

# Whitemoor Lakes

- Monday 3rd – Wednesday 5th October 2022.
- Arrive in sports clothes (no jeans)! Leave at break-time. Bags can be stored in the gym before registration. It will be left open from 8:20-8:50am.
- **Children will need a packed lunch to take for the first day (please pack in a carrier bag that can be disposed of afterwards). They will eat this on arrival at Whitemoor Lakes in the designated canteen.**
- We will return to school at approx. 2:15pm on Wednesday 5<sup>th</sup> October so children travelling on school buses can do so as usual.



# Staff attending residential during the 3 days

Mr Burton – Trip Leader

Mrs Grimwood – Trip organiser/Assistant Headteacher

Miss Dennett – Deputy Trip leader

Deputy trip leader

Mr Bentley – Year 7 tutor

Mr Howard – Year 7 tutor

Mr Warren - Year 7 tutor

Mrs Miller – Year 7 tutor

Ms Shasanya – Year 7 Tutor

Miss Crawley – Year 7 tutor

Mr Roome – Deputy HOY 11

Mrs Causer – Year 7 Tutor

Mrs Stevens – Year 7 Tutor

Ms Eley –Year 7 Tutor

Mrs Jackson – Year 7 tutor

Mrs Leahy – Head of English  
Ms Mansfield –Science  
Ms Kaur – Learning Mentor  
Mrs Farmer – Sociolgy  
Mrs Mackenzie-Scott –MFL  
Mrs Basi – Head of IT  
Mrs Giles – Associate Assistant Headteacher  
Mrs Shillingford – Associate Assistant Headteacher  
Mr Mukhtar – Maths teacher  
Mrs Tivey –HOY 13  
Mr Warden – Maths teacher  
Mrs Kowalszuk – Learning mentor in Connect  
Mrs Weir – Science teacher

# Aims of the trip

- The purpose of this residential is so that the year 7's get off to a flying start. It will help to develop the identity and cohesiveness of the year group and allow them to bond with each other and to get to know their tutors and teaching staff in a positive and fun environment.
- Students will be active all day and will be encouraged to participate in all the activities and to overcome their fears and to challenge themselves. They will work in groups of 11 with a qualified instructor and a Chellaston staff member.

# Learning Outcomes

The activities are designed to develop your child's abilities in:

- Team Work
- Leadership
- Social Awareness
- Initiative
- Physical Development
- Personal Development (conquering fears)
- Resilience

The residential will help the year group to bond and make new friends so if they are not in a room with *all* their friends it really isn't something for the students to worry about.

# Rooms:

Most rooms are for 4, 5 or 6 people and have both single and bunk beds in them.

Everyone has chosen 3 friends they would like to share a room with and have been guaranteed one of these friends.

They will find out who they are sharing with on the morning of the trip.

All bedding is supplied so you do not need to bring any. Your child will be expected to make their own bed on arrival.

# Medical needs

- Every parent/guardian has been sent a parental consent form with a series of questions asking for information on your child's swim ability (every child will be required to wear a life jacket regardless of ability), medical and dietary needs. This was sent via a Microsoft form and must be completed for your child to be allowed to leave school on the Monday.
- Can you please ensure these forms are completed by tomorrow at the latest as we need to pass essential information onto the venue staff (for dietary and medical needs ahead of our visit for them to plan accordingly).

# Kit List

- Please bring a minimum of 3 full changes of clothes (one for each day + canoeing)
- Waterproof jacket and trousers if possible
- At least 3 pairs of shoes: indoor, outdoor, canoeing.
- 1-2 Towels
- Plastic bags/bin liners for wet/dirty clothes
- Hat & gloves or suntan lotion depending on weather.

**Please label all of the children's belongings. They will be using the dry room after canoeing and sharing a room with up to 6 other people..this is the only way to get 'lost' clothes back to the rightful owners.**



# Please do not bring...

- Mobile phones not needed but can be brought at children's own risk
- Hair straighteners
- Electronic games or iPods/iPads
- Lots of extra food. There is plenty of choice of food at the venue and a tuck shop open for a short period of time each day.

