

An aerial photograph of a large residential camp. In the foreground, a deep blue lake with gentle ripples occupies the bottom half of the frame. A narrow strip of green grass separates the lake from a large complex of red barns with grey roofs. The barns are arranged in a long, somewhat U-shaped formation. To the right of the barns, there's a green field with some sports equipment and two tall, narrow wooden structures. The background shows a line of trees and distant hills under a clear blue sky.

Residential Trip Whitemoor Lakes

Monday 18th-Wednesday 20th March 2024

Whitemoor Lakes video

- <https://www.youtube.com/watch?v=q7kAEHg18A8>
- (Some images are a little dated – pre-visit photos and short video clips have been included later in this presentation from a very wet Saturday in January, 2023!)

Staffing

- Group Leader: Mrs Fisher
 - Mr Rowlands
 - Mr Paine
 - Mrs Timmins
 - Miss Fletcher
 - Mrs Harmes
-
- All members of staff listed are experienced teachers and/or have had lots of residential trips experience. Your child is in safe hands!
 - There are 64 children on the trip 1:11 adult / child ratio (approx), plus the activity centre staff

On Arrival Day at Whitemoor Lakes

- You will arrive at around 11:30am
- A Site Tour will take place
- Settle into your lodge and bedrooms including making your own beds
- Packed Lunch
- First activity to start at 2:00pm



Our Games/Reception Area

- This is a communal area for games, relaxing and where the main Reception is based.
- There is an onsite gift/tuck shop, which will be available during the disco.
- There are centre members of staff available 24/7.



Reception
common
room:

Pool table
50p

Table
tennis
free

Table
football £1





The Dining Hall

- We will have allocated tables and a servery point.
- Any dietary requirements / allergies will be catered for if pre-arranged.
- There is a system in place for dietary requirements / allergies.



Meals:

- Breakfast 8:30am- 9:15am
 - Cereals, fruit, orange juice (or water/squash), either bacon or sausages with scrambled eggs, beans, potato waffles or hash browns, toast
- Lunch 1:00pm- 1:45pm
 - Varies every day, but a selection of hot and cold foods, including salad bar
- Dinner 6:00pm- 6:45pm
 - Varies every day, but a selection of hot foods, including salad bar

We won't let your child go hungry! We will offer children milk, squash or water after their evening activity and a small snack. Fruit is available at all meal times and we will have a supply on hand.

Vegetarian, vegan and allergies all catered for; central podium for children identified as having specific dietary requirements

Heronsgate School

Year 6 Action Plus Activity Programme

Monday 18th – Wednesday 20th March 2024

	Monday				Tuesday					Wednesday		
	11.30	2.00-3.30	4.00-5.30	7.00-8.00	9.30-11.00	11.30-1.00	2.00-3.30	4.00-5.30	7.00-8.00	9.30-11.00	11.30-1.00	2.00
Group 1	Arrival and Welcome	Zipwire 1	Archery 2	Campfire 1	Traverse 1	Canoeing 2	Problem Solving 1	Gladiator 1	Disco	Buggy Building 1	Team Games	Goodbyes and depart
Group 2		Buggy Building 1	Zipwire 1		Archery 2	Traverse 1	Canoeing 2	Problem Solving 1		Gladiator 1		
Group 3		Gladiator 1	Buggy Building 1		Zipwire 1	Archery 2	Traverse 1	Canoeing 2		Problem Solving 1		
Group 4		Problem Solving 1	Gladiator 1		Buggy Building 1	Zipwire 1	Archery 2	Traverse 1		Canoeing 2		
Group 5		Canoeing 2	Problem Solving 1		Gladiator 1	Buggy Building 1	Zipwire 1	Archery 2		Traverse 1		
Group 6		Traverse 1	Canoeing 2		Problem Solving 1	Gladiator 1	Buggy Building 1	Zipwire 1		Archery 2		

Our individual activity sessions are suitable for up to 12 participants & 1 group leader (age 18 or older). Participants must be, at a minimum, in Year 3 to partake in our instructed activities. Please note that any requests to change this programme need to be made no later than four weeks before your visit and are subject to availability.

