

Laches Wood



May 2nd 2018 – May 4th 2018

Staffing

- The children will be accompanied by at least 3 school staff at all times.
- Mrs Cashmore
- Mr Hargreaves
- Mr Townley
- Mrs Skidmore
- Mrs Philpott

Timetable

Wednesday

- Leave approx. 9.30am. Arrive 10.30am, make beds and settle in
- 1230-1345 Lunch
- 1345-1645 Afternoon Session
- 1700 Evening Meal
- 1800 Duties
- 1830-2100 Evening Session and Tuck-shop
- 2100 Supper

Timetable

Thursday

- 0730 Rise
- 0800 Breakfast
- 0830 Duties
- 0930-1230 Morning Session
- 1230-1345 Lunch
- 1345-1645 Afternoon Session
- 1700 Evening Meal
- 1800 Duties
- 1830-2100 Evening Session and Tuck-shop
- 2100 Supper

Timetable

Friday

- 0730 Rise
- 0800 Breakfast
- 0830 Duties
- 0930-1230 Morning Session
- 1200-1300 Lunch
- 1300-1400 Pack, Farewell presentation, depart 2pm

Activites

- Orienteering and Caving
 - Rock wall
 - Archery
 - Bush craft
- Search & Rescue
 - Number Plates
 - Photo Trail

Activities

- There are a number of activities planned – these are dependent on the weather and can be changed at the last minute.
- We hope to include:-

Rock Wall



Archery



Indoor Caving



Bushcraft



Meals

Food

Laches Wood run a canteen style system and the food is all prepared and cooked on site.

There is a rota system throughout the week so the children take it in turns to be first.

If your child has any food allergies, please let us know so we can inform the centre.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Bacon Sandwich Vegetarian option available upon request	Scrambled Egg on Toast	Staffordshire Sausage Sandwich Vegetarian option available upon request	Baked Beans on Toast
<i>Also available: Cereals (Rice Crispies or Cornflakes) Porridge, Toast and Crumpets with Jam, Milk, Fresh Fruit Cups and Yoghurt, Tea or Fruit Juice (Orange or Apple)</i>					
Lunch	Beef Burger or Quorn Hot Dog served with Spicy Jacket Wedges & Mixed Salad Seasonal Fruit Cups	Packed Lunch (to eat in) Homemade Soup of the day (Tomato & Basil, Leek & Potato, Carrot & Coriander, Winter Vegetable). Assorted Sandwiches, Homemade Tray Bake (Flapjack, Chocolate Orange Crispy Bar, Shortbread Fingers) Fresh Fruit (Banana, Apple, Satsuma) , Water.			Crispy Battered Fillet of Fish Chunky Chips & Peas or Mushy Peas
		Picnic Box Assorted Sandwiches, Piece of Fruit, Homemade Tray Bake and Water			Pinwheel Twists with Chunky Chips & Peas, Beans and House Slaw
					Peach Melba Slice or Fresh Fruit and Yoghurt
Dinner	Savoury Chicken Pie with Mashed Potato or Penne Pasta Vegetable Bake (v) or Assorted Jacket Potatoes	Traditional Beef Lasagne with a Garlic & Herb Wedge or Macaroni Cheese (v) or Assorted Jacket Potatoes	Chicken Korma with Naan Bread and Wholegrain Rice or Authentic Italian Stone Baked Pizza (v) with Jacket Wedges or Assorted Jacket Potatoes	Roast Turkey, Roast Potatoes and Gravy Cheese and Leek Layer Pie (v) or Assorted Jacket Potatoes	
Vegetable	Broccoli, Carrots Mixed Salad	Cauliflower, Peas Mixed Salad	Cabbage, Sweetcorn Mixed Salad	Roast & Creamed Potatoes Carrots & Swede	
Hot Dessert	Chocolate Sponge & Custard	Marble Cake & Custard	Ginger Cake & Custard	Toffee Apple Twice Baked Crumble & Custard	
Cold Dessert	<i>Available daily a changing selection of, Strawberry Mousse, Fruit Jelly & Yoghurt and a Selection of Fresh Fruit.</i>				
Supper	<i>Hot Chocolate and Biscuits</i>				

You can access this at home at <https://www.entrustoutdoors.co.uk/downloads-for-parents>

Dormitories



Girls and boys dormitories are separate. The staff rooms are very close.

Each room has 3 or 4 bunk beds, so has 6-8 children in.

Each room has an ensuite.

