

Bembridge , Isle of Wight



September 12th - 16th 2022

Introduction to Kingswood

A trip to Kingswood is a life changing adventure. For over 35 years, our transformative school trips have encouraged primary school pupils to build confidence and resilience by taking on fun challenges. Each year over 175,000 young people visit Kingswood to experience exciting activities, from archery to zipwire, and they go home with so much more. They leave with the feeling that they can achieve their goals, and it's wonderful to see the most uncertain pupils becoming the most enthusiastic.

We provide the perfect environment to develop positive mind-sets, improve well-being and encourage self-belief, plus there is always lots of laughter.



Your centre

Our Isle of Wight centre covers 100 acres of beautiful fields and woodlands in a superb cliff top location, overlooking Whitecliff Bay, with direct beach access. At its heart, the Isle of Wight centre's five residential buildings – including an all-weather activity zone – border a tree-lined lane.

Surrounded by "Jurassic" coastline designated a Site of Special Scientific Interest, this is the most important area of Europe for dinosaur fossils, making the Isle of Wight perfect for Environmental Field Studies.

Challenging on-land activities including a high-adrenaline ropes park, 3G swing, archery and side-by-side driving in our new buggies, plus bushcraft and orienteering.



Isle of Wight 2022

58 children are going accompanied by 6 members of staff.

Monday

- Coach to Portsmouth
- Crossing via HoverCraft
- Beach visit
- 3pm arrive Kingswood , dorms, site walk
- **Evening entertainment**



Tuesday/ Wednesday /Thursday

- On site activities
- **Evening entertainment**

Friday

- Morning activities
- lunch at the beach
- hovercraft

Monday 12th September

Please put your case on the correct coach (this will be confirmed in a letter) parked at **Forest View from 7:45 am.**

Children to come to the school hall with:

- * **rucksack** - filled water bottle, **packed lunch & snacks**, pocket money, **waterproof coat**, **sun hat** & sun cream,
- * **any new medication**

The coaches will leave promptly at **8:00 am.**

Friday 16th September

We are due back around **5 pm**.

We will let the school know our ETA and they will put it on the website.

SAFETY

Safety at Kingswood

Peace of mind

Safety comes first at Kingswood; we're founding members of the British Activity Providers Association (BAPA) and affiliated to a whole range of governing bodies. We employ safeguarding leaders and every team member undergoes enhanced DBS checks. There are secure boundaries around our centres and regular night patrols as standard. We're also designated COVID-safe by Kaddi

- **Continual safety and first aid training for all staff**
- **All staff wear Kingswood uniform**
- **Regular checks on equipment before and after every activity session.**
- **Qualified First-Aider on centre 24/7**
- **All staff are fully DBS checked**

Children will be in 4 activity groups.

There will be 15 children in each group with a Southway member of staff and a Kingswood staff leading the activity.

ACTIVITIES

Abseiling, Aeroball, Climbing, 3G Swing,

Archery, Balance Beam, Buggy Building

Bushcraft, Fencing, Archery

Jacobs Ladder, Obstacle challenge

Leap of Faith, Orienteering

Problem Solving , Scrapheap challenge

Zipwire, Team tech, Nightline

Water



1. Sea Kayaking
2. Body Boarding
3. Raft Building

EVENING ACTIVITIES

- Mini Olympics
- Camp Fire
- Night walk
- quiz
- Movie Night
- Team games
- Disco

ITINERARY

- 07.00 - 9.00 Get up, get ready and fuel up for the day ahead
- 09.15 - 12.30 Morning activities - Activity Sessions
- 12.30 - 14.00 Your choice of packed lunch on centre or out on a day trip
- 14.15 - 17.30 Afternoon activities - Activity Sessions
- 18.00 - 19.00 Time to eat again - a different menu each day
- 19.00 - 21.00 The evening entertainment programme keeps your group engaged until bedtime
- 21.00 / 21.30 Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!



DORMITORIES

- Rooms range from 4 to 12 bed rooms
- Shower and toilets are near by
- Adults rooms are dotted between the children's rooms.
- Children have chosen one friend to be with.



MEALS

- **3 nutritious, balanced meals per day**
- **Vegetarian options**
- **Special diets catered for by prior arrangement**
- **Breakfast:**

Cereal, yoghurt, fruit, fruit juice, bread, toast, cooked items

Lunch:

hot meal

Evening meal: cooked meal - see sample menu

DUE TO ALLERGIES NO FOOD MUST BE PACKED FOR YOUR CHILD.

