

Year 5 2019 Kingswood Residential Trip



- Monday to Friday (Monday 29th April 2019)
- Drive down to West Runton in Norfolk (about 3 hours)
- Stop at High Lodge in Thetford for packed lunch
- Arrive at Kingswood @ 3.00pm
- Dorms – make beds and then to an evening activity



Activities

- We will be doing lots of activities everyday and in the evening
- Timetable runs from 9.30am – 9pm
- Some of the activities are: abseiling, bush craft, orienteering, and exploring rivers, caving and coastal work. A geography focus. For more information please look at the website:

<https://www.kingswood.co.uk/activity-centres/west-runton/>



Example menu

Plenty of choice at each meal and any dietary requirements are catered for.

Breakfast	Toast and preserves Cooked breakfast Range of cereals Fruit juice
Lunch At least three options every meal – always a varied vegetarian option	Cooked meal Hotdog sausages and chipped potatoes Salad bar Ice cream or a hot pudding like sponge and custard
Evening Meal Always a fruit option at every meal	Jacket potato Macaroni Cheese Sweet and sour chicken Fruit Jelly and ice cream
Evening	Hot Chocolate Water available all the time



Sleeping arrangements

- Duvets and pillows provided – children will make up their own beds
- Rooms sleep 4 – 12 children
- Children will list four friends they'd like to be in a room with. We will ensure they are with at least one of those friends.
- Teachers on every corridor
- Security 24/7
- No special clothing needed (apart from having lots of warm layers and spare trainers)
- Children need to be able to carry own bag up the stairs!
- Long sleeves and legs needed for some activities.

Staffing

- Members of school staff
- Kingswood allocated instructors
- Activity instructors



Communication and safety

- No mobile phones
- Group leader in daily contact with school
- Website/Twitter updates
- Risk assessments
- Instructor qualifications

Medicines

- Medicine forms are given out nearer the time – we can administer medicines with permission. (Including Calpol)

Payment

Any questions about money – please talk to Mrs Friend

Day of trip

- Parents go to the Junior library at 8.30am to hand in medicines and consent forms.
- Children must have red Killigrew caps
- We leave at 9.30am

Arrival home

- We usually arrive back at around 2.30pm on the Friday – we keep you posted via School Comms