

High Ashurst 2017

26th - 28th June

Activities

- Orienteering
- Team Challenges
- Plant games, habitats and adaptations.
- Campfire.
- Woodland skills
- Challenge course
- Climbing
- Adventure walk



Medical Issues

Asthma

Allergies

Sleeping issues

Travel sickness

Give medicine to Miss Osiecka on the morning of the trip

High Ashurst - What to pack

Here is a suggested list of items that the children should bring with them:

- Pyjamas
- Dressing gown
- Slippers
- A towel
- Indoor clothes (the children will need them to change into after outdoor activities)
- Outdoor clothes (Please provide enough for three days and for a variety of weather types!)
- A warm jumper (For sitting around the campfire)
- Waterproof coat
- A pair of wellies
- Sun hat and Sun cream (just in case!)
- Hay fever tablets; the children will be playing in fields and woods. If your child is prone to suffering from hay fever it is recommended that you provide their normal medication.
- Teddy bear
- Hot water bottle
- Toothbrush/toothpaste
- Shower gel
- Shampoo
- Any medication - this must be handed to Miss Osiecka and labeled before boarding the coach.

Other Considerations

- Please do not leave a letter for your child in their luggage as this can upset both your child and the other children. Keep it for something to read when they return!
- Children are not to bring pocket money.
- Children will be given 3 meals a day and will receive snacks. Please do not pack any food in their bags for health and safety reasons.
- Children are not to bring toys other than their teddy - we will provide a box of activities and books for them.

Accommodation

2O (rooms of 2 and 3)

2R (rooms of 2 and 3)

Each have an en-suite and living room.

Adults will be split between the two cabins.



Meal times!

The children will have 3 cooked meals a day and we will all eat together in the dining hall.

All dietary requirements have been sent to the site so all of these will be catered for.



Day of departure

All children need to be in school for 8.45 on Monday 26th June.

Each child needs to bring their suitcase/bag.

Any medical items need to be labelled with the child's name and handed to Miss Osiecka.

We will meet in the bottom hall where you will leave your suitcase and bag.

Please do not give your child any food, toys (one teddy for bed only), electrical items and letters.

The coach will be departing around 10am from outside the school office.