# Extra items

- A maximum of £5 spending money (in coins) for the tuck shop
- Water bottle
- Torch
- Hairdryer
- Medication – please ensure your child has any essential prescribed medicine in a **sealed, named clear plastic bag** which they can hand to their form tutor, on the Monday morning with clear dosage instructions.

# Kit List

## Essential outdoor wear

- Waterproof jacket/cagoule with a hood
- Waterproof trousers
- Sturdy trainers for outdoor activities. Wellingtons if the weather is looking wet.
- 2 long sleeved fleeces (warm layers)
- 2 pairs of jogging/tracksuit bottoms or combat type trousers (jeans cannot be worn for outdoor activities)
- Warm socks
- Hat and gloves (the weather is beginning to feel chilly- sun hat if there is an unexpected heat wave!)

## ***Canoeing/kayaking or sailing.***

1 set of clothes you don't mind getting wet - fleece, jogging bottoms and old trainers/deck shoes

Small towel

Bag for wet things

- Hair bobbles for long hair—must be tied back for activities

## **General Kit List**

- 2 T-shirts & 1 long sleeved T-shirt
- Indoor trainers /shoes
- Enough underwear and socks for your stay, plus spares in case you get wet.  
Evening outfit for the disco
- Towel
- Night wear
- Wash kit (toothbrush, tooth paste, shampoo, hairbrush, roll on deodorants – no aerosols/sprays)

## **Other items**

- Small hairdryer if required
- Large bin bag for dirty clothes
- Named wallet/purse with £5 maximum pocket money – optional (There is a small tuck/souvenir shop on site-please provide money in £1.00 coins)
- Book/magazine to read (optional)
- Camera – optional (this must be named and student's own responsibility)

## **What not to bring**

- No electrical devices of any sort including i-pods, MP3s, hair straighteners.
- Do not bring or wear any jewellery other than stud earrings or medical bracelet

# Activities

- **18 groups**
- Problem Solving
- High Ropes
- Climbing
- Archery
- Canoeing
- Abseiling & Zip Wire
- Challenge Course
- Fencing
- Team building
- Sailing/kayaking
- Camp fire
- Disco .....

Groups of 11-12.



# Activity Groups:

## Chellaston Academy

### Year 7 Action Plus Activity Programme Monday 3<sup>rd</sup> – Wednesday 5<sup>th</sup> October 2022

	MONDAY 3 <sup>rd</sup> OCTOBER				TUESDAY 4 <sup>th</sup> OCTOBER					WEDNESDAY 5 <sup>th</sup> OCTOBER		
	11.30	2.00	4.00	7.00-8.00	9.30	11.30	2.00	4.00	7.00-8.00	9.30	11.30	2.00
Group 1	Arrival and Welcome	Archery	Abseiling & Zip Wire 1	Campfire	Canoeing	High Ropes 1	Fencing (Darby)	Problem solving	Disco	Games	Challenge Course 1	Goodbyes and depart
Group 2		Archery	Abseiling & Zip Wire 2		Canoeing	High Ropes 2	Fencing (Gilmour)	Challenge Course 1			Problem solving	
Group 3		High Ropes 1	Problem solving		Abseiling & Zip Wire 1	Canoeing	Challenge Course 1	Climbing 1			Archery	
Group 4		High Ropes 2	Challenge Course 1		Problem solving	Canoeing	Abseiling & Zip Wire 1	Climbing 2			Archery	
Group 5		Challenge course 1	High Ropes 1		Nightline	Problem solving	Canoeing	Abseiling & Zip Wire 1			Climbing 1	
Group 6		Climbing 1	High Ropes 2		Challenge Course 1	Fencing (Darby)	Canoeing	Archery			Abseiling & Zip Wire 1	
Group 7		Climbing 2	Archery		High Ropes 1	Challenge Course 1	Problem solving	Canoeing			Abseiling & Zip Wire 2	
Group 8		Fencing (Darby)	Archery		High Ropes 2	Abseiling & Zip Wire 1	Challenge Course 2	Canoeing			Climbing 2	
Group 9		Challenge Course 2	Climbing 1		Archery	Fencing (Gilmour)	High Ropes 1	Abseiling 3			Canoeing	
Group 10		Fencing (Gilmour)	Challenge Course 2	Campfire	Abseiling & Zip Wire 2	Climbing 1	High Ropes 2	Nightline	Disco	Games	Canoeing	
Group 11		Abseiling & Zip Wire 1	Canoeing		Archery	Climbing 2	Buggy Building	High Ropes 1			Challenge Course 1	
Group 12		Nightline	Canoeing		Climbing 1	Archery	Climbing 1	High Ropes 2			Abseiling & Zip Wire 1	
Group 13		Canoeing	Climbing 2		Buggy Building	Abseiling & Zip Wire 2	Nightline	Challenge Course 2			High Ropes 1	
Group 14		Canoeing	Fencing (Darby)		Climbing 3	Archery	Abseiling & Zip Wire 2	Problem solving			High Ropes 2	
Group 15		Canoeing	Fencing (Gilmour)		Climbing 2	High Ropes 3	Archery	Abseiling & Zip Wire 2			Challenge Course 2	
Group 16		Problem solving	Canoeing		Fencing (Darby)	Challenge Course 2	Archery	Buggy Building			Abseiling & Zip Wire 2	
Group 17		Abseiling & Zip Wire 2	Nightline		Challenge Course 2	Buggy Building	Climbing 2	High Ropes 3			Canoeing	
Group 18		Buggy Building	High Ropes 3		Fencing (Gilmour)	Nightline	Abseiling 3	Archery			Canoeing	

Please note that any requests to change this programme need to be made no later than three weeks before your visit and are subject to availability.



# Dining

- Breakfast: 8:30am
- Lunch: 1:00pm
- Dinner : 6:00pm



- Water and tea are available all day.
- Nut free centre – please DO NOT pack your child with nuts for their first day packed lunch or any snacks with nuts in. We do have children with nut allergies on the trip.
- Caters for all dietary needs.

## Select Menu Examples.

<b>Breakfast</b>	<p>Bacon, Sausage, Tomatoes, potato waffles, and, Scrambled Egg</p> <p>Cereals and orange juice.</p>	<p>Baked Beans on Toast Or Scrambled Egg on Toast</p> <p>Cereals and orange juice.</p>	<p>Bacon, sausage, baked beans, hash browns, and toast.</p> <p>Cereals and orange juice.</p>
<b>Lunch</b>	<p>Garlic Bread and Salad, Pasta Bolognaise Or Pizza baguettes Salad bar.</p> <p>Dessert</p>	<p>Jacket Potato, Salad Bar, Cheese, Beans, Beef Chilli, Tuna. Salad bar.</p> <p>Dessert</p>	<p>Roast Ham hot baps Or Roast Turkey and stuffing Hot Baps With spicy wedges and salad bar.</p> <p>Dessert</p>
<b>Dinner</b>	<p>Pork and leek sausage, with mashed potato and vegetables. Or Homemade beef burger with bap, chips, and peas.</p>	<p>New Potatoes and Vegetables with homemade Chicken Pie or steak Pie.</p> <p>Dessert</p>	<p>Roast Chicken breast, Roast Potatoes, Vegetables Or Roast pork loin, with apple sauce and stuffing.</p> <p>Dessert</p>



# Travel arrangements

We will travel by 5 coaches (Harpurs) and a minibus to and from the venue and students will be informed by Mr Burton which coach they are travelling on nearer the time.

# On the morning

Students will need to take their bags to the gym at the start of the day before going to form, (it will be open from 8:20am – 8:50am). They will need to place them in the following areas:

COACH 1  
BAGS



COACH 2  
BAGS

COACH 3  
BAGS



COACH 4  
BAGS



# Code of Conduct/

Every child (and parent) has been asked to sign a code of conduct, outlining the behaviour expected from the children during the residential. If any student fails to comply with the code of conduct whilst at Whitemoor Lakes, they may be stopped from continuing the activity and parents asked to collect them.

## **Attendance on Thursday**

Attendance at school on the Thursday following the trip is essential. No doubt the students will be very tired as a result of a wonderful action-packed start of the week but that does not excuse them from missing any school on the Thursday (or indeed the rest of the week due to being on this trip).

# Contact details:

Whitemoor Lakes:

Barley Green Ln,  
Lichfield WS13 8QT

Tel: 01283 795000

School mobile number to contact Mr  
Burton on – **only to be used in an  
emergency:**

07465221447