

Welcome

Why Kingswood?

With 30 years' experience; Kingswood know what works and they are proud to deliver immersive learning at it's very best.

- They fully support the Learning Outside the Classroom Agenda and are a member of the Council for Learning Outside the Classroom (CLOtC).
- They offer accelerated learning by doing and the ultimate adventure activity experience.
- They develop the life skills young people will need to explore, experience and make sense of their world.
- They believe every young person has the capacity to achieve great things and they are there to help, encourage and inspire along the way.
- They provide a safe and secure 'home from home' environment for every visitor and offer complete peace of mind for parents too.



Inspired learning

Enhancing an education: There is no better way to educate young people than by engaging, inspiring and exciting their minds.

Skills to succeed in life: At Kingswood we focus on the personal development of every student, teaching important life-skills, challenging ideas and building confidence and self-belief.

An unforgettable experience: Time spent at Kingswood can prove a truly life-changing experience for many young people.



The Kingswood Experience

Young people get so much more out of a visit to Kingswood than just having a lot of fun. The benefits gained are immense, and most will develop new life-skills without even realising they're learning.

- Increasing confidence in themselves and their own abilities
- Developing new friendships and strengthening existing ones
- Trying new activities and igniting interest in new hobbies
- Experiencing the camaraderie of an overnight stay and an experience shared
- Development of a healthy sense of self awareness and empathy for others and their environment
- Increasing concentration, listening skills and attention span
- Greater respect for those – both teachers and peers alike – who have shared the same journey
- Accepting challenges and overcoming fears



It's all in a day

A typical day at Kingswood runs as follows:

- Breakfast between 7.30am and 9am
- First activities start around 9.30am
- 10 minute juice break
- Lunch time allocation between 12pm and 2pm
- A full afternoon of activities
- 10 minute juice break
- Evening meal time allocation between 5pm and 7pm
- Evening entertainment from 8pm, followed by cocoa
- Lights out by 9.30pm



- 6 sessions per day plus one final evening session.
- Group sizes of no more than 14 plus a fully qualified Kingswood instructor and an adult from the group.
- Students encouraged and praised during activities but are NEVER forced to take part if they are not comfortable doing so.

While other groups will also be present on centre during your stay, all programmes and activities are conducted separately, unless otherwise stated.

Home away from home

- All residential dormitories are warm, comfortable and 100% secure.
- Girls and boys sleep in separate areas and teachers rooms are located close by to allow for plenty of close supervision.
- All bedding is provided on centre - one of the very first tasks for all students is making up their own beds!
- Separate showers and toilet facilities are available for girls and boys.
- We have not been allocated our rooms. When we know what rooms are given to us and the number of beds in each room, we will work with the pupils to ensure that they are in rooms with as many friends as possible.



Valuables

- River Bank Primary and the Kingswood centre will accept no responsibility for lost or damaged valuables.
- The centre 'advises' that valuables are not taken by pupils.
- No mobiles allowed.
- This will also mean pupils can focus on the tasks and are not distracted by other things
- Rooms will be locked during the day.
- Other schools will be at the centre.



Food glorious food!

It's important for students to maintain high energy levels throughout their stay, so 3 freshly-prepared, healthy cafeteria-style meals are served in our communal dining area every day.

A varied choice is always offered, with both hot and cold meals, a salad bar, at least one vegetarian option and yes, sometimes even chips!

Plenty of juice and water is available at all times.

Most dietary requirements can be catered for as long as we are told in advance – medical forms will need to be completed to cover dietary requirements.



Bedtime routine

To finish off each day, hot chocolate is served before students return to their dorms. Plenty of sleep is required to recharge the batteries, so lights are usually turned out by 09.30pm.



Safety & Wellbeing

We know how nerve-wracking it can be letting your child go on a residential visit, so we do everything we can to make it a safe and enjoyable experience for all.

Kingswood's policies and procedures are designed to make sure that they adhere to the highest safety standards at all times:

- Continual safety and first aid training for all staff
- Regular checks on equipment before and after every activity session
- Qualified First-Aider on centre 24/7 (3 River Bank staff are also first aid trained)

All Kingswood staff are fully DBS checked and are trained to take responsibility for the well-being of the children in their care. They have found the best way to help children cope with being away from home is to keep them busy, having fun from dawn to dusk.

Kingswood create a warm, supportive environment for students so they quickly feel at home and our activities are progressive, allowing students to join in at whatever level they're comfortable with.



