







## Centre location

For Sat Nav use postcode: **CH7 5LH**

(Please ensure this postcode is used for SATNAV directions and not the postcode from the centre's postal address.)



The Kingswood Centre, Colomendy, Loggerheads, Nr Mold, Flintshire, CH7 5LB.

# Kingswood Colomendy Year 5/6 residential 26th-28<sup>th</sup> June 2019

“There is no better way to help a child than to inspire them, and an unforgettable residential trip can do just that. It can offer a wonderful opportunity to open minds and nurture potential, to teach life skills, build confidence and create a better understanding of the world. Spending time away from home can also offer young people a chance to embrace adventure and take calculated risks, face new challenges, build self-esteem and make lifelong friends along the way.”

Teachers  
attending the  
trip

Mrs Sheldon

Mrs McCarty

Mr Jenkins

Mr Keley

# On the morning of the trip

School will be open for children from 8.30am to bring their bags, any medication lunch or money into KS2 hall. Please use the entrance to the hall in the carpark to bring their bags through.

Any medication must be held separately to their main bag and clearly labelled with your child name. A member of staff will be ready to take this from you along with any other information that you need to give.

You will also have the opportunity to hand in a small amount of pocket money (£5) in named wallet to the staff to use in the shop onsite.

Children will be in class until we leave at 11.00am. We will travel by coach for 1 hour then stop for lunch. We will arrive at the centre by 1.30pm ready for the fun to begin after they have all made their beds...

## Other things to remember

- Do not bring any expensive clothes or footwear.
- Do not bring any electrical devices- phones or ipads.
- Do not bring any sweets or chocolates (this for health and safety reasons in lodges).
- Bring a backpack with lunch in a plastic bag for first day. This bag will be used then if they do any water activities to carry towel and change of clothes.
- Bring a spare towel and trainers for water activities.
- Bring a refillable water bottle to take around during activities.



# What to pack

Here's a list of things you'll need to pack – along with a few that aren't essential but could be useful.

### Things you'll need:

- Toiletries etc (please note deodorants must be roll-on, no aerosols).
- Clothes, shoes and underwear. For many activity sessions closed-toed shoes, long-sleeved t-shirts and trousers are required (these are required for nearly all sessions, so bring plenty.) We recommend wearing old clothes for activity sessions.
- Waterproof clothing (jacket, trousers and wellingtons).
- Large plastic bag for dirty clothes.
- A bath towel.
- Sunglasses, sun cream and hat in summer.
- Gloves, hat and scarf in winter.
- Pyjamas and slippers.
- A named water bottle (essential in summer).
- If you have swimming or pool party on your programme please ensure your students bring a swimming kit (only applicable for Kingswood's Isle of Wight, West Runton, Grosvenor Hall centres.)
- If you have watersports on your programme please ensure that you bring light-weight trousers or shorts, t-shirt and old trainers with closed laces.

### Useful items:

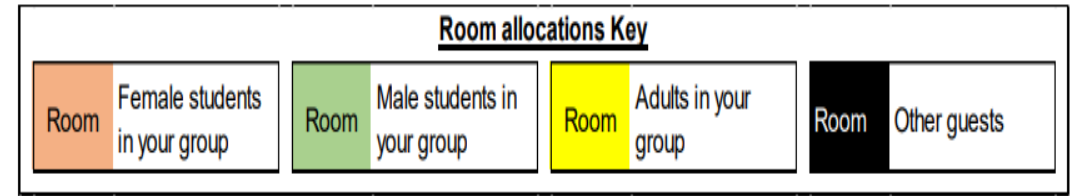
- Wet weather gear for field studies.
- Books, playing cards and other quiet activities.
- Money for snacks and souvenirs in our shop.

