

- **Who is going when?**
- **Why are you going?**
- **What will you be doing?**
- **Where will you sleep?**
- **What will you eat?**
- **What clothes should you bring?**
- **What else should you bring?**
- **What should you NOT bring?**

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begin...



# Who is going when?

**5JN and 5AC: Monday 6th July - Wednesday 8th July**

**Mrs Larson, Mr Jones, Ms Dawe, Ms Ng, Ms Cremin, Ms Hillis, Ms Reid**

**5HN and 5AJ: Wednesday 8th July - Friday 10th July**

**Mrs Larson, Mr Jones, Ms Nicholl, Ms Jolliffe, Ms McCulloch, Miss Yates, Mrs Yates, Ms Teixeira**

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## Why are you going?

- Building independence
- Building resilience
- Building self confidence
- Building teamwork skills

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# What will you be doing?



- 3-4 adventure activity sessions per day (all outside), some on the water!
- Eating three healthy meals a day
- Evening entertainment
- Sleeping really well at night!



Some of the activities available at Croft Farm.



## A typical JCA day

Here is a sample of how an average JCA day runs.

Please note that timings may vary slightly depending on the activity programme and the number of people on site at the time of your stay.

**8.00 am** Breakfast\*

**8.50 am** Your instructor will meet you at your accommodation or your first activity point, are you ready?

**9.00 am** Your first activity begins.

**10.30 am** 15 minute break – fill up water bottles, visit the toilet and look forward to session 2!

**10.45 am** Second activity begins.

**12.15 pm** Lunch\*

**1.50 pm** Your instructor will meet you at your accommodation or activity point. Time for more fun!

**2.00 pm** Your third activity begins.

**3.30 pm** 15 minute break – fill up water bottles, visit the toilet and look forward to session 4!

**3.45 pm** Your fourth activity begins.

**5.15 pm** Free-time

**5.30 pm** Evening meal\*

**6.30 pm** Free-time\* – Time to recharge before the evening's fun

**7.15 pm** Evening activity begins.

**8.45 pm** Return to rooms. Wash up, brush teeth and get ready for bed.



- ★ FIRE POINT
- ★ WATER
- ★ HARD STANDING
- 🚻 TOILET / SHOWER
- ★ SHOWER
- ★ LAUNDRY
- ★ CHEMICAL DISPOSAL
- ★ WATERSPORTS
- 🏠 RECEPTION/TOURIST INFO
- ★ ADVENTURE PLAYGROUND
- ★ GAMES ROOM
- 🚧 BARRIER



# Where will you sleep?

- Children sleep in bunk beds in single sex rooms of 4 or 8.
- There is a shared shower room and toilets, which are cleaned twice daily.
- The teachers' rooms are alongside the children's rooms and so there is an adult close by 24 hours of the day.

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# Where will you sleep?



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# What will you eat?

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets catered for by prior arrangement

# What should you bring?



## For the Activities:

Clothes are likely to get dirty and suffer wear and tear so bring several change of old clothes for doing activities.



**Tops & jackets**

- T-shirts
- Long sleeved shirt/T-shirts
- Waterproof jacket
- Fleeces/jumpers

*Your arms will need to be covered to do some activities.*

## Underwear & socks

1 or 2 sets of **clothes for the evening**

Suitable **nightwear**

*Your socks will need to cover your ankles to do some activities.*



## Trousers or leggings

but not jeans as they get heavy and cold when wet



## Two pairs of trainers

One for dry activities and one for wet activities



# What else should you bring?



## For Water Activities:

Please pack at least one swimsuit to be worn during activities on the water.

Wetsuits are provided; however, if you already have your own, feel free to bring this along.

# What else should you bring?



For the the accommodation.