DO NOT PACK ANY EMERGENCY FOOD

Eating

To fuel young guests during a long day of thrilling adventure activities, we serve three meals per day, with lots of choice and seasonal variations.

Each day there is a carefully balanced and nutritional meal plan, recently updated to meet and exceed the latest Government standards on young people's. We cater for most dietary requirements – just let us know



* BREAKFAST *

- Cereals  
- Sausage  
- Vegetarian sausage  
- Bacon
- Hash brown
- Scrambled egg  
- Baked beans
- Yoghurt  
- Fruit compote
- Toast  
- Seasonal fresh fruit

ALLERGENS

 Celery
  Crustaceans
  Eggs
  Fish
  Gluten
  Lupin
  Milk
  Molluscs

 Mustard
  Nuts
  Peanuts
  Sesame
  Soy
  Sulphites
  Vegetarian
  Vegan

*Please see food labels for allergens
 **Vegan options are available
 Δ May contain traces of other allergens - please speak to the Head Chef if concerned

KINGSWOOD KITCHEN

LUNCH

- Shepherd's lamb pasty Δ 
- Hot dogs Δ 
- Cheese and onion pasty  

All served with...
 Skinny fries
 Baked beans
 Freshly prepared salad*
 Soup of the day*

>> DINNER <<

- Hunters chicken with bacon and cheddar cheese topped with a BBQ sauce   
- Crispy chicken nuggets  
- Crispy vegan nuggets  

All served with...
 Herb diced potato
 Broccoli and carrots
 Freshly made salad available daily*

:• SPECIALS •:

Chicken Shack

Marinated chicken served with corn on the cob and smoky rice Δ	Marinated Quorn™ escalope and corn on the cob served with smoky rice Δ   
	Vegan options are available

DESSERT

Frozen strawberry yoghurt**  

Travel

School to Portsmouth 2 x 49 seater coaches

Hovercraft (takes 78 passengers)

Isle of Wight - 1 x 61 seater coach

plus taxi 1 adult & 2 children

KIT LIST - everything named please

* Long sleeve tops and trousers

(a requirement for some activities)

* Sun protection (own sun cream, hat/cap)

* Shoes - 2 pairs trainers(1 for evening if wet)

* Named water bottle

* Wash stuff & towels - **No aerosols.**

* **teddy**

* **Clothes for water sports in a carrier bag shorts, T-shirt, water shoes & towel**

* **Packabale Waterproof coat**

* bags for dirty clothes

* Disposable/ cheap digital camera

* **No mobile phones nor electronic gadgets**

* **clothes for disco?**

Please check the weather forecast before we travel!

MEDICAL

We will take at least 2 school nominated first aiders .

INHALERS

Children need 2 x inhalers -we will take both the school inhalers which must be in date (classroom & office) 1 will be in your child's rucksack, the other with the group leader .

Please let us know of any concerns, e.g. sleep walking or bed wetting.

If there are any changes to medication, please let us know immediately.

All medication to be sent to school on Friday
10th September

All medicines to be handed in at school on **Friday 10th September** in a named plastic bag.

Any non prescribed medicine must in the original box, have the patient information leaflet and must have been given to your child previously with no adverse effects. These must be recorded on the medicine to administer form

POCKET MONEY

Up to **£10** - in £1 and £2 coins please

Your child needs to keep his/ her money in a named wallet/purse in their rucksack.

FORMS

Thank you for returning your forms, we may ask to speak to you or ask you to pop into the office.

Safety of children paramount.

If your child subsequently needs medication, please ask for a form and fill it in asap.

At the end of the summer holiday, you will be sent an email asking you to confirm if medical condition / medicines are the same or have changed. If changed please let the school know on the first day back so we can send you a new form. Medical information has to be logged so we need notice if at all possible.

Any changes to information on the forms (phone nos, doctors), please let us know immediately.

BEHAVIOUR

5 Cs

★ CARING

★ CAREFUL

★ CHEERFUL

★ COURTEOUS

★ CO - OPERATIVE

In case of an emergency and you need to contact us, the school mobile number will be sent out the Friday before we go.

If your child has a birthday while we are away, please e-mail me.

If your child has a medical issue the weekend prior to going, please text the mobile number and I will ring back.

A daily photo will be put on **VLE** which you can access via the school website.

More photos will be put on the school twitter account.

A quiet weekend before they go - no sleepovers

Good weather is ordered!

No news is good news.

**We aim to update the VLE once a day - please
check it daily.**

Any questions?

Thank you for your continued support

Please feel free to email me churchill@southwayjunior.co.uk