The Activities



Zip Wire



Challenge Course



High Ropes



Canoeing



Climbing

The Activities



Campfire



Sailing



Kayaking



Archery



Fencing



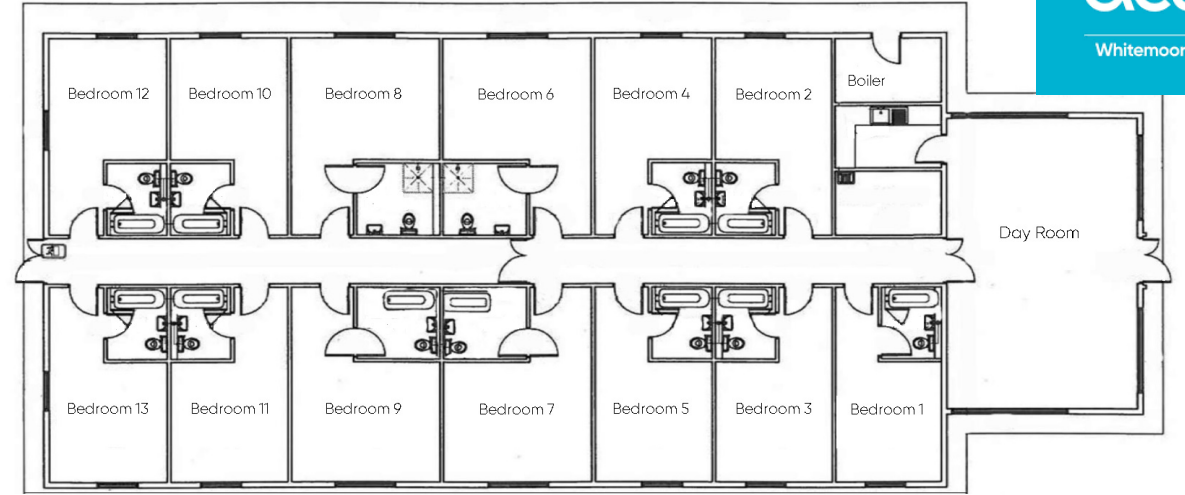
Abseiling

Canoeing – clothing note from WML

- For the canoeing, it really does depend on the daily weather forecast and how willing your group is! The aim of the session isn't to fall in. Your instructors will do their utmost to keep the children as dry as possible (accidental capsizes and splashing may still occur, but we will actively discourage intentional splashing/jumping in).
- I highly recommend beach/water shoes if they have them, otherwise a solid pair of trainers is suitable. Wellies, crocs, sandals, and other similar footwear are unfortunately not permitted to be worn on Watersports sessions (and most of our sessions).

