### Y6 Residential Visit 2025

Wednesday 24<sup>th</sup> September – Friday 26<sup>th</sup> September



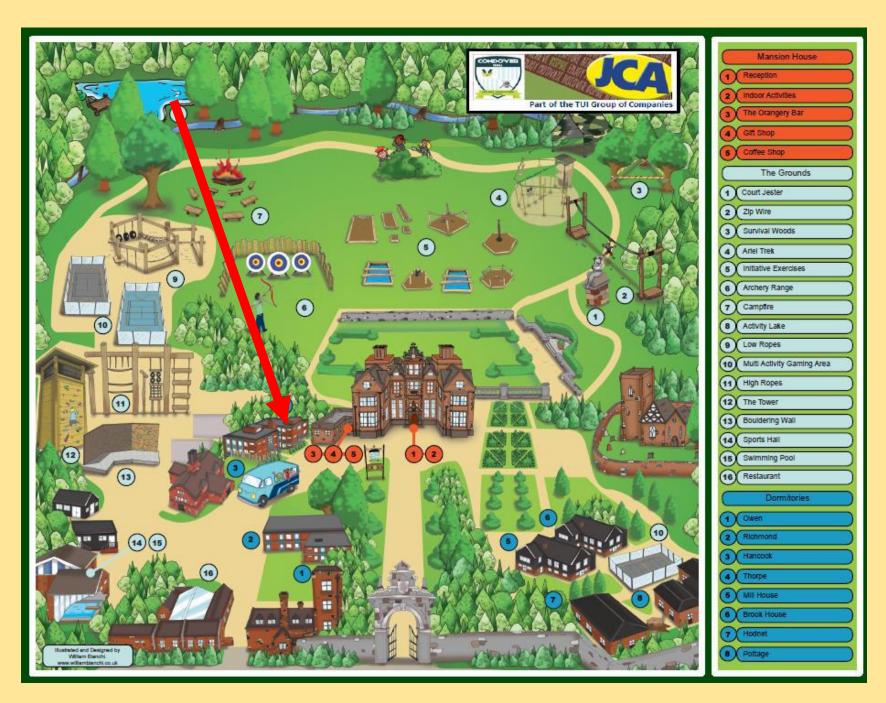
It would be useful for you to visit 'JCA website' to look in more depth at the FAQs.



We aim to provide you with all the information you need to prepare for your group's next JCA adventure. Working towards delivering the best learning experience outside the classroom, we are committed to supporting Party Leaders however best we can. If you do have a question, our frequently asked questions section below may well hold the answers you are looking for.

#### Health and Safety

- A Safety Management System is in place at our JCA activity centres, which has been externally inspected and verified with each member of staff trained to the standards depicted. This works alongside our Emergency Procedures Plan every member of staff must become efficient during their training.
- JCA instructors hold the Health & Safety Executive Appointed Person award and carry a first aid kit for all activity sessions available to groups. A senior member of the JCA team with the First Aid at Work qualification is also present at each of our sites. Park Hall staff also carry First-Aid and any medicines children may require.
- Thorough risk assessments have been carried out for all activities available to groups at our UK activity centres.
- We work with a unique policy of one dedicated instructor per group for the duration of their stay.
- Keeping up our high standards of quality learning experiences and safety during our residentials, we are recognised for the hard work we put in to continue to exceed the standards defined by the British Activity Providers Association (BAPA). As an accredited member of BAPA, we meet the high levels of quality, safety and value set for activity centres and residential providers.



Look for the red arrow. To give you an idea of the size of the setting, to walk that distance would be 15 minutes. Please ensure children have suitable footwear.

#### **Facilities**



High Ropes



Swimming Pool

#### **Sports Courts**





Sports Hall

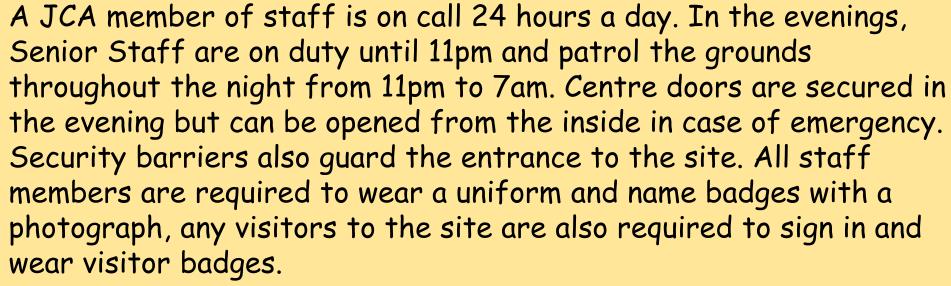


Gift Shop

#### ACCOMMODATION

Comprises of multi-bedded dorms for students, with bunk beds and ensuite facilities.

All accommodation blocks are set within a secluded and secure area, yet still within easy reach of the main centre.



Park Hall staff will also check on children regularly in the evening and there are staff bedrooms on every floor.



