

Year 6 Residential Information Meeting



LACHES WOOD OUTDOOR CENTRE
OUTSIDE LEARNING FROM OFF THE BEATEN TRACK



Aims

- To provide information about where Laches Wood is and about the site itself.
- To share the activity programme and what a typical day at Laches Wood is like.
- To go through what the children need to bring ('Kit list' handout) and an overview of mealtimes.
- To provide information on completing the 'Medical Information, Consent Form' and to outline the organisation for day of departure/return.

Laches Wood

Monday 3rd June – Friday 7th June 2023

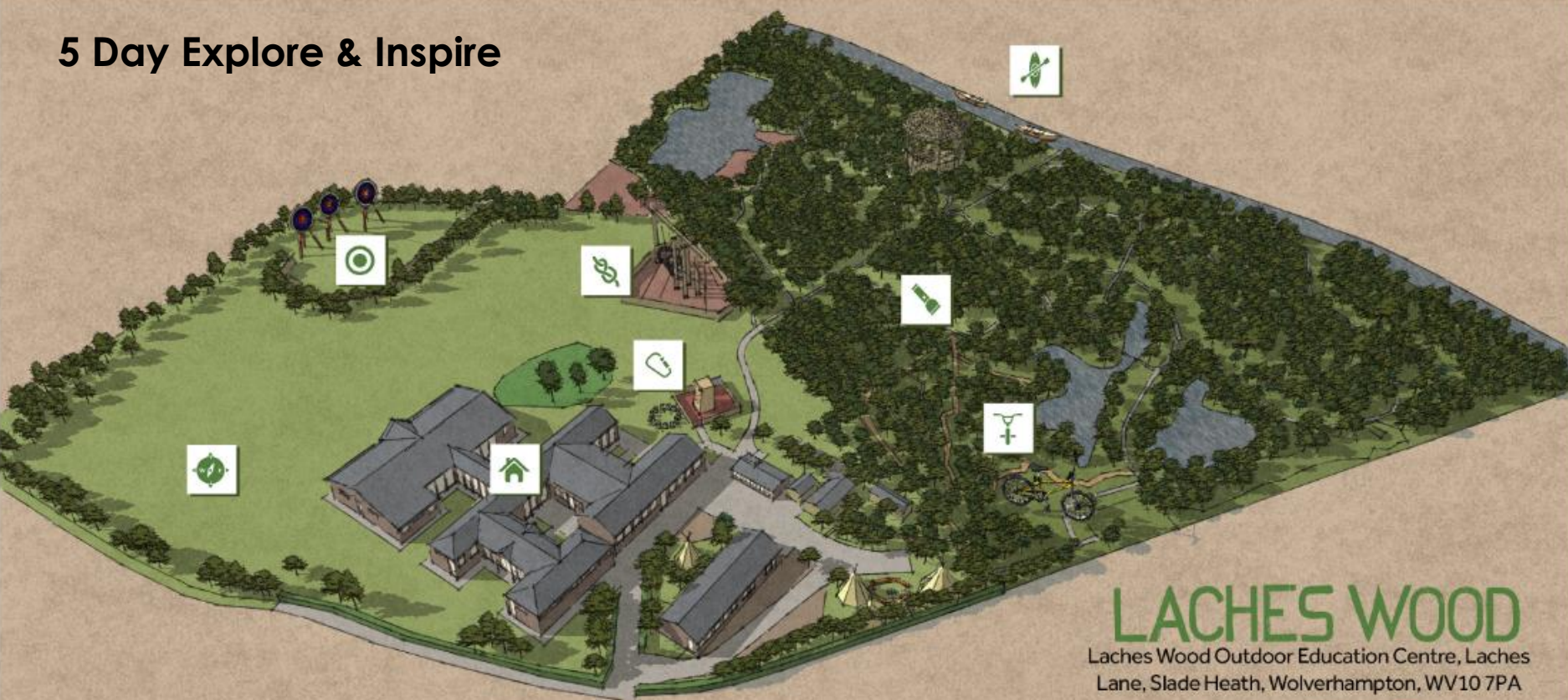


Laches Wood
Outdoor Education Centre
Slade Heath
Wolverhampton
WV10 7PA



<https://youtu.be/TuiBFJODwzs>

5 Day Explore & Inspire



LACHES WOOD

Laches Wood Outdoor Education Centre, Laches Lane, Slade Heath, Wolverhampton, WV10 7PA

- | | | | | | | | |
|--|-----------------|---|---------------|--|--------------|---|--------------|
|  | SEARCH & RESCUE |  | CANOEING |  | ARCHERY AREA |  | HIGH ROPES |
|  | BMXING |  | CLIMBING WALL |  | DORMITORIES |  | ORIENTEERING |

Staff

Mrs Mander

Mrs Fuller/Miss Jones

Mrs Lindsay

Mrs Langston

Miss Berry

Mrs Clark

Mr Ferguson

- Qualified Laches Wood instructors for each activity and a Laches Wood Duty Manager who stays on site throughout the night.



