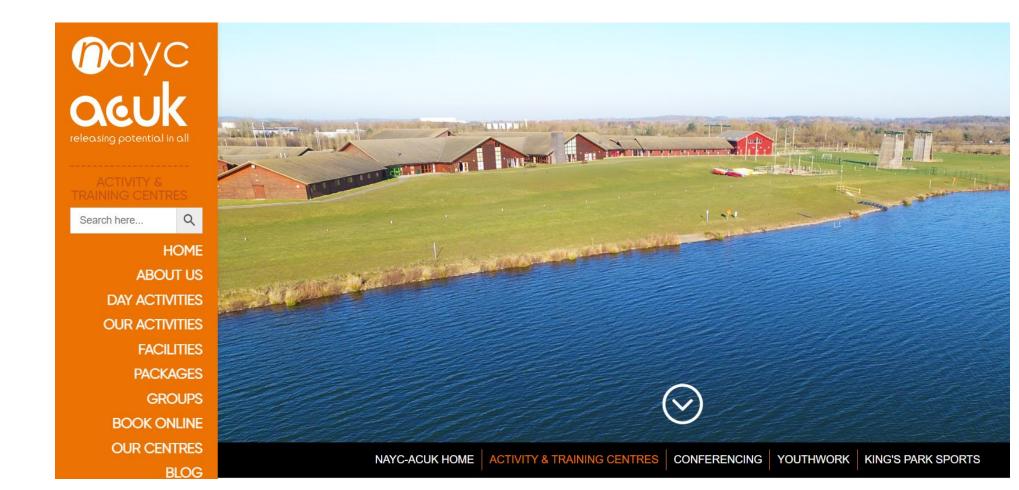
Whitemoor Lakes

20th - 22nd November

Barley Green Lane, Lichfield, WS13 8QT

https://activity-centres.naycacuk.co.uk/whitemoor-lakes/



Drop off and pick up

- Please drop pupils off at the back gate as usual, at normal time, with their cases/bags
- Please pick up pupils from Whitemoor Lakes at 2pm. Any shared lifts please let us know prior so we can make a note of who is going home with who.

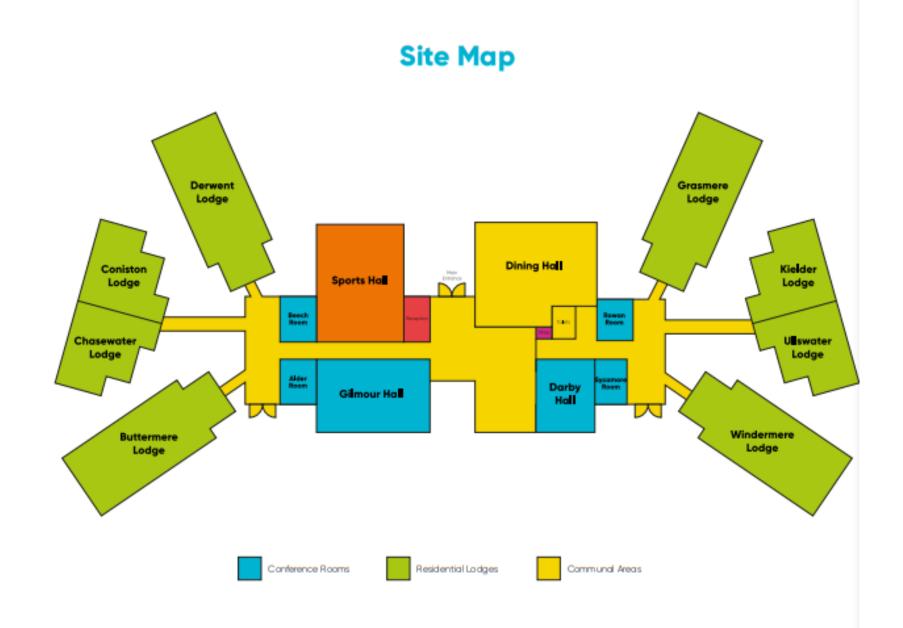
What will the children get out of the visit?

- > Learn new skills
- > Independence
- > Confidence
- > Enjoyment
- > Leadership
- > Initiative
- > Much more!

What will the children get out of the visit?

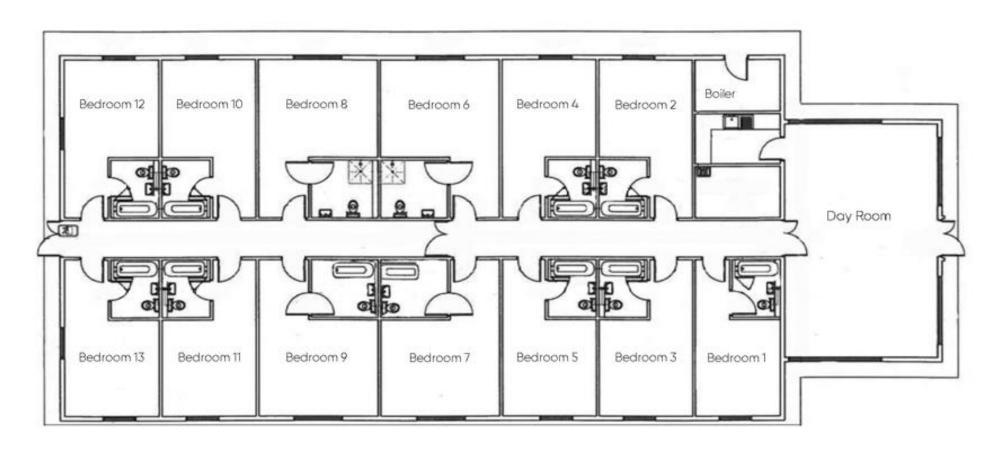
> https://www.youtube.com/watch?v=q7kAEHg18A8&t=2s

·On arrival we will be met by an instructor who will be our liaison during our stay. They will welcome us, answering any questions we may have.



