

# Laches Wood

Monday 3<sup>rd</sup> June – Friday 7<sup>th</sup> June 2019



Laches Wood  
Outdoor Education Centre  
Slade Heath  
Wolverhampton  
WV10 7PA



# Aims

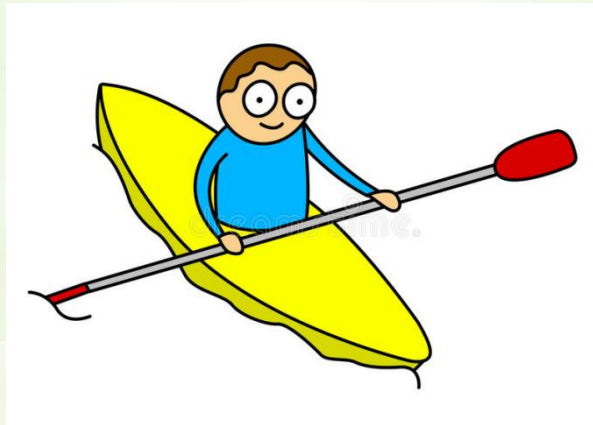
- ❖ **To provide information on what children are expected to bring to Laches Wood.**
- ❖ **To describe a typical day at Laches Wood.**
- ❖ **To share the activity programme.**
- ❖ **To give details on meal times at Laches Wood.**
- ❖ **To provide information on completing the 'Medical Information and Consent Form'.**

# Kit List

Accommodation		
Dormitory	Camping	
Single duvet cover, pillow case. <i>Entrust will provide duvets, pillows and bottom sheets.</i>	Sleeping bag, pillow. <i>Entrust will supply sleeping mats</i>	
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		
Shorts		
Warm jumpers		
Outdoor trainers and walking boots if you have them.		
Indoor trainers		
Wellingtons		
Waterproof and warm outdoor coat		
Nightwear		
Swimwear, shorts and T-shirt to get wet in for water activities		
Hat, gloves, scarf		
Sun hat, sun glasses, sun cream		
Wash kit		
Towel (more than one if attending a water sports course)		
<b>Additional Items</b>		
Torch and spare batteries		
<b>Unbreakable mug and tea towel ( Chasewater and Laches Wood only)</b>		
Water bottle		
Pocket money		
Plastic Bags for wet and dirty clothes		
Lip Salve		
<b>Medication if required. Labelled and given to Visit Leader</b>		
Pens and pencils, and a book to read.		

# Kit List

For water sport activities please bring a pair of old trainers which you do not mind getting wet.



# **Leave these items at home**

**Please do not bring mobile phones. School staff will arrange contact with home if necessary.**

**Please do not bring electrical items such as iPods, games devices etc. as Entrust Outdoors cannot be held responsible for loss or damage.**

**Snacks and drinks will not be allowed in the dormitories. There may be other visitors on site who may have allergies which could be activated by your snacks.**

# Supper

## Hot Chocolate and Biscuits

**Please bring one packet of biscuits that you can eat during this time. (Avoid biscuits that contain nuts.)**

**Remember to bring a labelled camping mug.**



# Kit List

The kit list has been compiled to help you prepare for your visit. It is not necessary to go out and buy lots of new and expensive things 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.

# **Medication**

**Clearly labelled with name and dosage.**

**Adult to give medication to Five Ways staff attending the visit on Monday.**

**Adult to collect medication from Five Ways on Friday.**





# On Arrival

**Take their case from the coach**

**Make bed (duvet and pillowcase)**

**Unpack**

**Meet in the dining room**



# **A Typical Morning**

**Children will be woken up.**

**They will be told when they need to be ready for breakfast according to the rota. They will be expected to get washed, dressed and make their bed.**

**Eat breakfast**

**Complete duties**

**Get ready for morning activities**

**Take part in morning activities**

**Prepare for lunch.**



# Duties

**Each squad are given duties to complete. These are scored out of 10.**

**For example a squad may be asked to sweep the dining hall while another squad is asked to Hoover the corridor.**



# A Typical Afternoon

**Prepare for afternoon activities.**

**Take part in afternoon activities.**

**On some days there will be the opportunity for free time in the grounds of the site. (Children will not be allowed in the dormitories during this time.)**

