



## Runways End Residential 2024 Wednesday 17<sup>th</sup> – Friday 19<sup>th</sup> April 2024

7<sup>th</sup> March 2024

Dear Parents/Carers,

Not long now until our trip to 'Runways End' and we know the children are bursting to know more information!

### Cost

The total cost of the trip has been confirmed as £179.00 per child. Please pay any remaining balance to the school office or online by **Wednesday 13<sup>th</sup> March**. This is less expensive than originally thought, if you have already paid the full price quoted previously we will be in touch shortly about a refund of the overpayment.

### Itinerary

Please find attached a timetable of activities.

### Parents meeting – Wednesday 22<sup>nd</sup> February at 6pm

A meeting was held on Tuesday 5<sup>th</sup> March for parents/guardians the powerpoint can be found on the school website.

<https://www.droxfordjunior.co.uk/Runways End>

### Medical Form

If you haven't already, can you please send in your completed medical forms to the office as soon as possible.

### Transport

Your child will be travelling to 'Runways End' by coach. Children need to arrive **at Droxford village hall** from 8.45-9.00am on Wednesday 17<sup>th</sup> April. **The coach will be leaving the Square at 9.15am sharp!** Unfortunately, we will not be able to delay departure, therefore, if your child is not there you will need to take your child directly to Runways End. It would be appreciated if the car park was cleared by 9.15am promptly as the village hall may be being used. The children will be returning home on the Friday 19<sup>th</sup> April. Please arrange to collect your child from **Droxford Village Square at 2.30pm.**

### Kit List & Medical questionnaire

Please find attached a recommended kit list – all items must be named please. We will try not to let the weather hinder any of our chosen activities, so please ensure your child can be warm and dry throughout the trip to maximise their enjoyment. Your child will need a packed lunch with them on the first day to be eaten on arrival at 'Runways End'. We would like it to be in a named container that can be used for lunches on the other days and fit in their day sack with their coat. Each child also needs a named, reusable drinks container with them on the journey, to then be used throughout the trip. Please also complete and return the Runways End Medical questionnaire and consent form.

### Cakes

The children (and staff!) use up lots of energy during the activities. Cakes are a great way of supplementing this and providing additional energy during their action packed day! If any parents are willing to send some tray bakes/cakes, it would be greatly appreciated but please remember **NO NUTS!**

### Behaviour

A high standard of behaviour is expected from pupils throughout the residential visit. Children must respect instructions and discipline from Droxford staff, parent helpers and 'Runways End' staff alike. Listening carefully is extremely important during hazardous activities such as rock climbing, caving, shooting and archery to ensure safety. On a positive note, we always reward those children that use their core values and keys to success whilst out of school. Therefore, stars and 'special' awards will be given out.

**Please return all monies and slips by 13<sup>th</sup> March**

Kind regards

Sophy Barnett

## Recommended Kit List – Runways End 2024

Children will have limited storage space, so please keep clothes and baggage to a sensible minimum. Squashy bags and old comfortable clothes are recommended, as is a favourite cuddly toy! No lockers or drawers, kit will stay in bags under beds. No enormous suitcases please!

- **Pillow with pillowcase**
- **Sleeping bag**
- **Fitted sheet for single bed**
- Cuddly toy
- T-towel (they will use this!)
- Towel for shower
- Daysack (rucksack) with a plastic bag as a waterproof liner
- 1 pair of trainers (must be able to fasten tightly for rock climbing)
- Wellington boots or second pair of trainers
- Indoor shoes (eg slippers or crocs, must be closed toe for kitchen)
- 4 pairs of socks
- Pyjamas
- Underwear
- 3 tracksuit bottoms/cargo trousers (not jeans)
- 2 jumpers/tracksuit tops
- 1 warm fleece/jacket
- 3 T-shirts/long sleeved tops
- Waterproof jacket
- Waterproof trousers
- Warm hat
- Warm gloves
- Toiletries (soap, toothbrush, toothpaste, shampoo, hairbrush – all named if possible)
- Hair bands for those with long hair and shower cap
- Reading book/magazine/small game to play with others (not electronic)
- Diary/paper/pencil (if they want to write about their trip)
- Leak proof flask or bottle (filled ready for their lunch on the first day)
- Plastic bag for laundry
- Torch and batteries
- List of kit – useful for repacking
- Camera (optional)
- Packed lunch in a labelled box for first day (box to be used throughout trip)
- Sun cream/sunhat (weather dependent)

Children will be responsible for their own belongings. They **should not** take any electrical appliances or **mobile phones**. We will provide sports equipment to amuse children when time permits.

**Please ensure all items of equipment and clothing are labelled clearly with your child's full name.**



**CONFIDENTIAL UNDER 18'S  
MEDICAL QUESTIONNAIRE  
AND ACTIVITIES CONSENT FORM**



**Name of Participant** ..... **Date of Birth** .....  
**School / group / course name** ..... **Date(s) of Visit** .....  
**Home Address** .....  
..... **Post Code** .....

**Name of next of kin** .....  
**Emergency contact** no **Home** ..... **Work** ..... **Mobile** .....  
**Next of kin's contact address (if different to above)**.....  
..... **Post Code** .....  
**Name of Participant's Doctor** ..... **Doctor's telephone no.** .....  
**Participant's Doctor's address** .....  
..... **Post Code** .....  
**Participants NHS No.** .....

