



Kingswood
Residential
West Runton
23rd – 25th June
2021
Information for
Parents

On site Activities

These are some of the activities we hope to participate in during our visit.

- Abseiling
- Climb
- Beach eco
- Zip line
- Nightline
- Obstacle Challenge

We will not be undertaking any water based activities.

Dormitories

Some dormitories have 4 beds, some 8 and some 16. Once we have our room allocation we will organise the children into friendship groups and then into rooms. They will find out who they are in a room with on the bus. The teachers will plan this very carefully.

What to bring

Enclosed within this pack is a packing list.

We would ask parents not to allow children to bring items of value e.g. personal stereos, Ipods, I pads, hand held electronic games, mobile phones or cameras to the centre as it causes distress if they are misplaced. The staff will make sure that there are plenty of photos for you to see on their return. Disposable cameras are fine and can be bought from the souvenir shop on site if required. Please do not allow children to bring jewellery, make-up, hair straighteners or aerosols. It is helpful if all personal items are marked with the child's name and school so that they can be safely returned.

Contact numbers

These numbers are for emergencies only.

Kingswood & Kingswood Camps - West Runton, North Norfolk

Address: Cromer Rd, West Runton, Cromer NR27 9NF

Phone: 01263 838384

Packed meals

It will be necessary for parents to provide their children with a packed lunch on Wednesday in a disposable bag. Please do not book school lunches for this day.

We intend to have our lunch 'en route' at a suitable spot. Please provide this in plastic or paper bags or easy disposal. On Friday a meal will be provided at lunchtime before we depart West Runton.

Pocket money

We suggest a maximum amount of £10. Children will be responsible for their own money at all times.

Medical emergencies

Parents are requested to complete the enclosed child information form to help us in case of an emergency. The staff will be acting loco parentis during the visit and therefore will you please also fill in the loco parentis permission form. In the event of a serious medical problem the emergency contact numbers will be used and any necessary action can then be taken, if possible in consultation with the parents.

Travel sickness

If your child/ren suffer/s from travel sickness you may wish to purchase travel bands available from most pharmacists. If you would like your child/ren to be given travel sickness medication for both journeys please complete a medication form from school and then hand the medication in a sealed container/envelope to Miss Morris.

Medication

If your child is receiving medication or may need some during the visit, please give details on the form provided. Clearly labelled medicine and forms should be given to Miss Morris before we leave school. Children should not be carrying any medication except Ventolin inhalers.

Telephone Calls

When we arrive at the centre, we will telephone Mrs Bates. She will then send a School Jotter message to inform parents that we have arrived. Please ensure that we have a current mobile number for you. We will let Mrs Bates know when we are an hour away from home on our return. She will send a text via School Jotter to inform all parents. Should there be a delay in the anticipated arrival time we will inform you.



This is the expected programme for our residential visit

Wednesday

11.30 am	Depart School
3.30pm	Arrive at West Runton
4.00pm	Site tour and Fire Drill
6.15-9.00pm	On site activities
10.00pm	Lights out

Thursday

9.30am-9.00pm	On site activities
10.00pm	Lights out

Friday

9.30am-12.15pm	On site activities
1.30pm	Coach departs West Runton
5.30pm	Arrival at Yelvertoft

Packing list

Please use the following checklist to help pack bags:

(please put your child's name on all items of clothing)

- One swimming towel and costume (where required)
- One bath towel
- Toiletries bag containing: toothbrush, toothpaste, soap, hairbrush etc
- Night clothes
- Socks and underwear
- Four t-shirts, shirts, blouses (at least one with long-sleeves), sweatshirt (two in winter)
- One thick sweater plus one light sweater
- Three pairs of trousers and/or jeans and/or tracksuit bottoms
- Clothes for the evening activities
- Waterproof jacket (and trousers if you have them)
- Sturdy shoes or wellingtons (even in summer)
- Two pairs of trainers (one old pair)
- Large plastic bag for dirty clothes
- Gloves, hat, scarf (in winter)
- Water bottle
- Hat and sunscreen (in spring and summer)
- Rucksack for off site studies (if applicable)

*Please note that most activities require long sleeves. Please note:

Do not bring: Mobile phones, expensive cameras, electronic games, iPods or MP3 players, expensive or much cherished jewellery, expensive favourite clothing or shoes. Kingswood can't accept liability for the loss, theft or damage of any personal property your child may bring.

Sample menu

Breakfast

- Pork sausage/ vegetarian sausage, baked beans, scrambled eggs and fresh tomatoes
- Toast with jams and marmalade
- Selection of cereals
- Natural yoghurt and fruit compote
- Seasonal fruit segments

Lunch

- Home made vegetable soup with croutons
- Cheese and tomato or pepperoni pizza
- Sweetcorn and seasoned potato wedges
- Salad bar
- Apples, pears and oranges
- **Salad bar (available at lunch and dinner) includes:** sliced lettuce, tomatoes and cucumber, homemade coleslaw, diced beetroot, five bean salad, tuna pasta salad, potato salad, selection of sauces and dips

Dinner

- Lasagne and vegetable lasagne
- Roast chicken breast marinated in cajun spices
- New potatoes and peas
- Garlic bread slices
- Salad bar
- Chocolate brownie