What You Will Need

- What clothing the children need:
- warm clothing, layers,
- clean indoor shoes and dirty outdoor shoes (not just wellies as they aren't suitable for rock climbing),
- waterproofs (although jackets are provided by the centre,
- hats, gloves, scarves.
- What else do they need:
- money for tuck and souvenirs (£5ish), Sweets and chocolates range from 40p to 60p and drinks are 50p. Souvenirs are from £1 to £3.
- torch,
- unbreakable mug,
- duvet cover & 2 pillowcases,
- disposable camera (optional),
- tea towel,
- pencil case,
- teddy, book or magazine.
- NO DSs or PHONES.
- Please have NAMES ON EVERYTHING.

Approximately 14 days before the visit we will send you a medical and consent form to complete and return before we go.



ENTRUST OUTDOORS MEDICAL INFORMATION & CONSENT FORM

All participants must complete this form to be accepted onto any Entrust Outdoors course. For all participants under 18, this form should be completed by a parent, guardian, or those with parental responsibility. It should not be completed more than 14 days prior to the visit.

Name Of Participant	Date Of Birth	School/Establishment
Participant's Address:		Home telephone Number
Parent/Guardian/Contact Name(s)	Relationship to participant	Contact numbers: Home: Work: Mobile: Best 24 hour contact number
Participant's Doctors Name	Address	Telephone

Medical Information:

Does the participant suffer from any of the conditions below (Please tick YES or NO)			
	Yes	No	If Yes is ticked, please give details including medication taken
Asthma			
Epilepsy			
Diabetes			
Bedwetting			
Food Allergies			
Medication Allergies			
Other Allergies			
Any condition which may be aggravated by physical activities			
Has the participant suffered from, or been in contact with, any infectious or contagious conditions in the last 4 weeks?			

Please give the approximate date of the participants' last tetanus _____

Further medication information: Please detail any additional information.

Please ensure all medication that the participant may require during the visit is clearly labelled with the participants name and dosage required and given to the school or establishment staff in charge of the participant throughout the visit. If inhalers are required please check they are full and provide a spare. If EpiPens, or similar are required please ensure 2 are supplied. If the participant is not confident to take the medication please let school/establishment staff know.

By signing below I consent for the participant to receive, if necessary, the proprietary medicines listed below at the dosage appropriate for their age:

ailment	Treatment
Nasal Congestion and Sore throats	Decongestant, Lozenges (e.g. Tunes)
Headache	Paracetamol, Calpol (or equivalent)
Insect or plant bites or stings	Proprietary cream or spray
Sore Lips	Lip Salve or Vaseline
Sun Protection	Sun Screen/cream
Asthma	Version: insofar as participants own has run out. This will only be given if YES for Asthma is ticked

Some visits may have water activities in them. Please tick the box which best indicates the participants swimming ability. **Specialist canoeing and sailing courses will require the participants to be able to swim at least 50m**

Non-Swimmer	Swim less than 50m	Swim more than 50m
Special craft only with close supervision or swimming pool	All elementary water activities in sheltered water	Specialist sailing or canoeing activities

Occasionally, photographs and videos are taken of participants undertaking activities for use on our publicity material, Entrust website or on our social media sites. Please tick the box to confirm that photographs of the participant named on this form may be used for these purposes.

By signing below I agree to the participant receiving medication as instructed and any medical, dental or surgical treatment including blood transfusion and anaesthetic as considered necessary by the medical authorities.

I accept that if the participant named on this form does not behave responsibly within the guidance given by the Entrust centre staff, they may be asked to leave the centre. It is my responsibility to make immediate arrangements for them to return home and pay any costs incurred.

I understand the nature of the activities the participant will be undertaking and I consent to the participant named taking part in activities provided by Entrust Outdoors. I declare I have answered all the questions to the best of my ability and have not knowingly withheld any information regarding the physical fitness of the participant.

Signature (Person with parental responsibility if participant under 18)	Print Name	Date

The data provided will be used to ensure the appropriate care and treatment of participants. It will be shared with health professionals as required.

FAQs

What if my child is homesick?

Generally children are too busy to dwell on things, but if staff feel that a child is really not enjoying camp, then we will ring you.

What if my child is unwell?

We will ring you. You can collect your child if necessary.

Can my child take a mobile/call home?

Please do not send mobiles or other electronic devices. We discourage children from calling home as this often brings on homesickness. Parents will be contacted immediately if we are worried about a child's wellbeing.

What if my child is scared of heights/doesn't like an activity?

We encourage children to have a go, but if they really don't want to, they can watch or do an alternative activity.

What about poor behaviour?

If needed, children may be asked to sleep in a different room and in extreme cases parents will be contacted. However, generally children live up to expectations.