

High Littleton C. of E. Primary School, High Littleton, Bristol BS39 6HF

Part of the Midsomer Norton Schools Partnership

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Head Teacher: Mr Gareth Griffith



January 2023

Dear Parents/Carers,

Thank you for attending the meeting today. I hope it was useful and clarified a few questions you may have had around the residential visit to **Mendip Outdoor Pursuits Centre on Wednesday, 22nd March– Friday 24th March.**

This letter will further clarify the following:

- * Overview, accommodation and facilities
- * Activities and Itinerary
- * Clothing List
- * Rules for the trip
- * Medical Form and permission including skiing ability

I expect us to leave school at around 11:00am on Wednesday, 22nd March, and we will be back to school before the end of the school day on Friday 24th March. A 'final arrangements' letter informing you about the exact drop-off times will be sent out nearer the time of the residential during Term 4.

Please complete the attached parental consent forms and medical form by Friday 10th February.

If you have any questions please do not hesitate in contacting the school.

Yours sincerely,

Mr Gunning

Mr Gunning
Deputy Headteacher



"Love each other as I have loved you." John 15:12

OVERVIEW, ACCOMMODATION and FACILITIES

This year's Year 4 residential will be our third visit to Mendip Outdoor Pursuits Centre, with Y6 attending for the last two years, and I hope that this becomes a longstanding relationship for the school. It is a beautiful site set in the heart of the Mendips and being a spring trip, I am hopeful that we will have some good weather. We will be staying in the Mendip Lodge and the children will share with 4-8 other children of the same gender from the same school. **Children will need to bring their own sleeping bags and pillows.** There is a shower block and I will ensure that the children use this at least once! The children will be split into groups for activities with either myself, Mrs Beale or Mrs Challenger with each group. Sometimes both groups come together for certain activities. We will also have Mrs Woods with us for part of the trip.



ACTIVITIES

These are the activities we will be enjoying whilst at Mendip:

Archery Active
Orienteering
Paddle Sports
Team Building Challenges
Evening Activity

SAMPLE ITINERARY

07.30: School staff wake up the groups
08.30: Breakfast
10.00: First & Second activity session
12.30: Lunch and supervised free time
13.30: Third & Fourth activity session
16.00: Supervised free time
17.00: Evening meal
18.00: Evening activity session
20.30: Back to communal area for a debrief
21.00: Children back to room and lights out



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CLOTHING LIST

Being a spring residential, it is likely that children will need a full range of clothing. Several of the activities will need long sleeves and trousers for Health and Safety reasons and during the evening/night the children will need a hoodie and coat. Of course, there is also a fair chance of rain, so a waterproof jacket would also be required.

This list is compiled **as a guide** to what is required. We hope that you will not need to make any special purchases. This is an educational trip on a rural site so all clothing should be comfortable and practical. Please limit your luggage to one **medium-sized** holdall or suitcase - **remember we are only away for two nights.**

Clothes	Toiletries	Extra items
● Hooded waterproof coat (preferably lightweight cagoule rather than thick padded coat – these will get wet and dirty) ● 2 pairs of trainers suitable for activities plus walking boots or wellies ● Gloves and warm hat ● Plenty of socks - not just trainer socks ● Changes of underwear for each day plus spares ● Enough T shirts or tops for 3 days ● Two thick jumpers or hoodies ● 2 pair of trousers/leggings for activities - not jeans ● Evening clothing - Trousers/skirts - jeans okay ● Nightwear (warm as we are camping) ● Sunhat/baseball cap	● Two towels ● Deodorant ● Hairbrush ● Toothpaste ● Toothbrush ● Shampoo/conditioner ● Face wash/soap/shower gel ● Wash bag ● Hair-bands to tie back long hair	● Plastic water bottle ● Digital camera ● Book ● Pens, pencils etc. ● Torch and batteries ● Watch ● A plastic bag/black sacks for dirty/wet clothes ● 1 bag of sweets max. ● Sun Cream (High spf) ● No money needed!
		Bedding
		Sleeping bag and pillow Extra blanket

Please ensure that **ALL** clothing is **NAMED**

Hair-straighteners, mobile phones, or any sort of electronic games are **not** allowed so please **DO NOT BRING THEM**



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RULES OF THE TRIP

As with all trips we need to have rules. These rules are for the benefit of everyone - you, the teaching staff, all the other people in the party and the staff at the centre.

- Use your common sense at all times - think about the consequences of your actions.
- Be thoughtful, helpful and polite to ALL other people at ALL times.
REMEMBER - manners cost nothing.
- Always be punctual, particularly for meals for which you must have clean hands and be suitably dressed.
- Get up in the morning when you are told to do so by an adult and not before – remember that although you may be awake, there will be others who are not.
- Keep your room tidy and make your bed every day - your room will be inspected each evening.
- Ensure that you have a shower every day.
- Mobile phones and electronic games are not allowed, so do not bring them.



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PARENTAL CONSENT FORM

School Residential Trip 2023 – Mendip Outdoor Pursuits Centre **Wednesday 22nd March-Friday 24th March**

Child's Name			Date of Birth	
Full Home Address				
Home Telephone Number				
In case of emergency please contact the following parents / carers in this order:	Name and relationship to child		Mobile number	
	1			
	2			
	3			

Please tick and sign:

- ☐ I hereby give permission for my child to attend the residential trip to Mendip Outdoor Pursuits Centre from **Wednesday 22nd March-Friday 24th March**.
- ☐ I give permission for my child to participate in the activities described
- ☐ I give permission for my child to travel by coach
- ☐ I believe that the information I have provided above and in the medical form to be correct and will notify the school of any changes as soon as possible
- ☐ I agree to my child receiving medication as instructed by myself and to any emergency dental, medical or surgical treatment as considered necessary by the medical authorities present

Signature of Parent/Carer: _____ Date: _____

Midsomer Norton Schools Partnership (MNSP) Notes: There is in force a policy of insurance in respect of this trip which provides cover for the matters referred to in the attached documents. You may decide to take out additional, private insurance. MNSP through its employees and agents will at all times take reasonable care of your child and with them, his/her personal effects and money. If your child has an accident or suffers loss or damage to his/her personal effects and money which is not as a result of any lack of care on the part of the MNSP, its employees or agents, the MNSP will not be able to pay any damages or meet any expenses arising. Similarly, if your child incurs any liability towards a third party or damage caused to the third party property, the MNSP will not be responsible for this unless it can be shown to be at fault in some way.



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MEDICAL FORM - CONFIDENTIAL

Please tick one as appropriate:

☐ I confirm that my child does not suffer from any medical condition requiring regular treatment or medication

OR...

☐ My child suffers from _____ (eg asthma, eczema, migraines, travel sickness) requiring regular treatment or medication.

Please list details below and give all medication to Mrs Beale in a small clear bag on the day of departure.

Name of treatment or medication	When treatment needs to be given	Instructions (eg How much? How treatment or medication needs to be administered)
1.		
2.		
3.		

Chosen Dietary Requirements (e.g. vegetarian)	Allergies incl. food allergies (e.g. food, plants, animals, medication)	Physical disabilities (e.g. anything that may prevent the child from taking part in activities)



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Doctor's Name	
Surgery Address and Telephone Number	Address
	Telephone

Personal Information (e.g. bedwetting, sleep walking/talking, sleeping with light on, toilet/sanitary) <u>This information is kept entirely confidential</u>	
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Signature of Parent/Carer: _____ Date: _____



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