

# WHITEMOOR LAKES



# Reminder - Trip Dates

7A RSM, 7B PHA, 7C SET,  
from 1<sup>st</sup> July to 3<sup>rd</sup> July.

7D SKA, 7E RWH, 7F RDE  
from 3<sup>rd</sup> July to 5<sup>th</sup> July.

# Staffing

## 1<sup>st</sup> - 3<sup>rd</sup> July

Mr Ryder

Mr Hamblin

Mr Radbourne

Miss Smith

Miss Ethelston

Mrs Jefferies

## 3<sup>rd</sup>-5<sup>th</sup> July

Mr Ryder

Mr Karunaratne

Mr Patching

Miss Whitehouse

Miss Deito

Mrs Norman

# Expectations

- Best behaviour!
- Treat everyone with respect.
- Listen to instructions at all times.
- The aim of the trip is to be a positive experience for everyone. Therefore only words of encouragement – no negativity.



# Packed lunch / Dinning hall



- You will need a packed lunch for the first day.
- We will all eat together when in the dinning hall.
- Once you have finished your meal you must remain at your table and wait for the rest of the year group to finish, there will be no leaving and wandering off.
- No wearing of sun hats when going in for a meal.
- You will be required to clear away your plates/ cutlery at the end of each meal.
- You will be provided with a packed lunch to have on the return day.



## Sample Menu

Whitemoor Lakes need to be informed of anyone with a food allergy – **Triplicate sheets**

They will be able to cater for everyone.

Days will be action packed so it is important everyone eats well

Meals are nutritious and well balanced

Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Bacon (GF, DF)/ Veg, Bacon (DF)	Sausage (DF)/ Veg Sausage (VE, GF)
	Spaghetti Hoops (VE)	Baked beans (VE, GF)
	Waffles(VE)	Hash Brown(VE, GF)
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Ham Pasta Bake/Vegan Pasta Bake (VE)	Chicken Nuggets (DF), Vegan Nuggets(VE)
	Sweetcorn (VE,GF)	Chips (VE, GF)
	Garlic Bread	Peas (VE, GF)
		Battered Fish(DF)
	Salad bars	
	<b>Extra Option</b>	<b>Extra Option</b>
	Roast Pork Baps	Ham/Salami/Cheese Sandwich
	<b>Dessert</b>	
	<b>Honey Cake</b>	<b>Cookies</b>
	<b>Salad Bar</b>	<b>Salad Bar</b>
	Tomato	Salad Bar
	Cucumber	Tomato
	Iceberg Lettuce	Cucumber
	Potato Salad	Iceberg Lettuce
	Coleslaw	Potato Salad
	Red Onion	Coleslaw
	Pasta Salad	Red Onion
	Sweetcorn	Pasta Salad
		Sweetcorn
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Pork Meatballs(DF),	Cirencester Group 2 26th-28th June
Roast Chicken (GF, DF) Vegan Roast(VE)	Vegan Meatballs (VE,GF)	
Roast Potato (VE, GF)	Mash Potato	
Roast Carrots,(VE,GF) Green Beans(VE,GF)	Gravy, Green Beans	
<b>Dessert</b>	<b>Dessert</b>	
Jam Sponge Rolls	Chocolate Slice	

# Rooms



- Each lodge will have teachers at either end.
- Get up will be approximately **7.15/7.30am** – we will give you a wake up call so no need for alarm clocks.
- You will be in your rooms for 9.30pm and lights out at 10.00pm
- Please remember you are there to sleep!
- You will be sharing a room which is ensuite. You will need to be organised and tidy.
- Limit your time in the bathroom – remember there are others waiting to use.
- There is a no aerosol policy at Whitemoor.