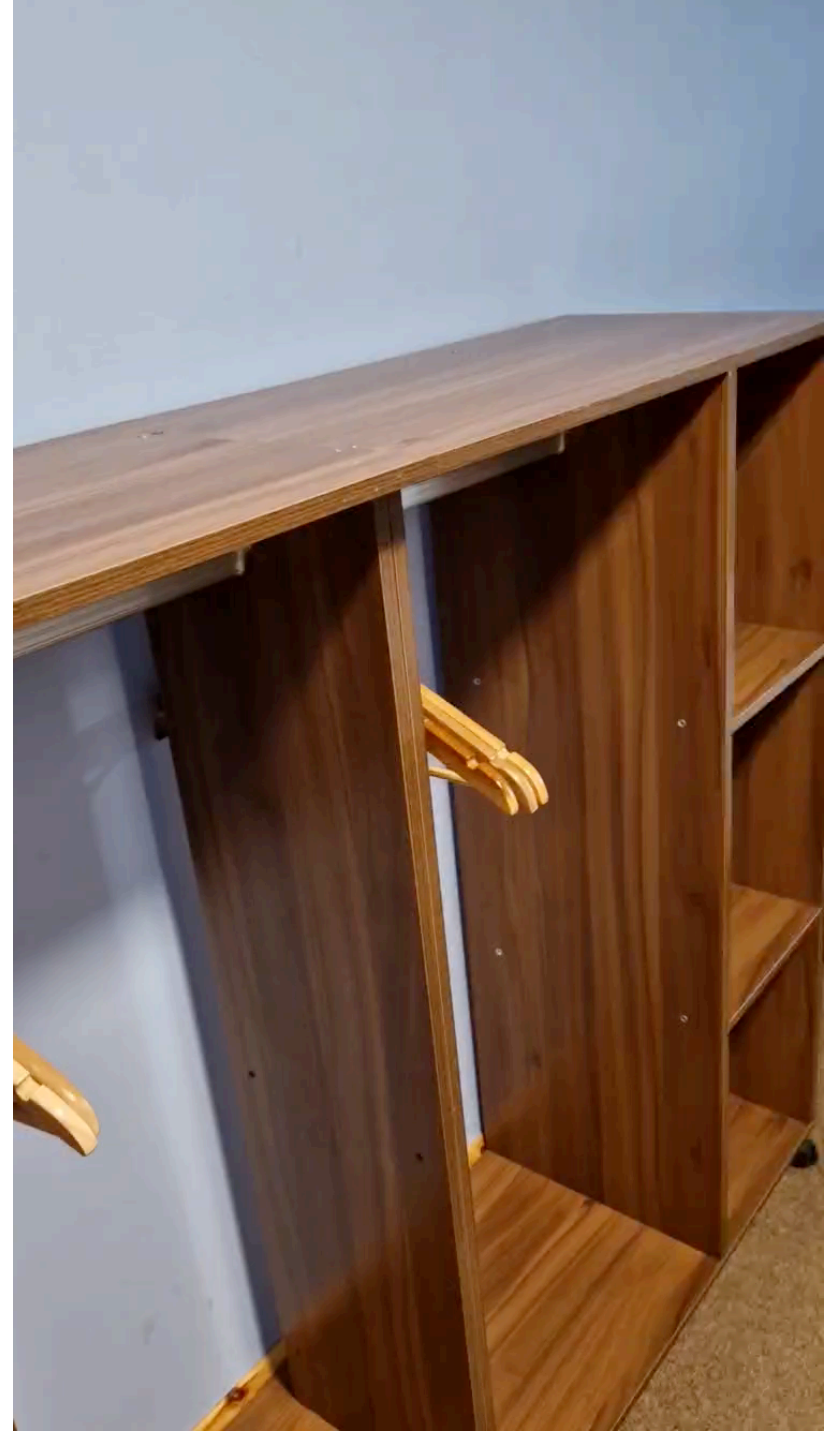
