

PROGRAMME

Below is an outline of what will be happening over the two days. The timing of activities will be dependent on the availability of certain centre based activities.

Time	Thursday 18 th	Friday 19 th
08.30		Wake Up Wash Breakfast in the Heron Marquee
09.30-11.00		Giant Swing (1) Water Orbs (2) Climbing (3)
11.15-12.45		Climbing (1) Giant Swing (2) Water Orbs (3)
12.45		LUNCH
13.15-14.45		Water Orbs (1) Climbing (2) Giant Swing (3)
15.00-16.30	Welcome & Check In as of 4pm	Bell Boating for all groups
17.00-18.00	Dinner in the Heron Marquee	Children to be picked up by parents at 5pm
18.00-19.30	Team Challenges	
22.00	Lights Out	

SACRED HEART CATHOLIC PRIMARY SCHOOL

LONGRIDGE OUTDOOR ACTIVITY TRIP YEAR 5



18th – 19th October 2018

I. Activity Centre Address

Longridge Activity Centre
Quarry Wood Road
Marlow
Bucks

If you need to contact the group please call the School Office during the day and your message will be passed on.

Sacred Heart School: Office: 01491 572796

2. Kit List (No School Uniform)

Everyone going to Longridge must bring the following:

Sleeping bag
Warm jumpers, sweatshirts, waterproof coat & strong shoes
You will also need a pair of old trainers or water shoes
Change of Clothes x 3 including a pair of Pyjamas
Shorts and Trainers, Shirts/T-Shirts, Tracksuit Bottoms
Jeans are not to be worn for daytime activities as they are heavy when wet
Swimming Kit & Towels (2 or 3 as they get wet!)
Wash Kit (Flannel, Soap, Toothbrush, Toothpaste) Hairbrush & Comb
Torch
Disposable Camera (optional)
A sense of humour!!!

The above is a **minimum** kit list, however, if you would like to bring extra, please make sure it all fits in one bag or holdall.

Parents are requested to ensure that all personal belongings are clearly marked to avoid loss.

DO NOT bring mobile phones or electronic games.

3. Welfare

If your child takes medicines or pills of any description you must make this known to the staff on the relevant consent forms, who will then be responsible for seeing that you take them at the prescribed times. Please put all medication in a clear, named bag. If your child does feel ill they should inform one of the staff.

Do not take any pills or medication without our prior knowledge.

4. Parents Consent Form (OA Forms)

The Parents Consent Form must be returned before we leave for Longridge.

No child is allowed to go on the trip unless this form is completed and returned. If there is anything not specifically covered on the consent form that we as staff should know about, please write this information on the back of the form.

5. Spending Money

There will be little opportunity or need to spend money. However, as there is a small shop on the site we suggest that £2 will be more than sufficient.

6. Travel Arrangements

Parents are responsible for transporting their own children to and from the venue.

7. Staff

Mrs Artherton & Mr Steele

8. Programme

The details of this years programme are presented on the back page. There may be some changes to suit circumstances

9. FINALLY

Children, the trip will be what **YOU** make of it, so come with the aim of taking part in all the activities provided, whether it be climbing, water orbs or even washing up! If you do, then I can guarantee that you will have both an exciting and memorable time at Longridge.