sup> February 2023	Time: 12.30pm
Day & date of return: 10 <sup>th</sup> February 2023	Time: 1.30pm
List of activities to be undertaken: Outdoor adventurous activities	
Method of travel: Minibus (seat belts fitted as standard)	
<b>To be completed by Parent/Guardian (please use block capitals)</b>	
Young person's full name: _____ Date of birth: ____/____/____	
Home address: _____	
_____ Post code: _____	
Main telephone no.: _____	
Name of parent(s)/guardian(s):	
(i) _____	
(ii) Relationship: _____	
(iii) _____	
(iv) Relationship: _____	
Addresses of parent(s)/guardian(s) and/or other contact persons:	
(i) _____	
_____	
Tel. nos. _____	
(ii) _____	
_____	
Tel nos. _____	
Doctor's name : _____	
Doctor's Tel. no.: _____ National Health No (if known): _____	

Date of last known tetanus injection (if known):
Please give details of any recent illnesses:
Please give name and dosage of any medications currently being taken:
Please tell us about any allergies, e.g., medicines, food, bee stings, etc.
Please tell us about any food not eaten for religious or health reasons:
Please provide any other information/medical condition which you feel might be useful in an emergency, or that the Visit Leader should be aware of, e.g. heart conditions, asthma phobias, epilepsy, hyperventilation, sleepwalking, diabetes, travel sickness, toileting difficulties, friendship problems, etc.
I am willing for my child to take part in the above visit/journey, and having read all the information provided, I agree to his/her taking part in the activities described.
I understand that the staff responsible for the activities will take all reasonable care of participants.
I give/do not give* permission for my child/ward to receive pain relieving medication when appropriate (one dosage of paracetamol only). * please delete as appropriate
I agree to my child/ward receiving medication as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.
I understand the extent and limitations of the NCC insurance cover provided.
Signature of Parent / Guardian: _____ (if participant is under 18)
Should there be any amendments to this information after it has been handed in, please contact the Visit Leader immediately.