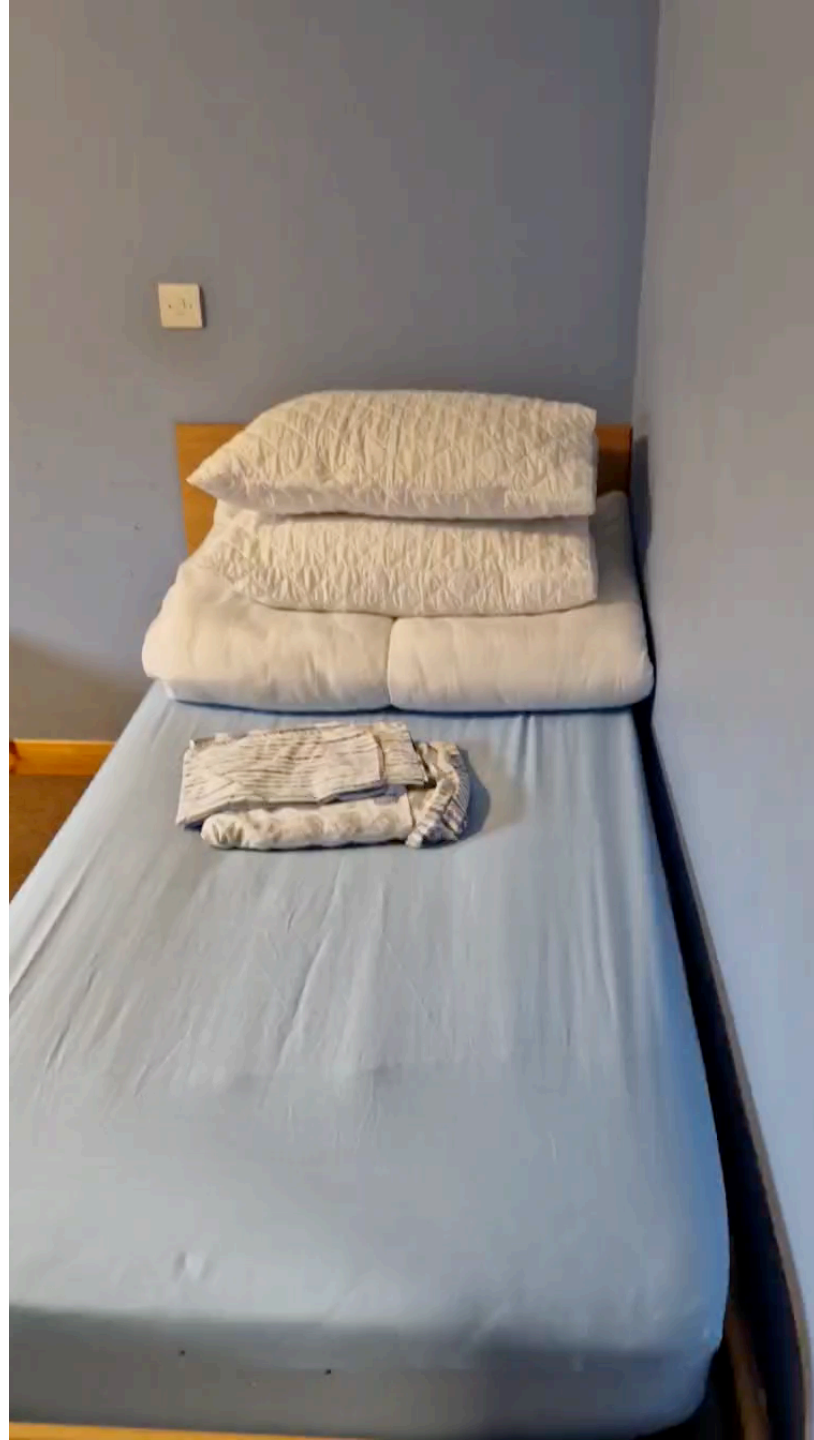
Our Lodges