**1 MEDICAL CONDITIONS – Has the participant had or do they suffer from any of the following?(please circle)**

Asthma or bronchitis	YES	NO	Allergies to any known medication	YES	NO
Heart condition	YES	NO	Any other allergies e.g. food, plasters	YES	NO
Fits, fainting or blackouts	YES	NO	Regular medication	YES	NO
Severe headaches	YES	NO	Travel sickness	YES	NO
Diabetes	YES	NO	Other illness or disability	YES	NO

Is the participant receiving medical or surgical treatment of any kind? YES NO  
Has the participant been given specific medical advice to follow in emergencies YES NO  
Does the participant have any special needs of which we should be aware? YES NO

**If the answer to any of the above questions is YES, please give details overleaf (including dosage of any medicines/tablets)**

Has the participant received vaccination against Tetanus in the last 10 years? YES NO

If it is considered necessary, do you agree to:

i. Mild painkillers (e.g. Paracetamol) being administered? YES NO

ii. Hypo-allergenic sun screen being provided? YES NO

**2 PHYSICAL FITNESS - Activities involve some or all of bending, lifting, balancing, jumping, falling, climbing, stretching, co-ordination and swimming. In case of doubt consult your Doctor before booking.**

**3 ACTIVITY SPECIFIC - Many of our activities take place in and around the water; how would you rate your child's confidence in the water? (see more detailed notes in booking conditions)**

- a. My child can swim 50m and is water confident YES NO
- b. My child is water confident and can swim, but I'm not sure how far YES NO
- c. My child is a non-swimmer and/or may not be confident in the water YES NO

For courses involving air rifle target shooting, I confirm that my child can participate YES NO  
Is s/he prohibited from air rifle shooting by section 21 of the Firearms Act 1968? YES NO

Please continue overleaf.

**4 SUPPLEMENTARY INFORMATION**

Please add any further information and any further information which will help us ensure your child has a positive experience. In particular, does your child have any special needs of which we should be aware?

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**5 PHOTOGRAPHY & MARKETING** – Runways End Outdoor Centre occasionally takes photographs of participants; may we use images of your son/daughter for publicity purposes including our website and social media? YES NO

Would you like to be added to our mailing list for Runways End Outdoor Centre brochures and publicity YES NO

Email address..... YES NO  
(We do not share our mailing lists)

**6 CONFIRMATION AND CONSENT**

I confirm that I have parental responsibility for the participant and that I consider him/her fit to participate in the activities at Runways End Outdoor Centre and I consent to him/her taking part.


In the event of illness or accident I consent to any necessary medical treatment which might include the use of anaesthetics.

I accept the Booking Conditions which I have received with this form.

If any illness or medical treatment occurs after the return of this form and prior to the activity, I undertake to inform the party leader/booking office in writing.

Signed ..... (Person with parental responsibility)

Print Name..... Date.....

 Data Protection Act 1998. The above information will be used only to discharge our duty of care and will then be retained securely in accordance with the Act. "PROTECT" when completed.

# Activity Timetable

	<b>Group Name</b>	<b>Droxford Junior School</b>			<b>Date</b>	<b>17th - 19th April 2024</b>	
	<b>Year group</b>	<b>Yr 4</b>	<b>Numbers</b>	<b>43</b>	<b>Package</b>	<b>Challenge (Forge)</b>	
	<b>Outcomes / Aims</b>						
<b>WED 17th</b>	<b>11:00 - 12:30</b>	<b>Group arrival and welcome brief</b>	<b>Bring your own packed lunch</b>	<b>13:30 - 15:00</b>	<b>15:00 - 16:30</b>	<b>Dinner</b>	<b>18:00 - 19:30</b>
<b>Group 1</b>	<b>Team Challenges</b>			<b>Orienteering</b>	<b>Film night (Teacher Led)</b>		
<b>Group 2</b>	<b>Archery</b>			<b>Cave</b>			
<b>Group 3</b>	<b>Cave</b>			<b>Archery</b>			
<b>Group 4</b>							
<b>THURS 18th</b>	<b>9:30 - 11:00</b>	<b>11:00 - 12:30</b>	<b>Lunch</b>	<b>13:30 - 15:00</b>	<b>15:00 - 16:30</b>	<b>Dinner</b>	<b>18:00 - 19:30</b>
<b>Group 1</b>	<b>Climbing (slab)</b>	<b>Low Ropes</b>		<b>Archery</b>	<b>Cave</b>		<b>Camp fire (Teacher Led)</b>
<b>Group 2</b>	<b>Low Ropes</b>	<b>Climbing (slab)</b>		<b>Cave</b>	<b>Archery</b>		
<b>Group 3</b>	<b>Fire Lighting</b>	<b>Air Rifle Shooting</b>		<b>Climbing (slab)</b>	<b>Low Ropes</b>		
<b>Group 4</b>	<b>Air Rifle Shooting</b>	<b>Fire Lighting</b>		<b>Low Ropes</b>	<b>Climbing (slab)</b>		
<b>FRI 19th</b>	<b>9:30 - 11:00</b>	<b>11:00 - 12:30</b>	<b>Lunch</b>	<b>13:30 - 14:30</b>		<b>Group Departure</b>	
<b>Group 1</b>	<b>Fire Lighting</b>	<b>Air Rifle Shooting</b>					
<b>Group 2</b>	<b>Air Rifle Shooting</b>	<b>Fire Lighting</b>					
<b>Group 3</b>	<b>Orienteering</b>	<b>Team Challenges</b>					
<b>Group 4</b>							