

OAKLANDS JUNIOR SCHOOL

Arrangements for the trip to Osmington Bay:

Monday 23rd – Friday 27th September 2019

A. CLOTHING

Most children will already have everything they need, as requirements are simple and we do not want to involve you in any extra expense. Clothing is casual and uniform is not required. Please make allowance for the wide range of temperatures that can be experienced in September. The following list is for guidance only and it is not intended to be complete.

- **Long-sleeved or Short-sleeved T Shirts/Shirts (Essential)**
- **Waterproof Jacket with hood (Essential)**
- **Long Sport Trousers/Trousers (Essential)**
- Sweatshirts/Jumpers (at least 2)
- Underwear and Socks
- Toiletries in a wash bag (no aerosols)
- Trainers (x 2 if possible)
- Water/Swim shoes (if you have them)
- Waterproof trousers (if you have them)
- Shorts (must cover thighs)
- Indoor Shoes/Slippers
- Change of Leisure Clothes
- Night Clothes to include Dressing Gown/Onesie/Warm Jumper
- Towel(s) x 2
- Shower Cap
- Comb/Brush
- Dirty Clothes Bag
- Purse/Wallet
- Outdoor Coat (Warm for evening activities)
- Woolly hat & gloves
- Lip salve (recommended)

Please see that all items of clothing are named

Please note:

- **Long-sleeved t-shirts or a hoodie with long sleeves and long trousers are essential for most activities.**
- **Jeans, cropped tops and sleeveless t-shirt are unsuitable.**
- **Hair needs to be tied back during activities.**
- **Earrings must be stud and will need to be covered for all activities.**
- **If you do not have water/swim shoes a second pair of trainers that can get wet are required.**
- **An old set of clothes that can get dirty and wet.**
- **Water fountains are available and children can bring a DISPOSABLE water bottle to use. Do not send any other type.**

B. LUGGAGE

- A **small** case or bag for most items; children must be able to carry/pull this themselves over a reasonable distance. Please provide a **checklist** inside the case or bag, to include the clothes actually worn on the outward journey.
- A smaller bag containing:
 1. A packed lunch to eat on the journey down; we hope to stop at Avon Country Park for lunch. Please could drinks be in cartons or plastic bottles and everything put in a **disposable** plastic bag.
 2. Writing instruments (not provided by the school). Pencil and ballpoint pen or roller-ball pen, or writing quality felt tip pen. No fountain or cartridge pens on this occasion, please.
 3. A small notebook (not provided by the school).
 4. Book, and/or comic, and/or small game (e.g. pack of cards, travelling chess – NOT ELECTRIC).
 5. Spare sweatshirt/cardigan if required.
 6. A named purse/wallet to be handed to your teacher on the morning of departure.
 7. Anything else which is likely to be needed enroute.

Cases and bags should be labelled with the child's name and school address.

C. VALUABLES

Cameras are not appropriate for this visit. Watches may be brought and are very useful – Please **DO NOT** bring Smart Watches. They will have to be removed for some activities and therefore must be named. No jewellery should be worn, though children with pierced ears may wear **studs**. Mobile Phones, radios, MP3 players, iPads, Kindles and similar items of equipment may not be brought. Every effort will be made to safeguard property, but children must accept responsibility for any loss.

D. MEDICAL

- **Travel Sickness:** If your child needs (or might need) travel sickness pills would you please supply, by Tuesday 17th September, a sufficient quantity of the appropriate brand and indicate when they are likely to be needed. Please give the initial tablet to your child's class teacher on the day of departure to be administered when they eat their lunch. Do bear in mind that they will be travelling by coach for approximately 2½ hours. Remember too, that travel sickness is unpleasant for everybody, not just the sufferer, and therefore give due consideration to its avoidance.
- **Other Medicines:** All medication needed to be taken on the trip should be detailed on the medical form. All medicines need to be sent into school and given to a member of staff by Tuesday 17th September; please do not hand medicines to staff on the morning of the trip. Under no circumstances should medicines be given to your child to take with them. In certain situations we realise it is essential for children to carry their own medicines (e.g. inhalers), however whenever possible, group leaders will be in charge of medicines. **All medicines should have a clear label with the child's name and dosage – this includes travel sickness medication if required.** Where requirements are complex or critical, written instructions should be submitted by the dates given. The deadlines referred to above are particularly important as the group leaders will meet before the trip to become acquainted with all children's requirements.
- **Medical Supplies:** We shall take our own basic medical supplies: Elastoplast, bandages, etc. Please let me know if your child cannot take or use any of these, or other everyday remedies.

The LA wisely recommends schools to seek parents' permission to authorise serious medical treatment for a child in the absence of the parents. Clearly we would do everything possible to contact parents quickly if something serious happened. However, the official wording (which I have not used) would, I believe, lead parents to suppose that they would be consulted about every minor ailment. This, I think, could be both difficult and possibly undesirable. I can assure you that we are much more likely to be over-concerned about a child's illness than take it too lightly, and would contact parents if we became too worried or needed further advice about pre-existing conditions.

E. FOOD

Please provide a packed lunch and a drink which the children will eat on the journey down, all in a disposable bag.

Children will be expected to try all the food provided without fuss. If there is anything your child really cannot eat (as opposed to preferring not to eat) would you let us know if you have not already done so. There are many options on offer at Osmington Bay.

Please do not pack any additional food/snacks for your child in their luggage.

