



Whitehill Junior School

Overstrand

Residential Trip



Parents Information Pack



@whitehillsj4

Whitehill Staff List

Staff Attending

Mr Glenn Denney

Mrs Sophie Davies

Mrs Heidi Burniston

Mrs Lesley Keeling

Miss Amy Gooderham

Travel details

Departure: Wednesday 26th May

Pupils should travel in their Overstand hoodie. Children line up as normal on the playground. We'd ask parents to remain on the lower school playground whilst the children are registered in their classrooms. Please leave luggage in the designated area on the playground from where it will be loaded onto the coach.

Hand luggage is to be kept with your child and should include: a packed lunch, including a named bottle of water; pencils, paper and any card games; books or any non-electronic travel games that they wish to have on the coach.

The coach will leave promptly at 9.30am.

Return: Friday 28th May

The estimated time of arrival is 4:00pm on Friday afternoon, having left Overstrand at 1.00pm. **Please check regularly** on twitter for any live updates on our arrival time as due to traffic it may change.

The children will have a hot lunch at midday before setting off.

Noise: Please be considerate to our neighbours on departure and arrival days by keeping noise to a minimum. Please do not park directly outside the school as we need to leave a clear space for the coach.

Medical Information

Please ensure you complete the medical forms by Friday 30th April. Should any of the details change after this date, please inform the office as soon as possible. Any medications must be sent into school by Monday 24th May, clearly labelled with your child's name and with instructions for administration. Should you wish to talk to the staff about existing medical conditions please do so as soon as possible. Group leaders will be responsible for essential medicines and administer them during the course of the trip.

Travel sickness

Should your child suffer from travel sickness which requires a travel sickness pill, please administer this before the journey. A tablet for the return journey can be placed in an envelope with your child's name on it and handed in to the office by Monday 24th May. From past experience we have found that the travel bands work really well.

Pre-trip illness (Non COVID related)

Please do not send your child on this trip if they are recovering from an infectious virus or if they have been unwell in any way 24 hours prior to departure.

It is important, if your child (and the remainder of the group) is to achieve maximum enjoyment from this visit that he/she is in good health.

If your child is unwell and will not be attending, please leave a message on the school answer-phone and we will pick up the message on the morning of departure. Alternatively, please have a message passed to a member of staff via a friend on the morning of the trip.

Covid-19

Kingswood have a Covid Safety Policy that will be available on request. Below are some relevant passages that relate directly to covid symptoms.

As a school, we will be asked to confirm that all of our party members, both children and adults, have been free of covid symptoms in the period leading up to our visit.

We must not bring anyone who is self-isolating due to a positive covid-19 test result or because they are a close contact of someone who is covid-positive. Any party member who shows signs of covid-19 infection in the days leading up to the trip must self-isolate and arrange a test. Those in this situation will be allowed to re-join the trip if their test result is negative.

Anyone who shows signs of covid-19 during the visit must self-isolate and arrange for a test as soon as possible. Rooms for safe isolation will be available. Kingswood will support us where we can in the repatriation of those showing signs, but the direct responsibility to arrange this remains with the school, with parent collection deemed the best option.

PROPOSED ACTIVITIES

The children will be put into groups for dormitories and activities.

Below are some of the exciting activities the children may be participating in. These are subject to change.

- Beach Games
- Climbing
- Rock Pooling
- Laser Tag
- Team Building
- Bouldering
- Bush Craft
- Abseiling
- Night Line
- Disco



What to bring

This list is intended as guidance only and you may wish to add extra items. Please remember that children will be responsible for carrying their own case. Additionally and crucially, please ensure that all items are named.

Clothing List

- 2 pairs of shorts
- 3 T-shirts - preferably with collars to protect from the sun and at least two with long sleeves (**long sleeves are necessary for some of the activities**)
- 2 sweatshirts (including hoodie)
- 2 pairs of jogging bottoms or similar
- Waterproof jacket / cagoule
- Leisure clothes for the disco
- Night clothes (dressing gowns optional and slippers)
- 1 pair of trainers
- 1 pair of wellies for rock pooling activity **or** a pair of old trainers that can get wet
- A named water bottle
- 1 towel
- Toiletries (shower gel, shampoo, soap, toothbrush and toothpaste)
- Brush or comb
- Dirty linen bag
- Underwear (pants, socks etc.)
- Teddy
- Sunhat and sun-cream
- £5 spending money (in small change)

Valuables

Electronic games, personal stereos and mobile phones etc. are not to be taken under any circumstances.

Pocket Money

We will be participating in activities throughout the entire day so the children will have little free time or opportunity to spend money. Small souvenirs and sweets are available from the shop. For this reason, we recommend that children bring £5 maximum. Your child will be responsible for their money so it is important that they keep it in a named wallet or purse to keep it safe.

Making contact

In case of an emergency you will be contacted as early as possible on your home number or the emergency number shown on your medical consent form.

Phone Calls

Please note that Overstrand has no public phones and that children are not allowed to take mobile phones. Any queries can be left at the school office who will make enquiries on your behalf.

Past experience has taught us that calling home can induce unnecessary homesickness causing children to miss out on activities. Bearing this in mind, children will not be able to call home during the week.

Photographs

The staff will be taking photos of the activities throughout our time at Overstrand. Copies of which will be made available for you to download after the trip.

Twitter

We will aim to highlight some of the day's activities through twitter. We have setup a separate twitter account for the Year 4 School Journey. If you would like to follow us, our username is **@whitehillsj4**. We will also share a small selection of photos to the main school twitter account each evening however, we cannot guarantee to show every child every day! Phone network coverage at the site is

sketchy at best. We will do our best to upload photos and updates when we can.

Having Fun and Staying Safe

We plan to have lots of fun on this trip and know that the children will reap the rewards of trying new and exciting activities that they would otherwise not have the opportunity to do.

In addition to having lots of fun, we have high expectations for behaviour. Please discuss this with your child before the trip.

The Adventure Activities

Qualified members of staff lead all activities and the activities have been risk assessed. Every group will also have an adult from school with them. It is important that the children respect that we will be doing the activities in the natural environment and so must listen to the instructor carefully, particularly safety instructions.

We will be encouraging everyone to take part and have a go at each activity and appreciate that although some activities may be more daunting than others, the rewards will be well worth the effort.

OVERSTRAND HALL
48 Cromer Road, Norfolk, NR27 0J

www.kingswood.co.uk/locations/overstrand-hall/