Accommodation



There are lots of different dormitory blocks at Laches Wood.

Boys and girls will be housed in separate dormitory blocks. The numbers in each dormitory vary in size.

Within the blocks are individual staff dormitories and part of their settling in will be to ensure they are clear of their closest member of staff to call upon if they need to.

Accommodation

The rooms are organised with bunk beds.

The children will also have a designated washroom with shower/toilet facilities.

As mentioned in the kit list, they will need:

- Single duvet cover
- Pillowcase
- Fitted sheet

They will be expected to 'make up' their own beds on arrival.

The children are not permitted in their dormitories during 'free time'.



Weekly Programme

Children will be completing their activities in their designated squad.

Throughout the week they will work together as a team and experience lots of challenges.

They will also have a 'duty' to complete each day.

Team competition!

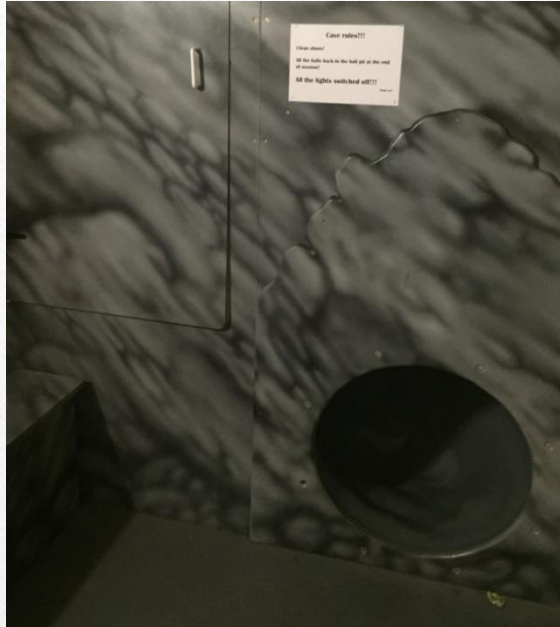


- Caving
- Biking
- Climbing
- Rock Room
- Archery
- Frisbee Golf
- Canoeing
- High Ropes
- Search and Rescue
- Day Expedition to Carding Mill Valley

Climbing and Rock Room



Biking, Caving and Archery



Recommend a long-sleeved t-shirt for archery.



Canoeing and High Ropes

For canoeing, please consider your footwear, ideally bring a pair of old trainers that you do not mind your child getting wet.



Day Visit to Carding Mill Valley Shropshire




A Typical Day



7.30am-8am	Wake up and get ready
8.30am-9am	Breakfast
10.30am – 12.30pm	Morning Activity
12.30pm – 1.30pm	Lunch (packed lunch) Free time and time to get ready for afternoon activity.
1.45pm- 5pm	Afternoon Activity
5pm-6pm	Dinner
6-7pm	Free time
7pm-8pm	Evening Activity
8.30pm	Hot chocolate + biscuit
9-9.30pm	Getting settled and ready for bed



Food at Laches Wood

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>	Omelette with Sausage & Hash Brown	Scrambled Egg with Bacon & Potato Waffle	Omelette with Sausage & Spaghetti Hoops	Bacon with Hash Brown & Tomatoes	Scrambled Egg with Sausage & Beans
	ALSO AVAILABLE: Fresh Fruit, Yoghurt, Cereals, Toast, Teacakes, Crumpets & Pancakes with Butter, Marmalade & Jam, Tea, Milk & Fruit Juice				
<i>Lunch:</i> Choice of Sandwiches, Crisps, Fresh Fruit, Cookie & Cold Drink					
<i>Dinner</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	Pork Sausages with Mash, Yorkie & Gravy	Pasta with Chicken Meatballs in Classic Tomato Sauce with Garlic Bread	Roast Turkey with Roasties & Gravy	Fish Fingers with Seasoned Potato Wedges	 <p><i>Supper</i> Hot chocolate and biscuits</p>
	Veggie Sausages with Mash, Yorkie & Gravy (v)	Classic Tomato Pasta with Garlic Bread (v)	Quorn Fillet with Roasties & Gravy (v)	Margherita Pizza with Seasoned Potato Wedges (v)	
	Carrots & Peas	Peas & Sweetcorn	Carrots & Broccoli	Sweetcorn & Slaw	
Chocolate Brownie	Toffee Apple Sponge	Marble Sponge	Jam Sponge		
<i>Jacket Potatoes</i> with a choice of fillings					

A salad bar, fresh fruit, jelly & mousse will be available daily.

Please inform any of the Year 6 team after tonight's meeting if your child has any food allergies or intolerances.

Kit List

Equipment List for Visits to Entrust Outdoor Education Centres



The checklist below has been compiled to help you prepare and pack for your visit. It is not necessary to go out and buy lots of new and expensive items for the visit as you are likely to get wet and mucky at times. Old but comfortable clothes are great! Please avoid jeans for activity wear as once they are wet, they become very uncomfortable and you will get cold easily.

