

GRAFHAM WATER

Wednesday 19th – Friday 21st April 2023

INTRODUCTION TO GRAFHAM WATER

<https://www.grafham-water-centre.co.uk/>

Grafham Water Centre
Perry, Huntingdon
Cambridgeshire
PE28 0GW

If there is an emergency and you need to contact us whilst we are on the trip, you will be able to contact us through the school office.

STAFF ATTENDING

- Mrs Brown
- Mrs Garwood
- Mr Simon
- Mr Denham
- Miss Midwinter
- Mrs Goodwin
- Mrs Bridgen
- Mrs Williams
- Miss Lumbers
- + 1 to be confirmed

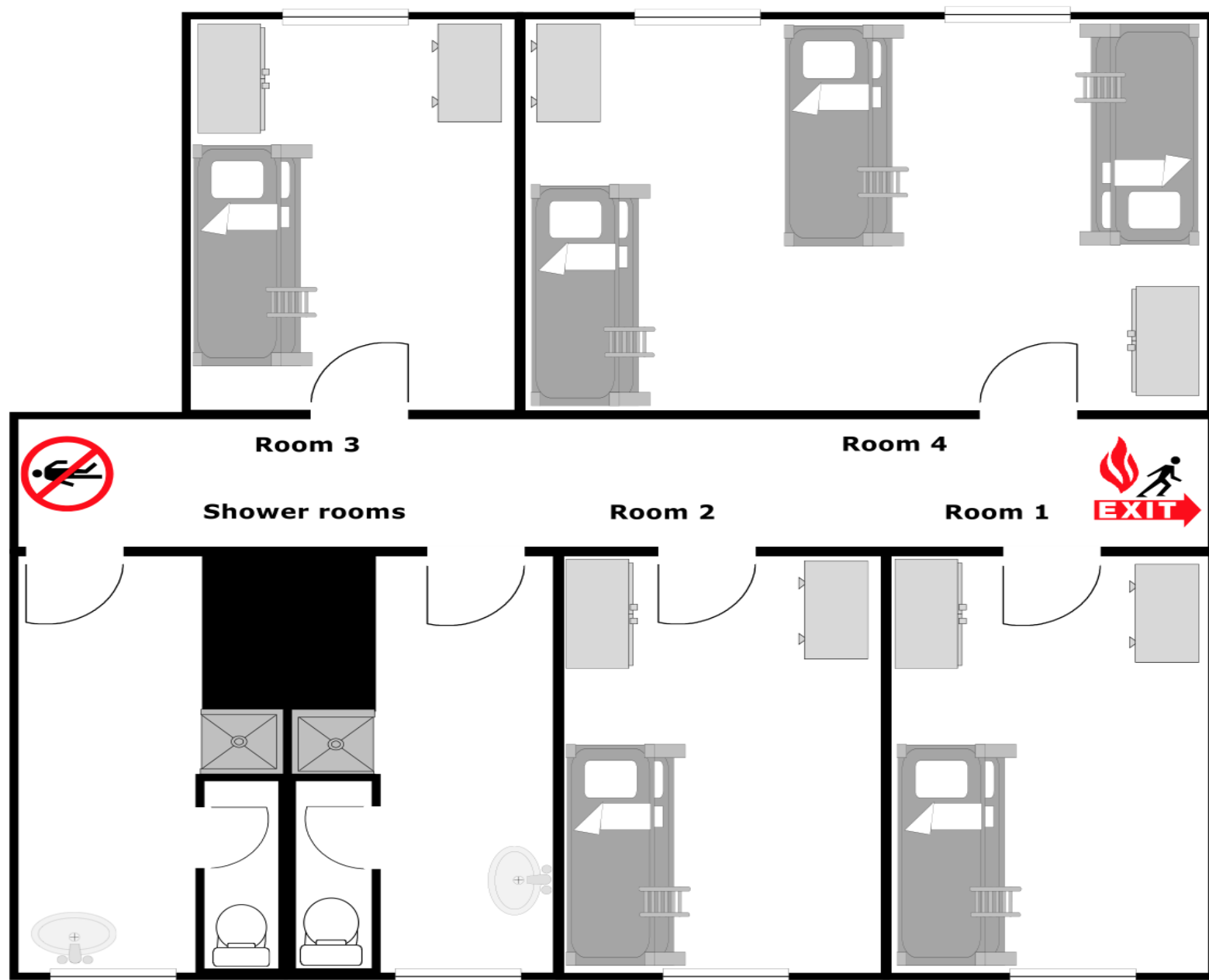
Endurance Ground Floor



Endurance First Floor



Mayflower



PLANNED OUTCOMES, ACTIVITIES AND TIMETABLES

Travel Information

We will be travelling to Grafham Water Centre by coach and school minibus. We will be using Marshall's coach company to travel there. We will be leaving Leedon between 9:00-9:15am on Wednesday 19th April. Parents are welcome to drop children off on the morning and wait to wave goodbye on Highfield Road as we leave, if you wish. Please ensure you have parked in such a way that you don't disturb our neighbours or block the coach from leaving.