**If you're staying in our Adventure Lodges please note that no outdoor footwear is allowed inside the accommodation so indoor footwear will be required. Also please bring appropriate sleepwear to ensure you are comfortable sleeping under canvas.**

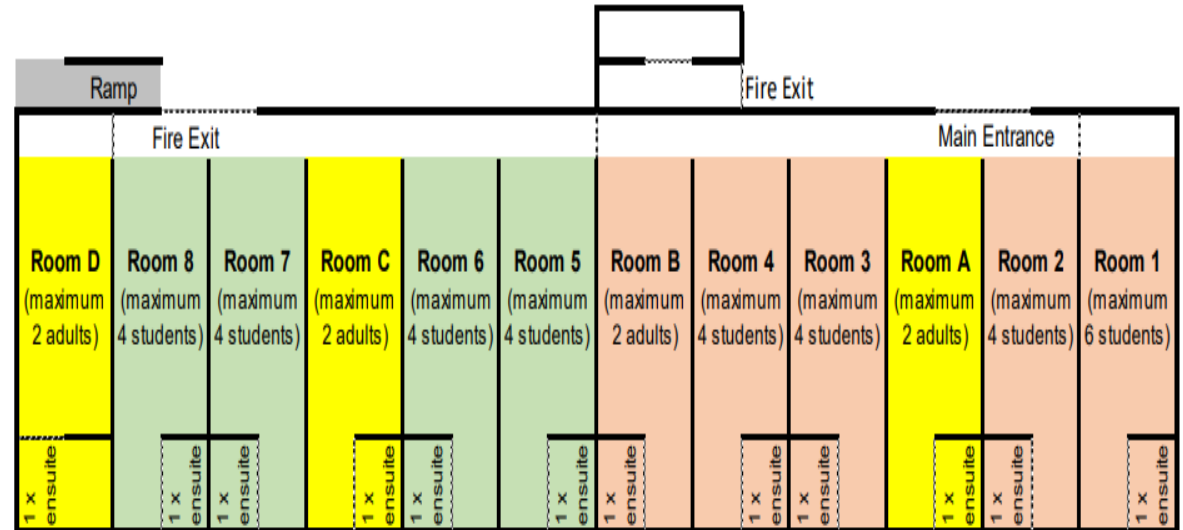
**Kingswood can't accept liability for the loss of any personal property brought to our centres – so please don't bring any valuable items, expensive clothing and footwear, mobile phones, handheld games consoles etc. We're unable to store them and they won't be insured while on centre.**

# Sleeping arrangements

- Your child will find welcoming rooms in their dormitory style accommodation, which has a daily housekeeping check to ensure everything stays clean and comfortable.
- All dormitories are gender separated and accommodate 2 to 6 children in each with bunk beds where clean duvets and pillows are all provided. All rooms are en-suite, but there are always separate toilet and shower facilities for children close to dormitories.
- All staff will be located in rooms next to the children and available 24 hours if needed.



Accommodation Name – Moel Findeg



Gender Splits – 20 girls, 16 boys.



# Activities

## Northfield Manor Primary Academy - KW58317

26.06.2019 - 28.06.2019

Wed	Breakfast	09:15-10:45	10:50-12:20	12:20-13:25	13:25-14:30	14:30-16:00	16:05-17:35	17:35-18:40	18:40-19:45	19:45 - 21:00
27	Breakfast				Arrival - Meet your course director	Arrival - Meet your course director	Vertical Play Pen	Dinner	Course Director Activities/Review	Mni Olympics
28	Breakfast				Arrival - Meet your course director	Arrival - Meet your course director	Orienteering	Dinner	Course Director Activities/Review	Mni Olympics
29	Breakfast				Arrival - Meet your course director	Arrival - Meet your course director	Orienteering	Dinner	Course Director Activities/Review	Mni Olympics
Thu	Breakfast	09:15-10:45	10:50-12:20	12:20-13:25	13:25-14:30	14:30-16:00	16:05-17:35	17:35-18:40	18:40-19:45	19:45 - 21:00
27	Breakfast	Orienteering	Laser	Lunch	Course Director Activities/Review	Nightline	Abseiling	Dinner	Course Director Activities/Review	Campfire
28	Breakfast	Laser	Vertical Play Pen	Lunch	Course Director Activities/Review	Nightline	Abseiling	Dinner	Course Director Activities/Review	Campfire
29	Breakfast	Balance Beam	Nightline	Lunch	Course Director Activities/Review	Abseiling	Laser	Dinner	Course Director Activities/Review	Campfire
Fri	Breakfast	09:15-10:45	10:50-12:20	12:20-13:25	13:25-14:30	14:30-16:00	16:05-17:35	17:35-18:40	18:40-19:45	19:45 - 21:00
27	Breakfast	Team Tech	Balance Beam	Lunch	Departure					
28	Breakfast	Balance Beam	Team Tech	Lunch	Departure					
29	Breakfast	Team Tech	Vertical Play Pen	Lunch	Departure					