F. CONDUCT AND SAFETY

The safety and welfare of the children is our highest priority. In designing courses Osmington Bay focuses on safety in minute detail. The centre holds The Adventure Activity Licencing Authority Certificate and The Learning Outside the Classroom Badge. Regular in-house staff training takes place in line with guidelines drawn up in consultation with the Health and Safety Executive; all staff must comply with recognised industry standards. Osmington Bay staff are also selected for their interpersonal skills. A strong working relationship with teachers and empathy with children is as important in ensuring safety as it is in achieving the defined goals of a course. Equipment is safety checked regularly and risk assessment checks are carried out in accordance with Health and Safety Inspectorate requirements. Fully qualified first-aiders will be available in case of an emergency. All staff hold an Emergency First Aid Award.

Please impress on your child the importance of good conduct. On this type of trip, rules must inevitably be fairly strict, but if everybody obeys them willingly they will enjoy themselves all the more. Our children frequently have been complimented on their good behaviour on previous trips and I see no reason why anybody should wish to spoil our good reputation on this occasion. You will be advised of any matters which require your personal attention on our return.

We rely on children to obey instructions and behave reasonably at all times. Activities are closely supervised, **but parents must understand that it is quite impossible to be with all the children all the time and we do have to rely upon them using common sense, restraint and to obey our instructions whether or not they are under direct supervision – e.g. at mealtimes and in their rooms.**

If you have any questions or concerns please be sure to discuss these with one of us.

G. GENERAL

In response to questions which have been asked in the past:

- Bedtimes tend to be later than at home. Previous experience has shown that on trips there is no point in sending children to bed too early as they tend to chatter or wake impossibly early the next day. However, you may rest assured that the staff have a vested interest in getting children to bed as soon as is practicable! Where parents indicate that an early bedtime is important, this will be taken into account where possible. Please note, however, that they will inevitably be tired when they get back home, so please don't arrange anything too strenuous for the following day.

H. ADDRESSES AND TELEPHONE NUMBERS

If you need to contact a member of staff in an emergency during the weekend preceding the trip, please phone the following number:

Contact	Miss Bland	07840808680
---------	------------	-------------

Try to ensure that all routine questions are answered on working days.

In the event of a child having to drop out due to illness:

- Inform a member of staff at once. Obtain a medical certificate from your doctor so that an insurance claim may be made.

Telephone Contact System: It has been decided that during the trip to Osmington Bay, text messages through Tucasi will be the preferred means of communication with parents. This method proved very successful last year, being both quick and cost effective. If you are not on Tucasi we will of course phone you directly on the contact numbers provided.

The School will contact parents on the first day to let you know of our safe arrival and on the last day if the return time is significantly different from that indicated. Please do not ring the school around the arrival time on the return trip, unless urgent. The school lines need to be clear to receive information about possible delays/arrival times.

Address of the party:

PGL Adventure Centre
Osmington Bay
Shortlake Lane
Weymouth
Dorset
DT3 6EG
Tel: 01305 836200

Please do not telephone unless absolutely necessary. Children will not make or receive telephone calls in the normal course of events.

We shall take a list of children's home addresses, telephone numbers and emergency contacts with us in case you need to be contacted during the trip. Please ensure that this section on the "Medical Form" is filled in clearly and fully.

I. TIMINGS CHECK

Horseman Coaches will provide the transport for the children. The timetable is as follows:

Monday, 23rd September:

11.00am Coach departs.
15.30pm Approximate arrival at Centre.

Please bring your children to school at the usual time and drop off their cases in their classroom.

Should you wish to wave them off on the coach **PLEASE DO NOT drive into school or park on Butler Road** near the school entrance. I am sure you appreciate it is a very busy time and the coaches have a tight turn out of the school gate. It is also a time when many adults who work in school will need access.

Friday, 27th September:

14.00pm Depart Centre.
17.00pm Approximate arrival at school (**This may be slightly earlier or later depending on traffic**).
Children will disembark with their luggage to the school hall to collect all their belongings.

Please collect your child promptly from the hall via the playground on the return journey: you are needed after a busy week away from home! IT IS IMPORTANT THAT YOU DO NOT BLOCK COACH ACCESS IN BUTLER ROAD.

J. POCKET MONEY

Very little pocket money will be needed. Various souvenirs are available at the Centre. However, opportunities to spend money will be few and far between and there are no shopping expeditions outside the Centre; we therefore feel that up to £5 for the week will be ample. Do feel free to give your child less than this if you wish, but **no more**. Please make sure the pocket money is in a named purse or wallet and is a mixture of values. Money will be handed in at the beginning of the trip and given out when they are timetabled to visit the shop.

K. ROOMS

Accommodation is in chalet style dormitories each with 4 beds and their own shower and toilet, some rooms have bunk beds. Our teachers are housed in rooms close to the children, usually at each end of the blocks. The children's supervision groups have no implications regarding allocation of rooms. We will not be able to tell children who they are sharing with until they arrive at the Centre.

L. STAFFING AND GROUPS

The Centre has asked us to divide the children into four groups for the activities during the daytime. The groups and their leaders are listed at the back of this pack. The groups will be instructed by Osmington Bay staff and at least one 'Oaklands adult' will be with each group.

M. ITINERARY

During the visit the children will be involved in a variety of outdoor activities. These may include:

Aeroball, Abseiling, Fencing, Zip-Wire, Giant Swing, Quad Biking, Climbing.

Dragon Boating, to take place offsite a short coach ride away at Portland Bay Olympic Facility.

There will also be some environmental geography/geology sessions down on the beach close to Osmington Bay.

The evening activities may include some of the following:

Camp Fire, Passport to the World. There will be no disco.

The itinerary is, of course, subject to change as necessary (e.g. weather conditions).

Miss Bland
Trip Leader
2019