

# WHITEMOOR LAKES



# Whitemoor Lakes, Action Centres

## Year 7 Residential

26<sup>th</sup> June – 30<sup>th</sup> June 2023





# Aims of the Visit

Personal and Social Development

Fun!



# Trip Dates

7D AAS, 7E JWH, 7F CFL,  
from 26<sup>th</sup> June to 28<sup>th</sup> June.

7A KWI, 7B LHE, 7C CJO  
from 28<sup>th</sup> June to 30<sup>th</sup> June

# Staffing

26th June to 28<sup>th</sup> June

Miss Richards  
Mrs Christopher  
Mr Ashby  
Mr Whight  
Mrs Fletcher

Mrs Lambrou

28<sup>th</sup> June - 30<sup>th</sup> June

Miss Richards  
Mr Lee  
Mrs Winsor  
Miss Herbert  
Miss Jones

Mr Radbourne

# Whitemoor Lakes & Action Centres

Whitemoor Lakes and Action Centres UK/NAYC have a combined experience of over 50 years in looking after people.

Organising and hosting residential holidays for almost 300 affiliated youth groups. Welcoming around 150,000 people from around the world to the centre each year.

Their experience helps groups achieve the aims of their residential whilst providing the right environment for a positive and long lasting impact.

# The site

The centre is on the very edge of the National Forest; situated off the A38 just 10 miles north-east of Birmingham, only a few minutes from the M6 Toll Road and adjacent to the National Memorial Arboretum.





The 6,000 m<sup>2</sup> centre includes:

- Reception / Recreation Area / Training Room – an exciting building to form the core of our state-of-the-art facilities.
- Dining Room, Kitchen, Meeting Rooms – an attractive pine-clad facility to prepare and enjoy good, home-cooked food – and a place for 300 to meet for conferences.
- 6 Bedroom Wings accommodating 8 groups and up to 300 guests – contemporary rooms with en suite bathrooms, and facilities for various kinds of disabilities and special needs.
- Each wing has its own group lounge with kitchenette.
- High quality, environmentally sustainable buildings.



# Itinerary

Day 1      Leave Kingshill at 9.00 am  
              Arrive Whitemoor Lakes at 11.30 am  
              Picnic lunch  
              2-3.30 Activity one  
              4-5.30 Activity two  
              Dinner at 6.00 pm  
              Evening activity at 7.30 pm  
              In rooms at 9.30 pm, lights out at  
              10 pm

# Itinerary

Day 2 Rise and shine

Breakfast

Two lots of activities

Lunch

Two activities

Dinner

Evening activity

Diary writing and hot chocolate!

In rooms at 9.30 pm, lights out at 10 pm

# Itinerary

Day 3 Rise and continue to shine

Breakfast at 8.00 am

Two activities

Lunch at 12.30 pm

Coach departs for Kingshill at 1.00 pm

Arrive at Kingshill by 3.00 pm

# Activities

Each group stays with one instructor and (mostly) one member of staff.

Day activities - climbing, canoeing, kayaking, high ropes, problem solving, raft building, abseiling and zip wire.

Evening - Night walk, campfire.






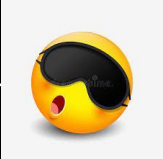
# Accommodation

Rooms of 4-5

All en suite

Staff distributed  
throughout



Name	Tutor	
<p>Please name 4 friends that you would be happy to share a room with at Whitemoor Lakes. They must be on the same side of the year group as you.</p>		
1		
2		
3		
4		
		



# Hot chocolate in the lounge





# Food

Packed lunch and evening meal on day one.

Breakfast, lunch, dinner and tuck-shop visit on day two.

Breakfast and lunch on day three.

Students need their own water bottle.

Meals are nutritious and well balanced.





# Equipment List

- Bedding is provided.
- Something other than jeans for activities.
- Long trousers and sleeves needed for many activities.
- Old trainers, extra socks.
- Waterproofs and sunscreen.
- A plastic bag (bin bag) for muddy and wet clothes

# Medication

- Students who need them must carry inhalers.
- Students who take medication should label it with clear instructions as to when and how much to take and give it to their tutor unless they have arranged otherwise with me.
- For any pupils with health plans lodged in school, all staff on the trip will be made aware of their needs.
- Please speak to your child's tutor if you have any concerns.

# What Not To Take

Please, no mobile phones.



You will be given details of how to contact the centre in an emergency and there is a pay phone if your child really needs to hear your voice.



# What Not To Take

- No expensive cameras: they can so easily get lost or damaged. It is better to take a disposable.

No more than £2-3 for the tuck shop.

# Standard of behaviour

- Primary concern is everyone's safety.
- Follow instructions of Whitemoor Lakes' staff.
- Courtesy and politeness.

# Security

- The centre has a main gate with barrier. There are security staff on duty 24 hours a day.
- Centre staff patrol the area outside the pupil bedrooms after lights out.
- There is no access to the general public.
- Students should not come outside between 9.30 pm and 7 am unless the fire alarm goes off or a member of staff tells them to go outside.
- Anyone breaking these simple rules can expect to be sent home.

# Insurance

Activity centre has  
£10 million of public  
liability cover.

# Diary

- The students will have a diary to fill in whilst on their visit.
- There will be a competition for the best diary when we return to school.

# Thank you for your time.

## Dining Room

### PLEASE RETURN ALL FORMS TO TUTORS

Tel:  
01283 795000  
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Barley Green Lane  
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Staffordshire  
WS13 8QT