- We get our own Lodge/s for accommodation.
- All rooms are multi bedded and have en-suite bathrooms.
- Every lodge has a Lounge/Day Room.
- They provide 2 pillows and duvet.
- An **example** Lodge Plan:

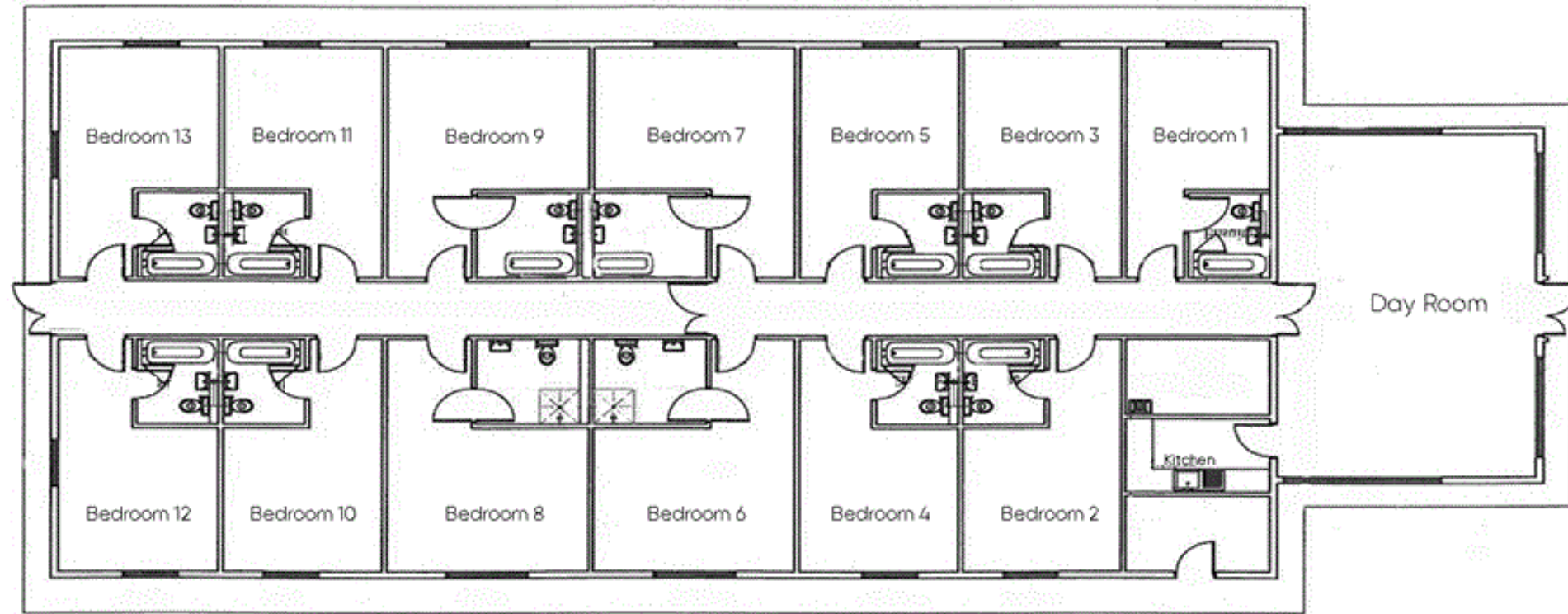


Room allocation

- Girls and boys will be in separate rooms
- Children will be asked to list friends and we will put together room lists
- Children will find out on arrival who they are sharing with – they will be with at least one friend and most likely in the groups they have chosen.
- Although some rooms have up to 6 beds, it is unlikely that we will fill all of these. We will try to keep numbers smaller in each bedroom to give children more space. We have a slight over-allocation of beds for our group size, so have some flexibility with this.
- It is very **unlikely** that children will be in the same activity group as their bedroom group, so that they do not spend all day and all evening together. There will be free time and larger group activities where they can be together.
- There will be a member of staff sleeping in a room nearby.