We will leave Grafham Water Centre at 2:30pm on Friday and are due to return to Leedon at 4pm, although this may change depending on traffic. We will inform you through text messages if there are any changes.

On the morning of departure

On the morning of departure, parents will be asked to bring their children into the school hall with their cases/bags. Cases/bags should be big enough that they can fit everything in, but it is essential that they can carry them themselves as the children will be expected to carry all their bags into the building themselves.

On arriving at school, children should find their group leader within the hall. At this point, please say goodbyes and leave your children with their group leader. If your child has medication, this is the point to hand it over. If your child requires any medication, please hand this to your child's group leader. You will then be asked to complete a form giving instructions on how and when the medication should be administered. Please ensure that any children who suffer from travel sickness takes the appropriate medication before leaving home and that they bring some for the return journey home in a named envelope with instructions. This will need to be handed to your child's group leader before departure.

On returning to school on Friday 21st April we ask that all children return to the school hall to be dismissed and appreciate your cooperation and patience in this matter. We will get them back to you as quickly as we can but need to ensure their safety.

Grafham Water Centre Centre - Activity Programme

Organisation Name: Leedon Lower School | **Number Of Groups:** 8 | **Nights:** 2 | **Arrival Date:** 10:00, 19 Apr 2023 | **Departure Date:** 14:00, 21 Apr 2023

Session	Time	Leedon Lower School 1	Leedon Lower School 2	Leedon Lower School 3	Leedon Lower School 4
Wednesday 19 Apr					
Wed	10:30 - 12:30	Arrivals	Arrivals	Arrivals	Arrivals
Wed	14:00 - 15:30	Climbing	Climbing	Archery Indoors	Archery Outdoors
Wed	15:30 - 17:00	Archery Indoors	Archery Outdoors	Climbing	Climbing
Wed	19:00 - 21:00	Orienteering	Orienteering	Orienteering	Orienteering
Session	Time	Leedon Lower School 1	Leedon Lower School 2	Leedon Lower School 3	Leedon Lower School 4
Thursday 20 Apr					
Thu	09:30 - 11:00	Mountain Biking	Mountain Biking	Sailing - Funboats	Sailing - Funboats
Thu	11:00 - 12:30	Mountain Biking	Mountain Biking	Sailing - Funboats	Sailing - Funboats
Thu	14:00 - 15:30	Canoeing	Sailing - Funboats	Canoeing	Raft Building
Thu	15:30 - 17:00	Raft Building	Sailing - Funboats	Raft Building	Canoeing
Session	Time	Leedon Lower School 1	Leedon Lower School 2	Leedon Lower School 3	Leedon Lower School 4
Friday 21 Apr					
Fri	09:30 - 11:00	Sailing - Funboats	Canoeing	Mountain Biking	Mountain Biking
Fri	11:00 - 12:30	Sailing - Funboats	Raft Building	Mountain Biking	Mountain Biking
Fri	14:00 - 14:30	Departures	Departures	Departures	Departures

EQUIPMENT

The children will require enough casual, comfortable clothing for three days. Ideally, we would like the children to have enough clothes for two full outfits each day so if they get wet, they can get changed. Most of our activities are outdoors – on land and water – so children need durable and warm clothing.

Please do not invest in new clothing. Well-worn clothing is needed. They might come back very muddy and wet!

All these items should be in a large bag that the children can carry themselves. Some of them will be staying in rooms upstairs and need to be able to carry them up the stairs on their own.

Children must not bring any electronic equipment, games or food with them. We have a number of severe allergies in the group, so this is very important.

Children will not have access to telephones whilst we are away; however, we will contact school every day with an update. School will be in contact with us should there be an emergency at home and you need to contact us.

If you are struggling to find or buy certain pieces of equipment, please let us know. We have a small amount of spare kit and might be able to help.

