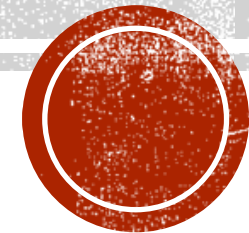




WHITEMOOR LAKES

Year 5 Residential Visit to Whitemoor Lakes, Alrewas

29th November – 1st December 2023





WHERE IS WHITEMOOR LAKES?

- **Whitemoor Lakes is located in the heart of Staffordshire, just off the A38 in Alrewas. It is within walking distance of the National Memorial Arboretum.**
- **Whitemoor Lakes provides the ideal backdrop for fun, adventure and comfort. Opened in 2011, the centre has quickly grown to become the byword for quality, safety and enjoyment with all of our customers.**





WHERE IS WHITEMOOR LAKES?

- **It is a self-contained outdoor education centre and all of the activities are completed on-site over the course of our stay. [NAYC-ACUK Activity Centres - Perfect for Schools and Youth Groups!](http://NAYC-ACUK) (naycacuk.co.uk)**





WHAT ARE OUR OBJECTIVES FOR OUR STAY AT WHITEMOOR LAKES?

- **TEAM WORK** – Taking part in activities that promote working together, communication and co-operation.
- **PERSONAL DEVELOPMENT** – Taking part in activities that focus on personal achievement, such as conquering fears or learning or practising a new skill or sport.
- **LEADERSHIP** – Developing leadership skills by appointing leaders to set tasks, or encouraging them to set an example.
- **SOCIAL AWARENESS** – Promoting inclusion of self and others as well as learning to recognise others attributes and achievements.
- **INITIATIVE** – Problem solving and group decision making.
- **PHYSICAL CHALLENGE** – Participating in activities that are either very high in energy or involve the acquisition and practice of a new skill.





SAFETY, SECURITY & WELLBEING

- **There are fully trained and qualified staff based permanently at the centre, who lead the activities and help the children settle in.**
- **All staff who work at the centre are DBS checked.**
- **There will be other schools there, but each school has its' own private lodge and set mealtimes. Schools are not mixed for activities.**
- **Lodges are alarmed at night time. The alarms are linked so staff would be alerted if there was a disturbance.**
- **A member of staff from the centre is always on-duty overnight.**
- **Entrances and exits are security coded so only authorised personnel can gain access.**
- **As we are visiting at Christmas, all our activities will be Christmas themed!**



WHO WILL BE GOING?



Miss Martin-Mills, Mr Bishop, Miss Walton and Mrs Wilkinson (Year 5 teaching student) will be staying for the duration of the 3 days.

Staff from Whitemoor Lakes will be organising and running each activity.



OUR ITINERARY



- Arrive at school, usual time on **Wednesday 29th November**. We will meet in the hall with our suitcases.
- The coach will be leaving school at around 9.00am and will take us to the **National Memorial Arboretum** where we will spend the morning.
- Please provide the children with a packed lunch, as Whitemoor Lakes will not be providing us with a meal when we arrive.
- The coach will then take us to Whitemoor Lakes for 11.00am, where we will have our packed lunch, have a tour and make our beds before starting activities in the afternoon.
- There will be a full day of activities on **Thursday 30th November 2023**.
- We arrive back at school on **Friday 1st December**. Children can be collected at the usual time.





WHAT ACTIVITIES WILL WE BE DOING?

	Wednesday 1 st December				Thursday 2 nd December					Friday 3 rd December		
GROUP	11.00	2.00-3.30	4.00-5.30	7.00-8.30	9.30-1.00	11.30-1.00	2.00-3.30	4.00-5.30	7.00-8.30	9.30-11.00	11.30-1.00	2.00
1	Arrive & Welcome	Elf Show Time Circus skills	Target Training Archery	Carol Singing Campfire	Stealth Training Challenge Course 1	Chimney Climbing 1	Present Wrapping Eggs Can Fly	Elf Navigation training Compass Course	Elf Olympics Extreme Teams	Elf Team Games	Present Dropping Abseiling & Zip Wire 1	Depart & Goodbyes
2		Elf Show Time Circus skills	Chimney Climbing 1		Stealth Training Challenge Course 2	Elf Navigation Training Compass Course	Present Wrapping Eggs Can Fly	Target Training Archery			Present Dropping Abseiling & Zip Wire 2	
3		Present Wrapping Eggs Can Fly	Chimney Climbing 3		Elf Show Time Circus skills	Target Training Archery	Elf Navigation Training Compass Course	Present Dropping Abseiling & Zip Wire 1			Stealth Training Challenge Course 1	



HOW WILL WE ORGANISE OUR GROUPS?

- Children will have dormitory groups and activity groups.
- When organising these groups, we will ensure that children have one chosen friend with them (they will fill in a form saying who they would like to be placed with).
- I will organise the children into 3 groups, based on the forms they complete for activity groups.
- Dormitories sleep a minimum of 2 and a maximum of 5. Each room has an en-suite.





We have been allocated our own lodge, joined to the central building by a corridor.





We have our own breakout area, where will we meet in the morning before breakfast.

This area will be looking very festive when we arrive!





We have our own kitchen area where we can store snacks that the children are allowed to bring to keep themselves fuelled up during the day!





Each room sleeps a minimum of 2 and a maximum of 5.

There is a bunk bed as well as single beds in each room.

Each room has its own en-suite, complete with toilet and shower.

Storage to keep clothes and valuables.

Boys will be on one side of the lodge with Mr Bishop, girls will be on the other with Miss Martin-Mills, Miss Walton and Mrs Wilkinson

The lodge is alarmed at night.



WHAT WILL WE BE EATING?

- 8:30am - Every morning the children have a choice of breakfasts: toast, cereals, fruit or cooked breakfast.
- 1.00pm - At lunchtime, they are given a choice of sandwiches, salad and hot options.
- 6.00pm - In the evening, they have a choice of three cooked meals, with salad options. One of our meals will be a Christmas dinner!
- They are allowed to bring snacks for in between activities – these will be kept in boxes with staff as they are not allowed in dormitories. They will also be offered hot chocolate and biscuits after the campfire on the first night.
- All food choices include vegetarian options.





WHAT DO I NEED TO TAKE?

- Lots of **warm** clothes and **suitable** footwear – outdoor trainers, indoor trainers, wellies and slippers.
- Tracksuit trousers are better than jeans. Clothes will get dirty, so it is best to bring old ones rather than anything special.
- A warm and waterproof jacket.
- A towel/towels and a well stocked wash bag.
- Children can bring snacks to have in between activities. Please ensure these are in a box and labelled.
- Some money for the shop, pool table and vending machines. Change is useful.
- Please pack 'with' the children so they know what is in their bags and can plan their clothes for different activities.
- Bags for dirty washing and wet clothes.
- Nightwear/PJ's.
- Mug
- All bed linen is provided.





CAN WE CONTACT HOME?

- We do not permit the children to phone home during the trip. Please do not bring mobile phones.
- Phone contact with home will only be made in the event of an emergency. Please could you ensure that your contact details are up-to-date via the office.
- We will inundate you with 'tweets' so you can see how much fun we are having!





ANY QUESTIONS!

Please don't forget to take a checklist with you!

Thank you for coming!