**On designated days children will be allowed to purchase souvenirs and snacks from the shop.**

**Have dinner.**



# A Typical Evening

**Take part in the evening activity.**

**Complete Log Books.**

**Drink hot chocolate and eat snacks.**

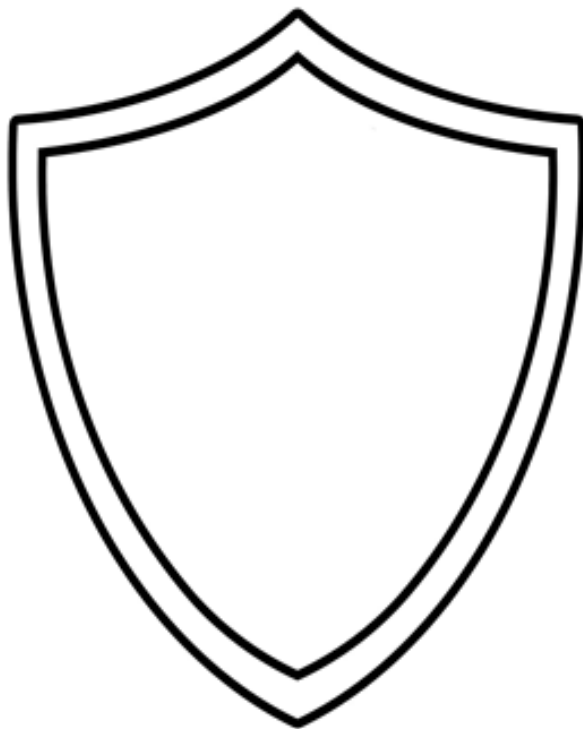
**Get ready to go to sleep.**

**Lights out.**



# Log Book

Laches Wood 2019



This booklet belongs to \_\_\_\_\_

Squad name \_\_\_\_\_

Squad members

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Squad qualities



Duties



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Log Book



Points



## Team points

Day	Points scored	Running total
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

## Dormitory points

Day	Points scored	Running total
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Day  
#1

Day  
#1

Monday

## Monday's Madness

What happened today? How do you feel? What did you eat?  
Have you done something that you haven't done before? Would you do it again?

---

---

---

---

---

---

---

---

---

---

## Something I enjoyed today:

---

---

---



# Weekly Programme

MONDAY	Morning	Arrive and introductions Settle in to the centre										ST AFF	
		A + B		C + D		E + F		G + H		I + J			K + L
	Afternoon	Climbing and Rock Room		Biking and Caving		Archery		Bushcraft		Rock Room and Climbing			High Ropes
	Evening	Number Plates											

TUESDAY	Morning	Bushcraft		High Ropes		Climbing and Rock Room		Rock Room and Climbing		Canoeing		Archery	
	Afternoon	High Ropes		Archery		Bushcraft		Canoeing		Caving and Biking		Biking and Caving	
	Evening	Photo Trail											

WEDNESDAY	Morning	Day Expedition		Archery		Bushcraft		Rock Room and Climbing	
	Afternoon	Carding Mill Valley		High Ropes		High Ropes		Canoeing	
	Evening	Campfire							

THURSDAY	Morning	Archery		Canoeing		High Ropes		Day Expedition	
	Afternoon	Biking and Caving		Rock Room and Climbing		Caving and Biking		Carding Mill Valley	
	Evening								

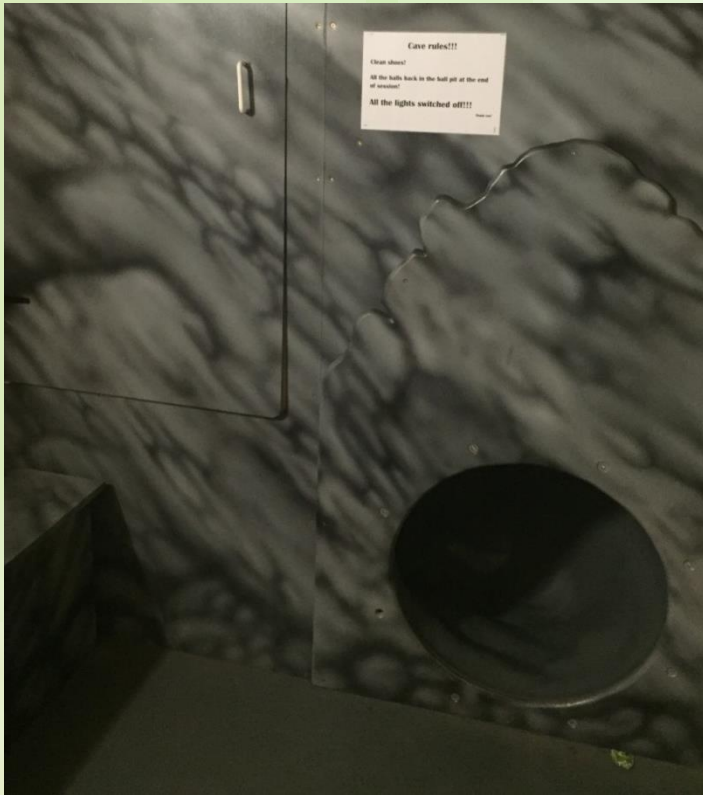
FRIDAY	Morning	Canoeing		Bushcraft		Canoeing		Biking and Caving		Archery		Bushcraft	
	Afternoon	Farewell Presentation Depart 2.00 pm											