Entrust Outdoors will provide all specialist and safety equipment required for the activities, including waterproofs and rucksacks for walking activities.

Please label all your clothes, packing your bag with the help of an adult if required. Tick off the checklist and bring it along to the centre with you, which may help when re-packing before your return home. You may have to help put your bag on the coach and carry it to your accommodation so make sure you can manage it all.

Accommodation

Dormitory

Single duvet cover, single sheet and two pillowcases.
(Entrust will provide a duvet and two pillows)

Camping

Sleeping bag, pillow with pillowcase
(Entrust will supply sleeping mats)

Item	Number	Packed at Home
<i>(Example) T Shirts</i>	4	✓
Underwear		
Socks, including warm, full length long socks for walking		
T-shirts		
Trousers/tracksuit bottoms and shorts		
Warm jumpers		
Outdoor trainers x 2 pairs		
Walking boots (if you have them)		
Indoor footwear e.g. slippers or sliders		
Wellingtons		
Waterproof and warm outdoor coat		
Nightwear		
Hat, gloves, scarf		
Sun hat, sunglasses, sun cream		
Wash kit		
Towel		
Water bottle – 1 litre, leak proof is good		
Torch		
Packed Lunch for first day of the visit		

****Camping/plastic mug for hot chocolate with no lid.**

Important information

- Recommend bringing a rucksack – please bring a packed lunch for lunch on the first day.
- Please do not bring mobile phones.
- Cameras and hairdryers can be brought but no straighteners please.
- Pocket money: for an ice-cream on our daytrip Carding Mill Valley. For Laches Wood souvenirs. £10 suggested amount in change please. Children are responsible for their own money.
- Children are welcome to bring: a book (maybe a small reading light), magazine, pack of cards, drawing books, pens/pencils.
- Recommend to bring a packet of biscuits which will be placed in your team's tuck box. No items containing nuts and no snacks are allowed in the dormitory.

Medical and Consent Form

It must not be completed more than 14 days prior to the visit.

All children must have returned the form prior to departure.

LACHES WOOD MEDICAL INFORMATION & CONSENT FORM

For all participants under 18, this form should be completed by a parent, guardian, or those with parental responsibility.

It should not be completed more than 14 days prior to the visit to ensure the information is as current as possible.

Name Of Participant	Date Of Birth	School/Establishment
Participant's Address:		Home telephone Number
Parent/Guardian/Contact Name(s)	Relationship to participant	Contact numbers:
		Home:
		Work:



By signing below I consent for the participant to receive, if necessary, the proprietary medicines listed below at the dosage appropriate for their age:

Ailment	Treatment
Nasal Congestion and Sore throats	Decongestant Lozenge (<u>e.g.</u> Tunes)
Headache	Paracetamol, Calpol (<u>or</u> equivalent)
Insect or plant bites or stings	Proprietary cream or spray
Sore Lips	Lip Salve or Vaseline
Sun Protection	<u>Sun Screen</u> /cream
Asthma	Ventolin Inhaler if participants own has run out. This will only be given if YES for Asthma is ticked

I accept that if the participant named on this form does not behave responsibly within the guidance given by the Entrust staff, they may be asked to leave the centre. It is my responsibility to make immediate arrangements for them to return home and pay any costs incurred.

I understand the nature of the activities the participant will be undertaking and I consent to the participant named taking part in activities provided by Entrust Outdoors. I also agree that should there need to be a change to the planned activities a reasonable substitute will be approved by the Visit Leader on my behalf.

I declare I have answered all the questions to the best of my ability and have not knowingly withheld any information regarding the physical fitness of the participant.

I understand that the information in this form will be shared with Entrust Outdoors and their staff to enable the provision of their services.

Signature (Person with parental responsibility if participant under 18)	Print Name	Date
...		

The data provided will be used to ensure the appropriate care and treatment of participants. It will be shared with health professionals as required.

Medication

Your child's medication should be:

- Clearly labelled with their name and dosage.
- There will be a medication 'drop off point' set up on Monday 3rd June and it can be collected from Five Ways staff on our return.

Monday 3rd June – Off we go!

Medication 'drop off' desk set up outside front of school for those with medication from 8.30 onwards.

Cases placed underneath the canopy, outside the main KS1 building ready to be loaded on to the coaches. If you are able to wait to wave goodbye to your child, please keep the case with you until the coach arrives.

Your child should go to their normal classroom for registration at the normal time.

Coaches due approx. 9.30am.



Friday 7th June – Our Return

We aim to leave the centre at around 2pm and aim to return to school at around 2.30p.m-2.45p.m.

A text message will be sent once we leave Laches Wood.

Frequently Asked Questions



- What if my child is nervous about sleeping away from home?
- What is my child is nervous about doing any of the activities?
- What if my child will only eat certain foods?

Please speak to a member of staff after the meeting regarding any specific needs or concerns.