EQUIPMENT LIST

- Warm trousers – Tracksuit bottoms/leggings (please avoid jeans)
- Sweatshirts/jumpers/fleeces - not woolen
- T-Shirts – 2 per day if possible
- Nightwear and slippers – or other suitable clean, non-marking indoor shoes
- Wellies
- Hat/Gloves/Scarf
- Sturdy Walking boots or trainers
- Swimwear (two sets if possible)
- Underwear and socks (At least two sets per day- more socks if you can)
- Sun hat/cap (sun cream - weather dependent)
- Waterproof coat and trousers
- Two large towels and one small towel
- Soap
- Shampoo/conditioner (nut oil free if possible)
- Toothpaste and toothbrush
- Hairbrush or comb
- Roll on deodorant if needed (no sprays or aerosols)
- Labelled washbag
- Black bin bag to put all dirty washing in to
- Favourite cuddly toy- We'll all have ours!
- Essential medication – inhalers/spacers/travel sickness tablets etc
- Small card games/book/notebooks/small torch (if needed)

Please name everything – It is amazing how many children don't know what they own and what they don't.

Suggested Clothing List

Please mark this checklist and give it to your child to enable them to make sure that they bring home the correct clothing! Please make sure all items have your child's name on.

ITEM	QTY	CHECKED ON PACKING	CHECKED ON DEPARTING
T Shirts			
Sweaters/Fleeces			
Warm Trousers (<u>NOT</u> Jeans)			
Shorts			
Underwear: Pants			
Socks			
Vests			
Nightwear			
Swimwear			
Bath and Hand Towel			
Washing Kit			
Indoor shoes (Slippers)			
Outdoor Shoes (e.g. Trainers for land activities)			
Rubber Soled Shoes for wet activities (e.g. Plimsolls/Old trainers that can get wet)			
Waterproof Coat/ Jacket/Anorak			
Waterproof Trousers			
Gloves			
Wellington Boots			
Hat (Visor for sun, woolly for cold)			
Spectacle safe head band			
Bin Liner for wet clothes			
Other optional items, e.g. teddy, pocket-sized named drinks bottle.			

Please Note:

- During some of the activities your child's clothes may get wet and muddy, therefore they will need at least 1 full change of old clothes per day.
- It is better to send too much warm kit rather than not enough.
- Please avoid bringing electrical devices e.g. mobile phones, tablets – the Centre will not take any responsibility for these.
- **Lost property is held for TWO WEEKS, before then being given to charity.**

Please pack your child's bag with them so they know what they have got and what belongs to them.

Consider enclosing a list of everything you pack in your child's bag so they know what they so and don't have.

Please do not pack sweets, crisps or sweets in your child's bag for them. There will be plenty of food and we have some serious allergies. Any food found on the children, will be confiscated and disposed of.

Shampoo and Conditioners – We have severe nut allergies within our group. Please ensure as best you can that any products sent do not contain nut oils.

Please do not send any electronic equipment with the children. Please do not also send any money as there will not be a chance to buy anything.

DINNER ARRANGEMENTS

The children are not going to go hungry. The food is plentiful.

Breakfast – Children have a hot, cooked breakfast option, often porridge, cereals, toast, fruit, yogurts

Lunch – There is a hot option plus a selection of rolls, baguettes with various fillings and salad. Yogurts and fruit for desert.

Dinner – Two choices of hot dinner, salad. A wide range of deserts.

Hot Chocolate – served about 8:30pm if the children want it.

Changes due to COVID means children will need to bring a named water bottle that they can keep with them at all times.

Dietary Requirements – the centre is notified of any dietary requirements in advance and briefed by visit leaders on arrival. Children are given colour coded key rings which indicate their requirements to the kitchen to ensure they get the correct dinner.

You will need to provide a packed lunch for your child for the first day. This will be eaten upon arrival. If your child is in receipt of Free School Meals and you would like the school kitchen to provide a grab bag, please order these with the school office by 30th March at the latest.

WORRIES AND CONCERNS

We all just want your children to have an amazing time. We all love Grafham and it is the highlight of our year. If there are any concerns or worries or anything we can do to put you or your child at ease, please speak to us. We want to make it as easy as possible for you all and help the children create memories of a lifetime.

Although it is always very busy, we will endeavour to send photos home so you can see how the children are getting on via the school website.

If we do not currently have permission to share photos and videos of your child but you would like this to be changed for the trip, please let us know before departure.

QUESTIONS?