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Friday 2<sup>nd</sup> February 2024

Dear Year 5 Families,

As we are now in the Spring Term, we are pleased to say that we are beginning to prepare for our trip to Bowles (Friday 22<sup>nd</sup> – Sunday 24<sup>th</sup> March). Please read this letter carefully to see how you can support us and your children in preparation for the trip.

**Information required:**

In order to ensure a safe, enjoyable and successful trip, there are two forms for you to complete:

· **Bowles Consent and Medication Form** - form attached.

· **Saxon Code of Conduct** - form attached.

The Bowles Consent & Medication Form and the Code of Conduct Form will need to be returned as a printed paper copy. If you need any assistance with printing or completing either form, please contact the school office or your class teacher. It is vital that we have these forms returned as soon as possible, please ensure they are handed in by Friday 9<sup>TH</sup> February - many thanks for your support with this.

**Medication**

All medication required for the Bowles residential, **including Epipens and Inhalers** will need to be provided from home on the morning of the trip. Please note, any medication we hold in school for your child will remain in school.

If your child requires any medication, the medication form (link below) will need to be completed by **5pm on 20<sup>th</sup> March 2024**.

<https://forms.gle/V2Ss1jubM7hFfdCEA>

**Departure, updates & return time**

On Friday 22<sup>nd</sup> March children need to come into school in mufti clothes suitable for their first activity at Bowles later on in the afternoon as children will not have time to change following our arrival. Children should arrive to school from 8:30am as usual; however, we would ask that you enter through the KS1 playground gate to come directly into the Music Studio. Here, you will be able to leave children's bags, medication and pocket money, and Class Teachers will be available for parents to pass on any additional information.



We will be departing for Bowles at approximately 2.30pm in the afternoon. Once Year 5 have arrived at Bowles and are settled in, a text update will be sent to school which will then be forwarded onto parents. A text will then be sent daily to the numbers that have already been provided. The return time to Saxon on Sunday 24th, is expected to be 6:00pm.

On Monday 25<sup>th</sup> March, children who have been on the trip can arrive in school from 8:30am to 10:30am.

### **What to bring**

Attached is the Bowles kit list.

Please ensure that your child has all the necessary kit, especially gloves for skiing. Although there are water fountains available across the Bowles site, we ask that all children bring a reusable water bottle that they can take with them to activities throughout the day.

### **Pocket Money**

Please send no more than £5 with your child (in denominations no greater than £1 coins). This should be handed in on the morning of departure in a labeled envelope.

Please do ask any questions you may have in the upcoming weeks before the trip. We are delighted to be taking Year 5 on what is an extremely valuable and memorable experience. Thank you to all the adults at home for making this possible.

Yours sincerely,

Miss Adams and Miss Parsons

**Year 5 Residential**  
**Friday 22<sup>nd</sup> March – Sunday 24<sup>th</sup> March 2024**

**Kit List**

**What to bring:**

Activities will continue whatever the weather, so please be prepared. Please also be mindful that on arrival children and staff walk up a hill to their accommodation with all of their belongings. It is one weekend - please do not overpack. Large rucksacks are preferable. This is due to rucksacks being easier to transport up the hill by the children, as well as being easier to load onto the coach.

- Plastic water bottle
- Torch
- 3 or 4 sets of comfortable and practical clothing, including:
  - T-shirts / long sleeved tops (one needed for skiing)
  - Fleeces / sweatshirts / hoodies
  - Shorts / long trousers / leggings (jeans not advised due to the time they take to dry if raining)
  - **Please ensure your child has clothes to suit a range of weather conditions and bare in mind that clothes may get muddy.**
- Three sets of underwear (and spares if required)
- Three pairs of socks (and spares if required) **plus one pair of long, thick socks for skiing**
- Waterproof jacket (e.g. cagoule or anorak)
- Gloves (required for skiing)
- Two pairs of sensible activity shoes (e.g. trainers)
- One set of nightclothes
- Two towels (one for swimming)
- One swimming costume/trunks
- A wash bag including:
  - hairbrush/comb
  - shampoo
  - shower gel/soap
  - toothbrush & toothpaste
- Sun cream and a sun hat (just in case)
- A bin bag for dirty/wet clothes **plus** carrier bags for dirty shoes
- Reading book
- One cuddly toy (optional)
- Slippers (optional)
- Maximum £5 pocket money in a clearly named envelope. This is to be given to teachers on Friday 13<sup>th</sup> March. At Bowles, there is a small 'Tuck Shop' selling sweets, gifts and souvenirs and a drinks vending machine.

**ALL items must be named to help with the children's personal organisation and they are less likely to get lost!**

**What not to bring:**

- Electrical devices
- Mobile phones
- Jewellery
- Precious or expensive items
- Food or sweets
- Money (other than the £5 pocket money in the named envelope)

### **General Information.**

- Safety - Saxon staff and onsite staff have carried out a risk assessment of all activities. It is an expectation that safety rules are considered an absolute, and must be adhered to at all times. Accompanying staff will undergo a comprehensive briefing two weeks prior to the visit. Although there is a thorough safety management system in place, it has to be remembered that there are hazards associated with any planned visit – this is why they are such a powerful tool for the development of self-confidence and independence.
- Behaviour – The children will be expected to adhere to the behaviour expectations, listen carefully and do what they are asked to do. They are expected to behave in a responsible manner and will be supported in doing so by Saxon staff. All children and parents must sign the code of conduct attached before the trip, which will highlight the expectations. Please complete and return this form promptly. A child not adhering to the code of behaviour will be removed from the activity and if deemed necessary, from the trip.
- First Aid & Emergency Procedures – Members of staff at Bowles and Saxon staff accompanying the children hold relevant First Aid qualifications, and first aid facilities are available across the site. There are written emergency procedures from Bowles. Saxon staff and children will be briefed on the emergency and evacuation procedures in place.
- Activities – Children will be split into groups no bigger than 12. Groups will rotate around the activities timetabled for them. Activity sessions are structured to provide progression and success for all abilities, ensuring that children gain a solid grounding in the activity, instilling confidence and a true sense of achievement. Bowles' instructors are fully qualified and experienced in all the activities they teach; many of them have been working at Bowles for several years. Many of the instructors hold very high-level qualifications that go above and beyond the training that other centres can offer and we also employ a number of qualified teachers too. Bowles' ethos is to gently encourage people to challenge themselves and try new things. Their aim is to provide a safe, fun and memorable experience within which your child will develop their confidence, independence and awareness of their personal strengths and abilities. Amongst many other far more exciting things, children should come back knowing how to wipe a table, sweep a floor, manage a table of children at mealtimes and make a bed!
- Catering – Bowles provides three well-balanced and nutritious meals a day. Cooked fresh on site these meals are purposely designed to please hungry adventurers. The experienced caterers are able to deal with dietary requirements, **provided advance notice is given**. Dietary requirements should be returned promptly. Children are encouraged to 'Eat Smart'. Fruit is available throughout the day for snacks. Water is served to drink during meal times and numerous water fountains and taps are available between activities.
- Accommodation – Bowles has a modern, comfortable, centrally heated dormitory. Each bedroom has six beds (2 of which are bunk-beds). Communal washing and toilet facilities are found throughout the building. Clean linen and duvets are provided. We do expect the children to make their own beds on arrival, so perhaps a few pointers before their trip to Bowles would be a good idea. Miss Adams and Miss Parsons will plan the bedroom sharing groups, taking the children's friendships and wishes into consideration.
- Security – The external doors of the building are locked each night. All Bowles staff have DBS clearance and a member of their staff stays in the building overnight.