#### A selection of activities may include:

Archery
Aerial Trek
Climbing
Fencing
High Ropes

Initiative Exercises
Nocturnal Safari
Orienteering
Raft Building
Run Around Quiz

Sensory Trail
Sit on top Kayaking
Wide Games
Zip wire



During your child's stay, they will complete eight of the activities. One of these will include a water activity.

	MORNING		AFTERNOON		EVENING
Sessions	1	2	3	4	5
Wednesday	Travel to Condover		Intro Tour	Climbing	Egg Protector
Thursday	High Ropes	Kayaking	Abseiling	Orienteering	Nocturnal Safari
Friday	Archery	Awards	Travel back to school		

An example itinerary has been outlined to show how the stay is structured. Each of the instructors are trained in all of the land-based activities. There will be a dedicated instructor per group.

For water sports, a separate instructor will be provided for this activity.

Each group time table is different - children complete activities at different points and / or at different times. Children will have their timetables so that they can organise themselves for the day.

#### Potential Daily Timetable

Breakfast - 7.30am to 8.30am

8.30am prepare your bag and clothing for the activity

**SESSION 1 -** 9.00am prompt -10.30am

Break - 10.30am to 10.45am

**SESSION 2 - 10:45am prompt - 12:15pm** 

Lunch - 12.30pm to 1.30pm-

Remaining time is given for bag and clothing preparation for afternoon activity.

**SESSION 3 -** 2:00pm - 3:30pm

Break - 3.30pm to 3.45pm

**SESSION 4 - 3.45pm to 5.15pm** 

Dinner - 5.30pm to 7.00pm

Time given to tidy room

EVENING SESSION - 7.30pm to 8.45pm

Back to accommodation, showering and bedtime routines.

#### Breakfast options could be:

- Sausage/vegetarian sausage
- Scrambled eggs
- Baked beans
- Toast and jam
- · Croissants
- Assorted cereals
- A selection of seasonal fresh fruit OR fruit yoghurts
- Squash or water

Special dietary requirements such as halal/vegetarian/gluten free etc. will be catered for.







Lunch options could be: There will always be a choice of two to choose from as plus salad

- Jacket potatoes with different toppings
- Pasta (different sauces available)
- · Sausage roll/vegetarian alternative
- · BBQ chicken drumsticks and rice
- Chicken nuggets/cod bites/battered vegetables
- Mixed bean chilli
- Salad bar/vegetables (corn, carrots, green beans etc)
- A selection fresh fruit or yoghurts
- Squash or water

Special dietary requirements such as halal/vegetarian/gluten free etc. will be catered for.





## Dinner options could be: There will always be a choice of 3 to choose from.

- Chicken curry/vegetable curry
- Pizza
- Pasta including macaroni cheese and vegetarian pasta bake
- Burgers/vegetarian burgers
- Fish and chips
- Noodles
- Wedges/fries/rice
- Salad bar or peas/steamed vegetables
- · Cakes-sponge cake, doughnuts, cheesecake or ice cream
- Squash or water

Special dietary requirements such as halal/vegetarian/gluten free etc. will be catered for.



Key Points from Kit List
There is no need to buy new clothes. It is best to bring old clothes that you do not mind getting muddy and wet!

- At least one pair or trousers/leggings (no jeans as these are not suitable for activities). You will need trousers/leggings for climbing activities.
- At least one long sleeved top- this is needed for archery
  Layers such as a jumper/sweatshirt/fleece (plus a spare in case it gets wet!)
- You <u>must</u> bring a waterproof jacket/anorak which has a hood.
  Condover will provide a waterproof jacket for kayaking. Some children choose to wear their swimming costume underneath a t-shirt and shorts/leggings.
- Cameras, watches and jewellery are brought at your own risk the school will not be held responsible for loss or breakages. If you would like to take photos, we recommend bringing a disposable camera.

#### Key Points from Kit List

· All items named - including shoes and towels! We have a lot of lost

Pack your bag with an adult- you need to know where everything is in your bag and what you have with you.
You will be responsible for carrying your own bag/suitcase. Make sure it is an appropriate weight. Remember that we are only going away for 2 nights!

 You may wish to bring a watch so that you know the time as there is not a clock in the room. As with our normal uniform policy, smart watches should not be worn.

#### Footwear

Shoes can get very muddy so do not bring shoes that you do not want

to get dirty!

 Children must have 2 pairs of shoes - one of which is to be used in the kayaking. These will get wet and will not be able to be worn again. We suggest bringing a bag to put these in (such as a zip-lock bag) after

the activity so that they do not get any other clothes wet.

• Shoes must be closed toe and not able to fall off during activities. JCA will not allow children to wear slides, flip flops or crocs or any similar

shoes for activities. Wellies are also not suitable footwear.

We would suggest wearing a pair of comfortable trainers and then bringing pumps or old trainers for kayaking.
If you bring crocs/sliders, you will only be able to wear these when going to meals. They will not be allowed for activities.

> As you can see, extremely muddy shoes!

#### Toiletries

- Toothbrush and toothpaste
- Soap /shower gel
- · Hair products, i.e. shampoo/conditioner
- Hair ties and brush long hair must be tied back for some activities
- Wash bag
- · Sun cream
- Medication named with the dosage clearly written on and given to group leader on arrival into school
- For some activities, a helmet must be worn so hair must be tied back appropriately.