River Bank Staff

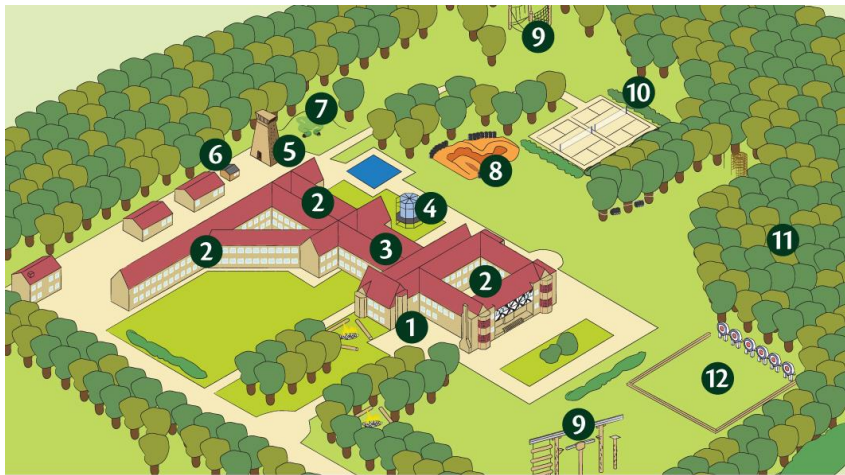
Here is a list of the staff going on the trip with Y4:

David Sansom
Hannah Leech
Hannah Stimson
Sanum Shafiq
Maria Nicos
Danny Evans



Overstrand Hall

Set amongst a variety of natural habitats on the North Norfolk coast, Overstrand Hall – a beautiful Lutyens manor house steeped in history – offers young people a study environment like no other and a chance to enjoy all of the benefits of staying besides the sea.



- | | | |
|-----------------|------------------------|--------------------|
| 1 Reception | 5 Climbing & abseiling | 9 High & low ropes |
| 2 Accommodation | 6 Fencing | 10 Frisbee golf |
| 3 Diner | 7 Caving | 11 Outdoor laser |
| 4 Aeroball | 8 Go karts | 12 Archery |



Our Activities

Archery

This activity is a great opportunity for students to develop dexterity, control and precision. Our flexible target ranges are geared to each age group, and our GNAS trained Instructors concentrate on developing pupils' technique. Students use bows and arrows to match their individual strength, size and age. Our centres have a mix of indoor and outdoor archery ranges so at most centres, this activity can continue come rain or shine. As with all our activities, a thorough safety briefing takes place beforehand and all safety equipment such as arm braces are supplied.



Our Activities

Beach Activities

This session encourages participants to make the most of our coastal locations, by exploring the great outdoors and taking in some fresh sea air. Pupils can choose from beach favourites such as frisbee, rounders or beach cricket.



Our Activities

Camp Fire

This is a great way to unwind after a full day of activities, and a firm warm weather favourite. As the group spend the evening in the great outdoors; they can relax and enjoy some quality time together whilst they toast marshmallows, sing songs and play games gathered around our outdoor campfire



Our Activities

Jacob's Ladder

One of the High Ropes elements where small teams of two to three climbers have to really pull together on this activity. Students must navigate their way up a giant high ropes ladder of horizontally suspended logs, where the challenge comes with the ever-increasing gaps between the rungs. Pupils will have to effectively communicate with each other, discuss their options, weigh them up and decide on the best course of action. This activity encourages problem solving at its very best.



Our Activities

Leap of Faith

One of the most challenging High Ropes elements. Pupils muster all their confidence and courage to climb to the top of a 10 metre pole, before counting to three and putting their faith in themselves as they jump and reach to catch the mid-air suspended trapeze. A great activity for our challenge by choice ethos, where young people can safely take risks and learn from.



Our Activities

Nightline

Nightline is a sensory deprivation exercise in which pupils are blindfolded throughout the activity. Pupils navigate their way through a series of obstacles and mazes as a group, relying heavily on the trust and the support of each other, and communicating with each other verbally to negotiate a series of obstacles as they tackle each of the different challenges.



Our Activities

There are others, but you are probably a bit bored by now!!

Further activities can be seen on the Kingswood website.



Emergencies

Any emergencies will be dealt with just like they would be at school.

We will contact you if you child is injured or becomes poorly.

If there is an emergency at home and you need to collect your child – you will be able to do so.

If you need to make contact with us – you will be able to do so by contacting:

School reception	01582 531 860
Kingswood reception	01263 579373
School mobile	07506 031 835
Centre duty mobile	07971 969 202
Follow us on Twitter:	@riverbankluton



Kit List

- Toiletries
- Long-sleeved shirts,
- Trousers
- Closed toe trainers are required for nearly all sessions – more than one pair
- Waterproof clothing (jacket, trousers)
- Thick jumper
- Wellington boots if you have them
- Large plastic bag for dirty clothes
- A bath towel
- Sunglasses, sun cream (you never know!)
- Pyjamas
- A named water bottle
- £10 maximum pocket money for the tuck shop and beach
- Teddy bear



Medicines

- ALL medication must be PRESCRIBED by a doctor
- Must be in original packaging with instructions.
- Must be in date.
- Must be named with the dispensing chemist's label.
- Forms for administering medication MUST be completed prior to the trip.
- Medicines MUST be handed to a member of staff on the morning of departure, not packed in the suitcase.
- Please see staff if you require clarification.



Timings

Wednesday 6th March

- Depart River Bank 11:00
- Bring a packed lunch on the day and we will stop half way to eat it.
- Arrive at Overstrand Hall at 14:00

Friday 8th March

- Depart Overstrand Hall at 13:30
- Arrive at River Bank at 16:30
- We will text all parents if this changes



Any questions?