Derwent Lodge

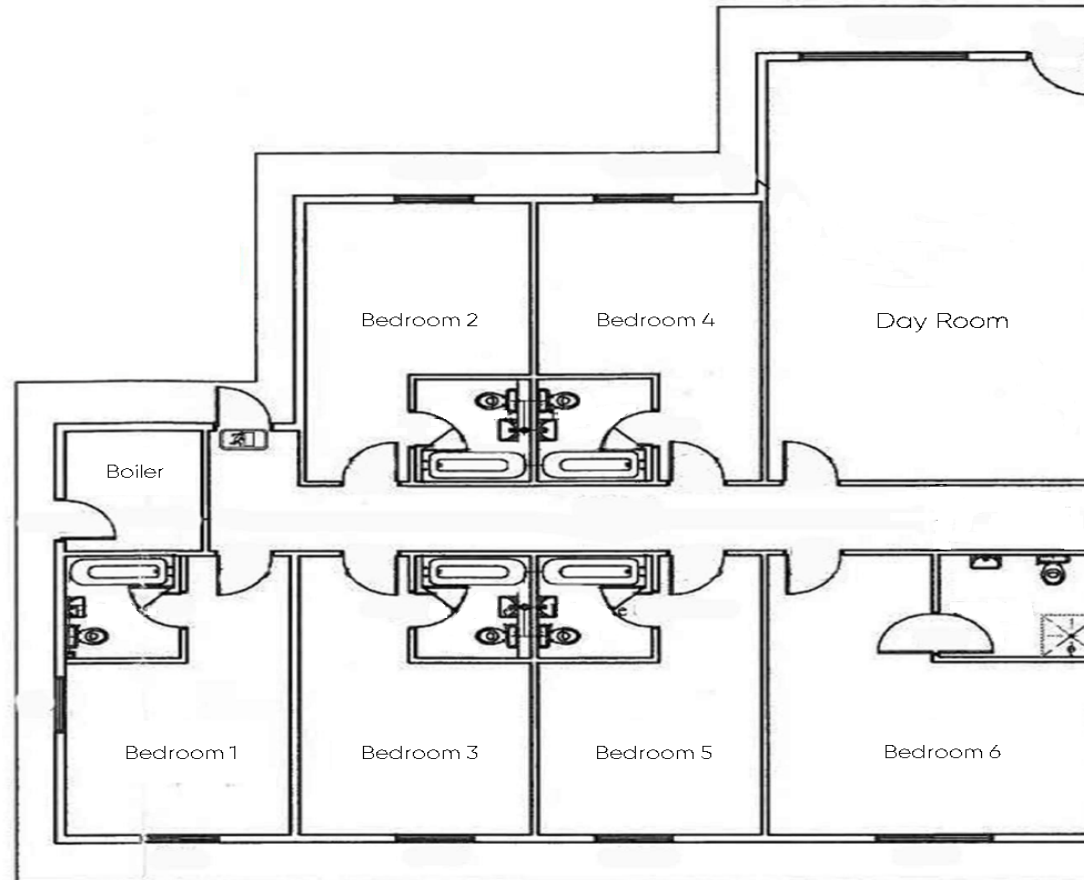


Room 1 has 2 single beds

Rooms 2 - 5 have 2 single beds and 1 bunk bed

Rooms 6 - 13 have 1 single bed and 2 sets of bunk beds

Coniston Lodge



- Room 1 has 3 single beds.
- Rooms 2-5 have 3 sets of bunk beds.
- Room 6 has 1 single bed and 3 sets of bunk beds.

Drying room for wet clothes

Boot rack for wet footwear

Bring at least 2 pairs of trainers!
(see kit list)



Kit list (see sheet):

It is important, for the comfort of your child to provide the essential items listed. Here are some hi-lights. I have made recommendations, too.

- NO aerosol sprays of ANY kind. These can trigger asthma attacks and will also set off the alarms in the rooms, including the bathrooms
- Bring at least 2 pairs of trainers. One pair will get muddy and scuffed during the activities. One for indoor activities (sports hall). Slippers can be brought or a third pair of comfortable footwear. Wellies are not useful for this trip.
- One (or two if weather looks particularly wet) raincoat. Waterproof trousers are recommended for wet weather.
- Water bottle (NAMED!... In fact, EVERYTHING named, please!)
- Layers of long sleeved clothing for warmth; gloves, thin woolly hats or headbands to keep ears warm (for under safety helmets)
- Hairdryers are allowed (but no other electrical items, please!)





January pictures taken on pre-visit – muddy!

Quite water-logged at the moment!