- Reusable **drinks bottle**



- Labelled **bin bag** for wet and dirty clothing

- Sleeping bag or duvet** and pillow (unless otherwise advised)

- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

- Torch** (for evening adventures)



Croft Farm Packing List

Clothes	Number of Items	Packed at home	Packed at centre
Nightwear			
Underwear			
Pair of socks (include 2 per day)			
Trousers (NOT jeans)			
Shorts			
T-Shirts			
Long sleeved top			
Waterproof jacket			
Towel (1 x swimming & 1 x showering)			
Swimwear			
Trainers			
Water shoes ( e.g. old trainers - <b>NOT</b> sliders/crocs/flip flops)			
Sun hat			
Toiletries	Number of Items	Packed at home	Packed at centre
Toothbrush and toothpaste			
Sponge/Flannel			
Shampoo/Conditioner/Shower gel			
Hair ties			
Suncream			
Deodorant (Not spray)			
Other	Number of Items	Packed at home	Packed at centre
Sleeping Bag/duvet (Pillow if needed)			
Book/pack of cards			
Re-usable Water bottle			
Sunglasses/Sunhat			
Torch			
Named plastic bag/binbag for wet clothes			



# What else should you bring?



All clothes and items should be stored in a small bag (cabin-sized). Bedding should be in a named bin bag and not with the rest of the luggage.

Sizing of the suitcases is very strict!  
The children are going away for only 3 days.

Due to limited space on the coach, children must **not** bring a backpack - packed lunches and water bottles should be provided in a throw away plastic bag.

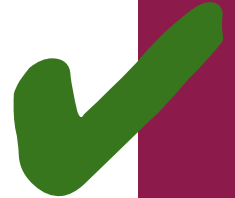
# How much can I bring?



# How much can I bring?



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# What should you **NOT** Bring ?

- Money
- Please do not bring any electrical items or anything valuable
- Mobile phones and smart watches are not permitted
- Please do not wear or bring jewellery, no necklaces, bracelets or dangly earrings, stud earrings only
- No wellies - the activities cannot be safely done in wellington boots
- Aerosols are not permitted (they set off the fire alarms)
- No medicines in personal bags
- No food or snacks (apart from the packed lunch for the first day)
- Food and drink are **NOT** allowed in the dorm rooms

# What else should you bring?




## Medication

If your child takes regular medication, which the school may not be aware of, please ensure that this is brought to school in a clear plastic bag with the child's FULL name and class on.

Instructions on how it should be administered **MUST** be written down and put in the bag.

**On the day your child leaves**, please ensure that this medication is given to Mrs Halliwell in the playground.




**CHRIST THE SAVIOUR  
C.E. PRIMARY SCHOOL**  
 The Grove, London W5 5DX | New Broadway, London W5 2XA  
 www.cspprimary.org.uk | admin@cts-school.org | 020 8249 6800 | Headteacher: Mrs K. Tramm

**Over The Counter (OTC) Medication Consent Form for Parents**

Child's Name: .....

Start date: ..... End date: .....

Year and Class: .....

Name of medication: .....

Dosage: .....

Reason for the medication: .....

At the following time: .....

Any known allergies: .....

Any other instructions: .....

I give my permission for the welfare team/ Headteacher /senior staff member (or his/her nominee) to administer the OTC medicine to my son/daughter during the time he/she is at school.


I confirm that the dose and frequency requested is in line with the manufacturers' instructions on the medicine. I have ensured that this medication is in original packaging with my child's name written on the box/bottle. My child knows that this medication is strictly for personal use only.

In the event that your child reacts adversely we shall contact you immediately. We may also be required to call an ambulance.

Parent/Guardian's Name: .....

Signature: .....

Date: .....


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**Administration of Prescription Medicines to Pupils on Behalf of Parents**

The school will only accept prescribed medicines that are:

1. In date
2. Labelled with the child's details on the item
3. Provided in the original container, as dispensed by the pharmacist, and include instructions for administration, dosage and storage which match below.

Child's Name: ..... Class: .....

Start Date: ..... End Date: .....

I wish my child to be given the following medication by Welfare staff or a member of SLT at school.

Reason medicine required: .....

Medicine: .....

*Aspirin should not be given to children aged under 16 unless on the advice of a doctor.*

Dose: .....

At the following time: .....

Any Allergies: .....

Other Instructions: .....

I recognize the school is not obliged to administer medicines, but grant permission that they will do so on my behalf. If preferred, parents can come to school and administer medicines with the permission of the Headteacher.

I confirm that my child is not to the best of my knowledge allergic to any of the medicines above. In the event of your child reacting adversely we shall contact you immediately. We may also be required to call an ambulance.

## Next Steps:

- Look through the **packing list** and check you have everything you need. A week before please **practise packing your case!**
- Speak to your class teacher if you have any concerns or further questions.

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**Thank you for listening**  
**Any questions?**