Grasmere Lodge





We will put a limit of 4/5 children to a room. Rooms sleep 3-5 children. Rooms will be chosen by staff.

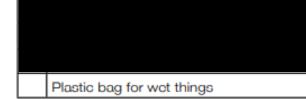
Meal Times

	Monday - Sunday
Breakfast	8.30am
Lunch	1.00pm
Evening Meal	6.00pm

Kit List:

Outdoor Activities

One set of clothes per day						
Warm layers						
Trainers or outdoor shoes						
Waterproof jacket						
Sun hat or woolly hat and gloves						
Hair bobbles for long hair						



Indoor Activities

Indoor Shoes

Optional Items

	Waterproof trousers					
	Wellington boots					
	Torch					

General Items

Pocket money (we recommend no more than £5/
Packed Lunch (if you are arriving at the centre in the morning)
Towel
Wash kit (toothbrush, tooth paste, soap, flannel, shampoo, roll on deodorants only)
Nightware/Pyjamas
Enough underwear and socks for your stay, plus spares in case you get wet
Water bottle
Optional: books, teddy, quiet games such as cards or board games
Small plastic bag for dirty clothes

Please make sure all the items on the list are clearly labelled. The idea of the list is to keep you comfortable during your stay. If you don't have something, try and borrow it. You don't have to buy everything new just because it is on the list. Check your programme with your group leader and to save time, it is recommended that you travel in clothes suitable for your first activity session

Please note, jeans, 'short' shorts and crop tops are not suitable for activities, we advise tracksuit bottoms. Open-toed shoes are not suitable footwear for activities.

When packing please bear in mind the weather forecasts and adjust your clothing accordingly.

All bed linen is provided.

A few things to remember:

- Your clothes may get dirty, so don't bring your best stuff.
- Please do not bring electronic games, radios, personal stereos or anything else that makes unnecessary noise or may get lost or broken.
- No aerosols please (our fire detectors in the bedrooms are extremely sensitive and will be triggered by spray deodorants)
- We advice bringing a suitcase or soft holdall for your main kit as it's easier than a rucksack to keep tidy.
- · Christmas Jumper/Attire for the Carols and Disco.
- · Any medication to be given to Mr Cooper please.

Timetable

Year 4 Action Plus Activity Programme Wednesday 20th - Friday 22nd November 2024

	Wednesday			Thursday				Friday				
***	11.30	2.00-3.30	4.00-5.30	7.00- 8.00	9.30-11.00	11.30-1.00	2.00-3.30	4.00-5.30	7.00- 8.00	9.30-11.00	11.30-1.00	2.00
Group 1	Arrival ar Welcome	Elf Games Ice Breakers	Icy Surface Training See-Saw 1	Training	Sleigh Guiding Compass Course 1	Rooftop Training Traverse 2	Santa Defence Fencing 1	Present Wrapping Eggs Can Fly 1	Holly Jolly Jog Run Around Quiz	Elf Agility Challenge Gladiator 3	Saving Christmas Indoor Enigma 1	Goodbyes and depart
Group 2			Christmas Indoor		Icy Surface Training See- Saw 1	Sleigh Guiding Compass Course 1	Rooftop Training Traverse 2	Santa Defence Fencing 1		Present Wrapping Eggs Can Fly 1	Elf Agility Challenge Gladiator 3	
Group 3			Elf Agility Challenge		Saving Christmas Indoor Enigma 1	Icy Surface Training See- Saw 1	Sleigh Guiding Compass Course 1	Rooftop Training Traverse 2		Santa Defence Fencing 1	Present Wrapping Eggs Can Fly 1	

Communication

Our main source of communication and sharing is going to be through the school's Facebook page.

We are asking for permission from everyone to put pictures up onto Facebook.

Please let us know if you do not want your child's picture to be put on Facebook.

Wednesday Lunch

The first meal provided by Whitemoor Lakes will be pupils evening meal on Wednesday, therefore we are asking you to send your children into school with a packed lunch on the Wednesday to eat at Whitemoor Lakes.

Safety and Qualifications

- Qualified instructors
- National Governing Body Qualification
- Accreditations
- Regular checks equipment
- Risk assessments and Procedures

Staff Attending:



Mr Cooper



Mrs Mayne



Mrs Crow

Any Questions?

- 1. Can we send Calpol with our child?
 - I. Today, your child is bringing home a letter asking if you give us permission to give your child Calpol while we are away or not. This way we can give it to them if needed without the need to contact you at that time.
- 2. What can we take with us for down time?
 - 1. Children can bring a small teddy, a reading book, a small game and a small torch/reading light (to read before bed) if they wish.