# Climbing and Rock Room



# Biking and Caving





# Archery



# Bush Craft





# High Ropes



# Canoeing





# Day Visit to Carding Mill Valley Shropshire



# Meal Choices

## Outdoor Education Menu

**entrust**  
Inspiring Futures

in  
partnership  
with

**Chartwells**  
EAT LEARN LIVE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Hash Brown, Beans and Bacon	Staffordshire Sausage, Mini Waffles and Scrambled Eggs	Baked Beans, Omelette and Bacon	Hash Browns,, Staffordshire Sausage and Baked Beans	Scrambles Egg, Sausage and Grilled Tomatoes
	Also available - Cereals, Porridge, Tea Cakes, Toast and Crumpets with Butter, Marmalade & Jam. Tea, Pure Fruit Juice, Milk, Fresh Fruit, Yoghurts				
<b>Lunch</b>	Picnic Box Selection of Sandwiches or Baps, Crisps, Piece of Fruit, Biscuit or Homemade Tray Bake and a Cold Drink				
<b>Dinner</b>	Pork Sausage with Gravy, Mashed Potato  Quorn Sausage with Mash Potato and Gravy  Jacket Potatoes with a Selection of Toppings	Traditional Beef Lasagne  Vegetable Pasta Bake  Garlic Bread  Jacket Potato and a Selection of Toppings	Roast Turkey with Roast Potatoes and Gravy  Quorn Roast with Roast Potatoes and Gravy  Jacket Potato and a Selection of Toppings	Cheese and Tomato Pizza  Vegetable Burger  Wedges  Jacket Potato and a Selection of Toppings	
<b>Vegetables</b>	Carrots, Peas & mixed Salad	Broccoli and Sweetcorn & Mixed Salad	Carrot and Swede & Mixed Salad	House Slaw and Sweetcorn and Mixed Salad	
<b>Hot Dessert</b>	Marble Cake and Ice Cream	Lemon Drizzle Cake	Ginger Bread Cake with Custard	Jam and Coconut Sponge and Ice Cream	
<b>Supper</b>	Hot Chocolate and Biscuits				



# Medical Information and Consent Form

It must not be completed more than 14 days prior to the visit - Monday 20th May.

Please return by Friday 24<sup>th</sup> May (Before half term).



## **ENTRUST OUTDOORS MEDICAL INFORMATION & CONSENT FORM**

All participants must complete this form to be accepted onto any Entrust Outdoors course. 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.

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: Mobile Best 24 hour contact number
Participant's Doctors Name	Address	Telephone

# **Who will look after the children?**

**Each activity will be lead by a member of the Laches Wood team.**

**There will be a member of Five Ways staff available for each group.**

**In the evenings, Five Ways staff will look after the children.**

# Which teachers are going?

**Mrs Tandy**

**Mrs Fuller/Miss Jones**

**Miss Myatt**

**Mr Doughty**

**Mr Ferguson**

**Mrs Clark**

# **Setting off from School**

**Medication 'drop off' point – Mrs Clark and Mr Ferguson will collect medication and check it against details given on the medical consent forms.**

**Your child's suitcase should be left, 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 classroom for registration as they usually do.**

# Returning to School

**On Friday we will return from Laches Wood after lunch.**

**When we are leaving the site, a text message will be sent to parents so that you can come and collect your child.**

**(Approximately 2:00pm – 2:45pm)**

# FAQ

- **My child has never stayed away from home. How will they be supported?**
- **My child requires special medication. What should I do?**
- **My child has special dietary requirements. Who should I speak to?**
- **Can my child contact home during the week?**
- **My child has night terrors /sleep walks. What should I do?**
- **My child sometimes wets the bed. What should I do?**
- **My child struggles to organise themselves in the morning. What should I do?**
- **Can my child take any spending money with them?**