# Most important-FOOD

**WEDNESDAY**

**The Italian Job**

**BREAKFAST**

- Bacon
- Vegetarian sausage (v)
- Hash brown potato
- Baked beans
- Scrambled eggs
- Selection of cereals
- Fruit compote
- Yoghurt
- Toast
- Seasonal fresh fruit

**LUNCH**

- Jacket potatoes and filling (v)
- Baguette or wrap
- Soup of the day (v)
- Pasta of the day (v)
- Salad bar

**DINNER**

- Beef lasagne
- Chicken ratatouille
- Vegetable pasta pomme (v)
- Seasonal vegetables
- Garlic bread
- Salad bar

**DESSERT** Ice cream

Please inform our catering team if you have any dietary requirements/allergens. (v) vegetarian

To keep the young adventurers going they serve three freshly prepared, healthy, buffet style meals each day, with plenty of variety available - including hot and cold meals, a salad bar and plenty of water available at all times.

They cater for all faith and dietary requirements. If your child has any special requirements you can let us know on the forms in your information pack. We will then pass the information on.



# Most important-FOOD

## THURSDAY



## Home from home

### BREAKFAST



- Sausage
- Vegetarian sausage (v)
- Hash brown potato
- Baked beans
- Scrambled eggs
- Selection of cereals
- Fruit compote
- Yoghurt
- Toast
- Seasonal fresh fruit

### LUNCH

- Jacket potatoes and filling (v)
- Cheese and onion pastry
- Soup of the day (v)
- Pasta of the day (v)
- Salad bar



### DINNER

- Hunters BBQ chicken
- Pork loin
- Hunters quorn (v)
- Herb diced potatoes
- Seasonal vegetables
- Gravy (v)
- Salad bar

### DESSERT

Fruit crumble



Please inform our catering team if you have any dietary requirements/allergens. (v) vegetarian

## FRIDAY

### BREAKFAST

- Bacon
- Vegetarian sausage (v)
- Hash brown potato
- Baked beans
- Scrambled eggs
- Selection of cereals
- Fruit compote
- Yoghurt
- Toast
- Seasonal fresh fruit

### LUNCH

- Jacket potatoes and filling (v)
- Baguette or wrap (v)
- Soup of the day (v)
- Pasta of the day (v)
- Salad bar

### DESSERT

Jelly



## East is East

### DINNER

- Sticky BBQ beef
- Quorn stir fry (v)
- Chicken & vegetable stir fry
- Prawn crackers
- Noodles
- Rice
- Salad bar

# Safety, Staff and Supervision

## • Safety and staff

- All Kingswood staff are vetted, inducted and trained to the highest levels
- All staff complete a comprehensive induction programme that includes safeguarding training
- Throughout their employment with Kingswood all staff are monitored to ensure compliance with our health & safety procedures
- All activities have rapid access to first aid trained staff and facilities
- Instructors are trained to recognise each individual child's own capabilities & teach to his/her individual level & pace
- All staff wear identification badges and uniforms at all times, with all visitors and teachers required to wear a security badge

## Safety and standards

- Every Kingswood centre is independently inspected by the British Activity Providers Association (BAPA)
- We also conduct rigorous internal health and safety audits
- We operate comprehensive risk assessments on all activities
- We are fully responsible for all emergency procedures, safety systems and security arrangements at each centre

## • Safety and supervision

- For most activities children are placed into groups of no more than 15
- Our strict supervision policy ensures that children are always accompanied by Kingswood instructors. Between 9.00 pm and 9.00 am and at meal and break times they are supervised by their teachers. Northfield Manor staff are in loco parentis throughout the visit
- Kingswood campuses have secure and clearly defined boundaries. Some centres have CCTV in operation
- Teacher and party leader rooms are situated close to their students
- The Kingswood Duty Manager and first-aiders are on call 24 hours a day

A text will be sent  
out to  
parents/carers to  
give a more  
accurate arrival  
time.

Their maybe bags  
of wet clothes  
please make sure  
you check that  
nothing is left  
when you collect  
your child.

We will leave Kingswood  
Colomendy at 1.30pm  
and should be back at  
school around 4.00pm.