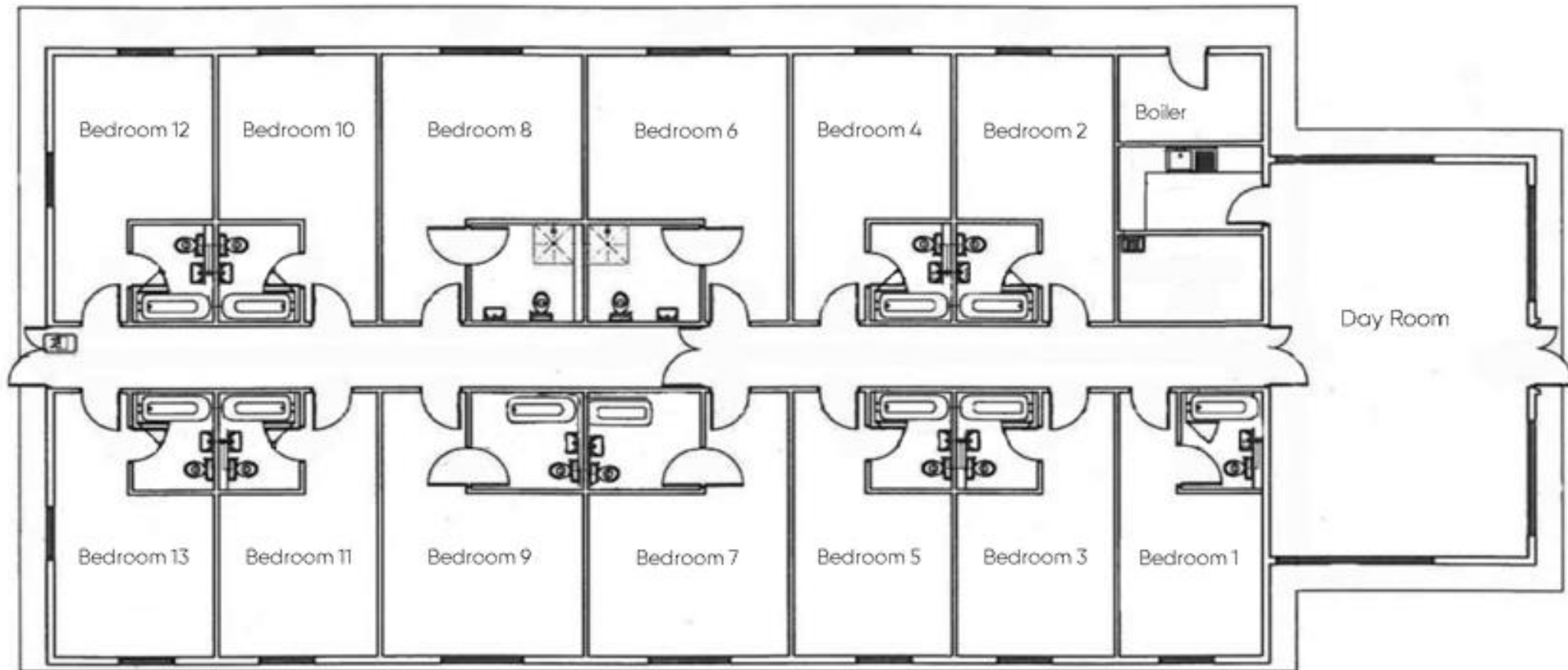
# Diary

- 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.