#### Other

- Water bottle (a must)- you will be able to fill your bottle up around the site
- Snacks no nut based products
- Sunglasses
- Book to read
- · Towel for shower
- Hat/cap
- Swim kit, extra towel for water activities if you would like
- · Bags for wet/muddy clothes to be put into and dirty laundry
- Spending money (can only be spent in the shop) no more than £10 in a named purse. This can be given to the group leader on arrival to school to look after.
- You <u>must</u> bring a rain coat







#### Key Points from Kit List

### Children are not permitted to bring the following items:

- Straighteners/tongs or other heated hair appliances. Hairdryers are not provided and can be brought if needed
- Smart watches including fitbits these can get damaged when wet and muddy and adults cannot hold onto these items during activities
- · More than £10 children will only have 1 opportunity to visit the shop
- Mobile phones/ any internet access devices
  Electronic hand held gaming devices a book is a good alternative!

### Before the residential trip

- Timetable/rooming this will be sent to us by JCA in the days leading up to the trip.
- Copies of the timetable will be posted in each room so children are aware of their activities and the timings.
- Rooms tend to be between 6-12 sharing but this differs between different accommodation blocks. All rooms have a shower and toilet.
- Groups Children will find out their group closer to venture week. All children are guaranteed to be with someone from their choice list. A member of staff will be allocated to each group as a group leader. All Y6 teachers are attending Residential so children will have someone familiar they can speak to.

## Arrival to school - Wednesday 24<sup>th</sup> Sept

- Arrive at the normal time. Please come into school via the green gates and adults will be around to direct.
- Suitcase/large bag will be taken to the hall and put with the child's coach group - they will be told this group on arrival to school
- Medication (must be labelled with name and dosage) to be given to staff on arrival to school. You may wish to put all medication inside a small zip lock bag
- Children will keep their packed lunch/small bag with them in classes
- Children go up to classes for registration and to complete activities until we leave later in the morning
- Children will be responsible for taking their own suitcase/bag to the
  coach a short walk away so they must be able to carry their own
  bags!

## During the residential trip

- School website will be updated with an overview of the day such as some of the activities and the food choices.
- We will aim to update the website daily- the signal can be intermittent so please be patient.
- We will take some photos and upload as and when the internet connection allows. As children do activities on different days, do not worry if you cannot spot your child doing a certain activity. By the end of the 3 days, all children will have taken part in all activities. Photos will all be on the website by the end of the following week.
- Any messages passed onto the school office will be shared with the group leaders as needed.

## Return to school - Friday 26th Sept

- · Children will have a hot lunch at Condover
- · Following lunch, they will take their bags to the coach
- Dependent on traffic, we normally arrive back midafternoon
- A message will be sent out to share our arrival time. You will be able to collect your child early once they have arrived at school via the school office.
- If children normally walk home, please make other arrangements for this day as they will have their bags with them and be tired! Please remember to book Treehouse if this is required.

- Children will receive an assembly explaining the trip to them so they are aware of important information.
- If children do feel unwell, staff members will look after them but they must let an adult know.
- We can administer paracetamol, if permission has been given, as needed.
- Staff will contact you if your child is unwell.
- Medication will be looked after by group leaders who will make sure it is administered at the right time of day.

- If children are feeling homesick, adults will look after them this a normal part of being away from home.
- If a child is upset and needs to speak to someone at home, we will make arrangements for them to ring and speak to you.
- If you think your child may feel homesick, it is worth discussing with them about taking something from home that will comfort them. Many children bring a small stuffed toy - they will not be the only one!
- They will be very busy! Nearly every part of the day is taken up with activities. There is very little 'down time' it is a busy schedule.
- JCA FAQ Part of the learning experience for each child is to adapt to being away from home. We would therefore ask that all parents allow their children to enjoy this experience unless contact is deemed necessary.

- If your child is on their period, it may be worth getting them to share this with their group leader or another adult they feel comfortable speaking to if you think they would benefit from this.
- We will have sanitary towels available if needed and all toilets have a bin.
- For all activities, there are always toilets nearby. The lake activities are the furthest from a toilet, but, if needed, an adult will be available to walk children to the toilets.

- If your child has an accident during the day or night, they just need to let an adult know. They will not get in trouble nor will the adult share this information with any other children.
- We can take children back to get changed in their room as needed or request additional bedding from JCA. An adult would then change their bedding when other children are not in the room.

- If your child is fearful of the dark, we will be encouraging children to leave a the bathroom light on in all rooms.
- This will help children find the bathroom, in unfamiliar settings, and also helps children, who are on top bunks, climb down during the night.
- Lights out will be around 10pm, dependent on the return from night time activities.
- · Staff will check on all rooms before bed.
- If a child needs an adult during the night, all adult rooms are clearly labelled and there will be adults on each floor.

### Questions

- We know that more questions will be generated from the information that has been shared.
- If you have any further questions, please e-mail in.
- For questions received via email we will either contact you directly or send out an 'FAQ' based on questions received.
- Should you require a 1:1 discussion about your child's needs, please book an appointment through the school office.