This shows the outdoor space where the groups meet instructors with their group leader (HG staff) for the different activities.



Tuck / gift shop – one visit during our stay (during the disco).

Some items are limited. This will be updated and items re-stocked



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n under the
ities Fund

Welcome to The Trading Post!

Clutter £4

May God bless this home.

Home £6

If you meet my family - say hi!

50p-£1.00

Harry's

Mini Myphone Rubber £1

Keyring £1

Mini Pen 50p

Rainbow pencil 50p

Glow sticks 2 for 50p

Sorry - SOLD OUT

£1.50 to £2

Harry's

Twisty Blocks £1.50

Bouncing Putty £2

Torch £2

Lighter £1.50

Sorry - SOLD OUT

Pocket pad and pen £1.50

Foam Ball £1.50

Rainbow spring £1.50

Snap Bands £2

Sorry - SOLD OUT

NEW WHITEMOOR LAKES DRINKS BOTTLE £4.00

£2.50 - £5

Harry's

Juggling Balls £5

Teddy £3.50

Glitter Mug £2.50

Playing cards £2.50

£3

Sorry - SOLD OUT

Please can parents...

- Get your child to practise putting a pillow case and duvet cover on!
- Pack your child's bag **WITH** them, so they know what is in their bag
- Talk through with your child which clothes are 'outdoor' or 'canoeing' sets – you could bag these up separately and label, if your child needs help with organising themselves
- Make sure your child can identify their own underwear!
- **LABEL EVERYTHING** possible!
- Don't load them up with sweets, chocolate, sugary snacks or drinks (some cereal bars, if you really want to send extra snacks). We won't let your child go hungry!

Please can parents... (continued)

- **DO NOT** allow your child to bring any electronics, **including mobile phones**. We will take pictures and put them on the Heronsgate Facebook page. Please ensure you notify us if you do NOT want your child's pictures to go on social media. We will go by our current information on file.
- No news is good news! If we have any concerns about your child, we will contact you.

Coach travel

- No electronics
- Water bottle (reusable and labelled)
- Travel sickness medication to be given at home on the day or at drop off by parent. Please provide some for the journey home with full instructions on a Heronsgate medical form.

Behaviour:

Trips with your children at Heronsgate so far... behaviour has been exemplary. We are confident that this will also be the case on this fantastic residential visit.

Medication

- We have Calpol and will administer, if required, with your permission
- Provide regular medication **(prescribed by a doctor*)** – see allocated staff member on the morning of drop off to complete a **Heronsgate medical form.**
- We will need to know: dosage, frequency, time of day and if it needs to be taken before / after / with food or drink
- ** travel sickness medication does not have to be prescribed*

Site Safety

- The Arrival Site Tour gives everyone onsite all our rules and the opportunity to ask questions.
- Staff are onsite 24/7.
- There is a manned Reception Desk from 8am until 10pm.
- The Night Porter covers from 10pm until 8am.
- Centre staff always have a Duty Phone on them that School staff note on arrival.
- They can provide First Aid.
- Security is very important to them; they perform a full site lock up and have a full perimeter fence.
- All the Fire Exits are alarmed so they are aware if anyone exits.
- There is CCTV throughout the site.
- Any Questions?

Departure and return arrangements

- Departure: Please bring your child to the school hall between 8:30 and 8:50am on Monday 18th March
- Any medical forms will need to be completed, with medication sufficient for the 3 days
- Give your child, if required, their travel sickness medication during the morning of departure. The coach will be leaving at approximately 9:15am
- Return will be approximately 4pm on Wednesday 20th March. Collect your child from the school hall. We will move late collection children to the library. After school care club can be used as normal.

Thank you! Any Questions

Our Website Link:

<https://activity-centres.naycacuk.co.uk/whitemoor-lakes/>

You Tube Video: (Slightly Dated)

<https://www.youtube.com/watch?v=q7kAEHg18A8>

Site Map:

