

## **Year 4 Residential Trip (18<sup>th</sup> – 19<sup>st</sup> April 2024)**



### **The Centre:**

King's Park Sports Park and Conference Centre is part of the NAYC (Northamptonshire Association of Youth Clubs) & ACUK (Action Centres UK).

The Centre, with its own on-site accommodation and dining facilities, provides schools with a range of sporting and craft activities. The centre is located close to Moulton.

### **Safety:**

Disclosure and Barring Service (DBS) checks have been carried out on the staff at King's Park and all the instructors hold relevant National Governing Body qualifications. There are qualified First Aiders based on the site. Risk Assessments are compiled by the school (for travel and general pupil supervision whilst at King's Park) and by King's Park for all the activities and their premises. These will be assessed and approved by a third-party risk assessment company.

### **Staffing:**

School staff accompanying the trip are:

- Mrs. M. Sharp
- Mrs. C. Byrne
- Mrs. M. East
- Miss Garrard – daytime only
- Mrs. White – will visit during the trip

### **Travel:**

Children arrive at school at their normal time (as close to 8:45am as possible) on Thursday 18<sup>th</sup> April in mufti PE kit (children don't have to wear school kit but no crop tops please) ready for our first activities when we arrive. We will then be leaving by coach as soon as we are ready. The children will depart King's Park at around 2:30pm on Friday 19<sup>th</sup> and should be ready to be picked up at normal time (3:15pm).

***\*Lunch is not provided by the centre on the first day so children will need to bring a packed lunch on Thursday 18<sup>th</sup> April, including a re-fillable water bottle\****

### **Accommodation:**

The majority of rooms at King's Park are twin-bedded so children will be sharing a room with one other person. We will try to accommodate children's first choice of room mate as much as possible.



### **Medication:**

You must provide medical information about your child on the '*Permission Form*' (contained within this pack). This is in case of a medical emergency during the visit. All '*Permission Forms*' must be completed and returned to school as soon as possible.

If your child will require any medication during our visit, you will need to complete the '*Parent/Carer Agreement for Bliss Charity School to Administer Medicine at King's Park*' (contained within this pack). This form needs to be completed closer to the departure day and handed in on the morning of the trip. Please note that:

- **We can only administer prescribed medication.**
- **Medicines must be in their original container as dispensed by the pharmacy.**
- **Medicines must be handed in inside a NAMED bag or box and given to a Class 4 adult on the morning of the 18<sup>th</sup> April.**
- **Medicines must not be packed inside luggage bags/cases - this excludes medicines/devices that pupils need to have immediate access to (e.g. asthma inhalers).**
- **All medicines must be collected from the Class 4 adults when we return to school.**

### **Sickness Policy:**

If your child is suffering from sudden repeated vomiting and/or diarrhoea on the morning of, or before, the day of the trip then you must inform the school office.

### **Diet:**

King's Park works actively to promote a healthier lifestyle. The catering department has devised a set of menus designed to encourage pupils to eat healthier options and try different kinds of food.

The following meals are prepared by the Centre staff:

#### **Thursday (18<sup>th</sup> April):**

- Cooked Evening Meal at around 6:00pm.

#### **Friday (19<sup>th</sup> April):**

- Breakfast at 8:30am
- Drink/snack break at 11:15am
- Lunch at 1:00-2:00pm

You must provide dietary information about your child on the '*Permission Form*' (contained within this pack). This is in case of a medical emergency during the visit. This is also so that any *specific* or *specialist* dietary requirements can be passed on to the catering team at King's Park.

Please do not pack any extra food and drink items into bags/cases. It is very important that school staff and Centre staff know what the children have had to eat/drink in case of a medical emergency. These items will be confiscated if found.

### **Aims of the Visit:**

The purpose of our visit is to ...

- Improve self-esteem.
- Develop co-operative skills.
- Experience a range of fun and adventurous activities.

### **Activities at King's Park:**

Our programme at the Centre includes the following activities:

- Thursday Morning: trampolining and circus skills
- Thursday Afternoon: climbing and soft archery
- Thursday Evening: Dodgeball
- Friday: tennis and team building

### **Kit:**

Please pack your child with the following items:

- Underwear
- Socks
- Nightwear
- Spare indoor sports clothes (t-shirt/sweatshirt/joggers/shorts)
- A raincoat and outdoor shoes for our outdoor activities
- Soft shoes/slippers (for inside)
- Towels
- Washing kit (soap, flannel, towel, toothpaste, toothbrush)
- Drinks/water bottle (this can be filled to take on day 1)

No mobile phones, iPads or other electronic devices should be brought on the visit. All group leaders will take photos and upload them to X (formally Twitter) at the end of each day.

Children may bring a book to read in the evening and one small comfort toy for bedtime, if needed.

**Parents/carers are reminded that pupils are responsible for their own possessions and the school accepts no liability for damage or loss. Please label everything!**

### **Contact:**

We will work on the basis that “no news is good news” and we will contact the school, or you directly, if something is wrong.

We will try our best to post messages and photographs on the school's Twitter account (@BlissCharitySch) on the Thursday evening and Friday morning, however we ask for your patience as the schedule is full on! Also, please note that if we can upload photographs, these will be ‘general’ ones. It will not be possible to post photographs of every child all the time.

In the event of an extreme **emergency** please telephone the school office on 01327 340758 who will then contact the Centre. The Centre is available during office hours on 01604 493111.

### **Final Payments:**

Final payments should have been received by 28<sup>th</sup> February 2023. If you missed this deadline please speak to the office.

### **What next?**

- ✓ Complete and return the 'Permission Form' no later than 16<sup>th</sup> April 2024.
- ✓ Use the 'Kit List' as a guide for packing.
- ✓ Label **ALL** items of clothing and possessions.
- ✓ If necessary, complete the 'Agreement' form for the administration of medicine, ready to hand in with your child's medication on the morning of the trip.