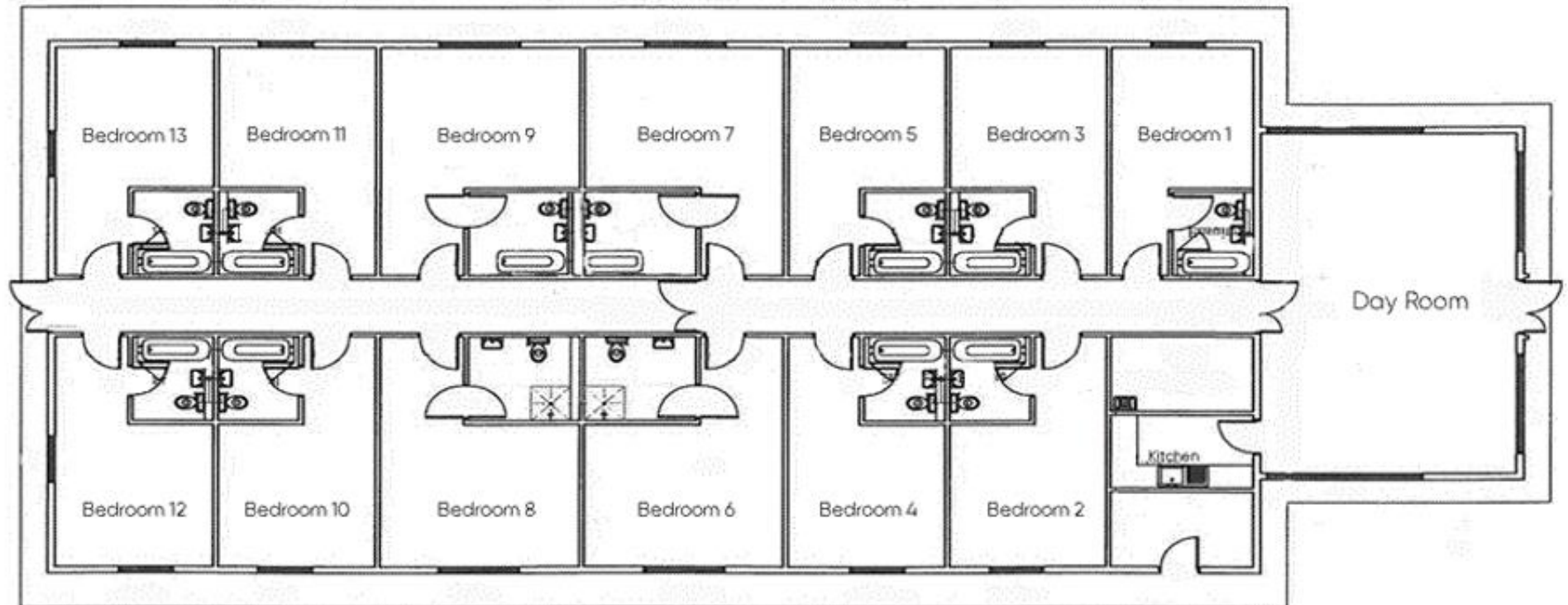
Lodge 1

# Buttermere Lodge



Lodge 2

# Derwent Lodge



# Kit List

- Make sure you come prepared for all types of weather. It's a good idea to have extra socks/ spare pair of old trainers in case they get wet.
- Bedding is provided
- Don't forget things like sun cream / insect repellent.
- You must bring a water bottle.
- Long trousers/long sleeve tops (no jeans)
- Appropriate shorts for activities – no nike pro's etc
- Use your kit list to check that you have everything when it comes to packing to go home.
- A black bin bag with your name on it is always a good idea to take wet clothes/ towels home in.

# 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.

# Activity groups

- I have purposefully mixed up your friendship groups.
- You may have one or two of your friends in your group, but remember the idea is to get to know other pupils.
- Make the most of this opportunity to expand your friendship groups.
- Each group will be 10-12 pupils and one member of Kingshill staff along with the Whitemoor instructors.

# 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

Morning activity

Lunch at 12.30 pm

Coach departs for Kingshill at 1.00 pm

Arrive at Kingshill by 3.00 pm - we will let you know if we are running late!

## Example of activities

	Monday				Tuesday					Wednesday		
	12.00	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	1.00
Group 1	Arrival and Welcome	Zipwire 1	Problem Solving 1	Campfire 1	Canoeing 1	Challenge Course 1	Climbing 1	Raft Building 1	Night Walk 2	Leap of Faith 2	Team Games	Goodbyes and depart
Group 2		Leap of Faith 2	Zipwire 1		Problem Solving 1	Canoeing 1	Challenge Course 1	Climbing 1		Raft Building 1		
Group 3		Raft Building 1	Leap of Faith 2		Zipwire 1	Problem Solving 1	Canoeing 1	Challenge Course 1		Climbing 1		
Group 4		Climbing 1	Raft Building 1		Leap of Faith 2	Zipwire 1	Problem Solving 1	Canoeing 1		Challenge Course 1		
Group 5		Challenge Course 1	Climbing 1		Raft Building 1	Leap of Faith 2	Zipwire 1	Problem Solving 1		Canoeing 1		
Group 6		Canoeing 1	Challenge Course 1		Climbing 1	Raft Building 1	Leap of Faith 2	Zipwire 1		Problem Solving 1		
Group 7		Problem Solving 1	Canoeing 1		Challenge Course 1	Climbing 1	Raft Building 1	Leap of Faith 2		Zipwire 1		

# Cameras

- No mobile phones – this is a rule that Whitemoor insist upon. Anyone caught with a mobile will have it confiscated and a sanction when we return to school.
- It is advisable to bring a disposable camera rather than a nice digital one that could get damaged or even lost.
- You will be responsible for your own equipment, do not ask staff to hold it for you while you do an activity.
- I will be taking my camera and will aim to take hundreds of photos!

Your Questions

Please see me at the end