

24<sup>th</sup> May 2019

**Norfolk Visit - Wednesday 26<sup>th</sup> June 2019 – Friday 28<sup>th</sup> June 2019**

**ESSENTIAL INFORMATION FOR PARENTS**

**SUGGESTED KIT LIST: -TO BE CARRIED IN 1 SUITCASE/BAG AND 1 PIECE OF HAND LUGGAGE**

1. Sufficient long or ankle socks (Not trainer socks) and underwear for 3 days.
2. At least 3 **long-sleeved** t-shirts/shirts/blouses for activities – where possible make these old clothes
3. At least 3 pairs of trousers/tracksuit bottoms for activities (**NO JEANS**)
4. Clothes for non-activity down time (Meals etc.)
5. Light sweaters and 1 thick jumper
6. Shorts & t-shirts
7. Swimwear for water sports
8. **Waterproof anorak/cagoule**
9. Nightwear
10. Indoor shoes or slippers
11. Trainers/plimsolls (they are likely to get very wet and muddy on the assault course and during water sports). At **least** 2 pairs (this includes a separate pair for water sports)
12. Toilet bag - flannel, toothbrush, toothpaste, soap shampoo, comb, hairbrush, 1 or 2 press on towels for girls. Any deodorant **must** be a roll-on or stick type (no aerosols)
13. **2** Towels
14. Waterproof trousers (OPTIONAL - but very useful)
15. Sun hat/Cap
16. Walking boots (OPTIONAL)

**OTHER ITEMS NEEDED:-**

1. Sleeping bag and pillow case (*In suitcase if possible*)
2. Drink bottle
3. Sun lotion!
4. Torch
5. Several strong waterproof bags for packing wet and muddy boots and clothes to go home in
6. Small activity for journey/free time e.g. books, packs of cards, small game, notebook

## **MOBILE PHONES OR ANY ELECTRONIC EQUIPMENT MUST NOT BE BROUGHT AT ALL**

**Daily updates will be put on the school Facebook at 4.30pm**

### **LOST PROPERTY**

From previous experience we have found that many children, by the end of the week, have forgotten which clothes they brought with them. To make sure they take all their belongings home, can you please make a list of everything as you pack and enclose the list inside the suitcase. It is ESSENTIAL that all clothing is named.

### **POCKET MONEY**

If you would like to receive a postcard from your child, please send them with £1.20 in a sealed envelope to cover the cost of a postcard and stamp.

### **TELEPHONE**

For your reference, the centre call number is 01584 861333. ***However, please do not telephone, unless there is an emergency.***

### **MEDICINES**

Pupils may only bring medicines ***prescribed by their G.P.*** and in original packaging. All medicines should be clearly named and labelled with instructions. They will be looked after by a member of staff. **These should be handed in by Monday 24<sup>th</sup> June 2019.** Medicine cannot be administered unless a MED 1 form has been completed, these can be found on the school website within the Letters Home area.

### **SLEEPING ARRANGEMENTS**

Pupils will be sleeping in dormitory accommodation of various sizes. Year 6 pupils will be given a form to fill in with dormitory requests. We aim to guarantee at least one of their choices.

**ADDRESS FOR MAIL** – Please write to your child. Mail delivery is a highlight of the day. Post any items a couple of days before departure.

(Name of Child)  
Edwinstree School  
Manor Adventure  
Quarry Lane  
Lyng,  
Norwich  
NR9 5RS

## **ESSENTIAL CONTACT INFORMATION**

*If you as parents plan to be away from home during the visit, could you please ensure that I have a phone number where I can contact you in case of emergency.*

## **DEPARTURE**

Pupils should be at school by 8.40am on Wednesday 26<sup>th</sup> June, as the coach will be leaving at 9.00am **from the bottom gate. Please do not arrive before 8.30am.**

Please do not stand in the layby but come onto the school premises by the Food Tech room.

***Please make use of the public car park and walk up to the school as this will avoid traffic congestion at a busy time of the day.***

A packed lunch will be needed for the journey. We will be stopping at Thetford forest to eat this (No sweets, crisps, glass bottles or fizzy drinks).

## **RETURN**

We hope to arrive back at school for 4.00pm on Friday 28<sup>th</sup> June 2019.

You can check the school website and Facebook for updated details on the return journey

– [www.edwinstree.herts.sch.co.uk](http://www.edwinstree.herts.sch.co.uk). Please make sure you pick your child up promptly.

There will be four members of Edwinstree staff accompanying the children along with 2 parent helpers.

A comprehensive insurance cover has been arranged by Hertfordshire County Council and you are invited to see the terms of the policy if you wish at school.

Please do not hesitate to contact me at school if you need further information.

Yours sincerely

**Mr M McCarthy**

**Leader of Educational Residential Visit**