

# Kilvrough Manor

## Y6 Residential Trip

Tuesday 2<sup>nd</sup> – Friday 5<sup>th</sup> March 2021



## Aims of the trip

- To build independence
- To develop teamwork
- To build stronger relationships
- To improve listening skills
- To try new activities
- To have fun

## Daily routine

- 7am Wake up, wash, dress, etc
- 8am Breakfast
- 8.30am Tidy bedrooms
- 9am Room inspection
- 9.20am Activity groups meet with instructors
- 10am Leave Kilvrough Manor for activities
- 4.30pm Return to Kilvrough Manor
- 4.45pm Showers and change
- 5.45pm Evening meal
- 7pm Evening activity
- 8.30pm Calming activities
- 9.15pm Bedtime and lights out

## Activities

We will be taking part in a range of activities, including:

- Rock climbing
- Abseiling
- Caving (probable)
- Body boarding or kayaking
- Sand sculptures
- Rock pooling
- Orienteering
- Team building
- Scavenger hunt



All specialist equipment is provided including: helmets, ropes, caving suits, wellies, wetsuits, buoyancy aids, walking boots and waterproof clothing.





## **Sleeping arrangements**

Pupils will be in small dormitories of between 4 and 8 per room. All rooms are single sex and have shared, single sex bathroom facilities.

It is likely that they won't be with all of their best friends but that they will have at least one good friend with them.

## **Travel arrangements**

We will travel by coach and leave the church courtyard, Cross Hayes, at 7.30am on Tuesday 2<sup>nd</sup> March. Please ensure you arrive at the courtyard at 7.20am.

We will arrive back in Malmesbury at about 6.30/7pm on Friday 5<sup>th</sup> March.

## **Updates**

Updates during the week, including photographs, will be posted on our school Facebook page.

We do not allow pupils to make or receive phone calls, unless it is a special occasion or an emergency.

## **Information for children**

There is so much that you can learn outside the classroom! We know you'll have a lot of fun with us and we want you to learn from your experiences and take the new skills back with you. You can leave the TV, phone, iPod, iPad, Xbox, Playstation and anything else that keeps you indoors, at home, because when you are at Kilvrough Manor, you will actually be part of the challenge, working on your own and in a team, rather than watching it from behind a screen. How good is that?!

We promise when you go back home you will be exhilarated, inspired and have the confidence to do more of the real challenges you'll experience while in our care. Kilvrough Manor have been running courses for fifty years, so have lots of experience and knowledge to share.

If it's your first time away from home, the experience is probably exciting, nerve wracking and a bit scary! But we aim to make it lots of fun. The boys and girls will live on separate corridors, in small dormitories with bunk beds, so you won't be alone at night. There are ample toilet facilities, and the showers are lovely and hot and each have their own cubicle, so no sharing needed.

## **What you can expect**

Whether it's your first time away or you have been away before, going to Kilvrough Manor is going to be enjoyable, challenging and exhilarating. You'll be experiencing some real adventures in very exciting places – rivers, beaches, caves, crags,

mountains and gorges. If it's your first time away from home, don't worry, Kilvrough Manor is homely, warm and comfortable and they cook fantastic, tasty food – your parents will let us know if you have any special dietary needs before the course begins.

Your activities will be organised in advance so you should have the chance to get involved in the planning from the start. The more you do this, the better the course becomes. Make sure you talk to Mr Dawson and find out what he has planned and you can get a heads-up on what to expect.

We want you to experience success and to understand what teamwork really means. To make this happen you will need to make sure you follow instructions, act responsibly and safely, consider others and to have a go at everything!

### **Information for parents**

For nearly 50 years Oxfordshire Outdoors has been looking after children, providing them with unique outdoor learning experiences. We understand that as a parent you will have concerns for your child when they venture into the outdoors and we want to reassure you that they are in expert, professional and highly qualified hands.

### **Trained staff and your child's safety**

- You can be assured that at Kilvrough Manor your child's welfare is our highest priority.
- All Kilvrough Manor staff will make sure that they know your child's name, and are aware of any medical or personal needs that the group leader passes onto them.
- All staff are sensitive to any signs of uncertainty, fear and homesickness and will address them in a caring and professional manner well before they become overwhelming.
- All staff will make sure that your child has the equipment they need and plenty of healthy food inside them to have the energy to enjoy their stay.
- Every single aspect of safety is thoroughly explored and planned for. This does not mean that your child will not be exposed to risk but it will be risk that they are well prepared for. They will be given the right preparation and equipment to allow them to experience just the right level of challenge so that they feel they have achieved something very special.

### **Preparing your child for a visit**

The best way for a parent to help a child prepare for any visit into the outdoors is to share as much information as possible.

- Talk to your child about what they can expect.

- Involve them in the packing and preparation.
- Make sure they pack their own bag and can take responsibility for it.
- Learning to be independent is all part of the experience.

### **Medication**

All medication must be handed to Mr Dawson before departure. Medication must be in the original packaging, named and with written instructions and consent.

### **Clothing and kit list**

Courses involve a lot of time outdoors, whatever the weather, and there is the likelihood of clothes getting very wet. Kilvrough Manor have supplied us with an up-to-date Parents Check List which will help you decide what to pack – this is attached.