



Year 5 School Journey June 2018



**JCA Mill Rythe Adventure Centre
Hayling Island**

<http://www.jca-adventure.co.uk/activity-centres/mill-rythe>

Year 5 school journey

This year's school journey will take place from Monday 4th – Friday 8th June 2018. We will be taking the children by coach to Mill Rythe Adventure Centre on Hayling Island (near Portsmouth).

Mill Rythe is an established, well-equipped centre in a beautiful setting and JCA Adventures use it to run school journeys. They have 20 years of experience and offer many outdoor and indoor activities that aim to build confidence and self esteem.

The children will take part in a range of activities over the week, including climbing, abseiling, kayaking, walking, team building activities, orienteering and archery.

Accommodation: The children will be staying in two buildings, and each group of children will have their own 'chalet' which has a private bathroom. Each room accommodates between 4 and 5 children.





Room selection

Children will be asked to select two friends who they would like to share a room with and this will then be used to allocate rooms. We will endeavour to make sure that every child is sharing with at least one close friend. As this is a team building journey, children will also be encouraged to make new friends.

Food

The meals at Mill Rythe are specifically chosen with children in mind. Breakfast includes both cereal and a hot option, lunch is varied and includes a hot option, a salad bar and a dessert and there is always a cooked evening meal. The meals are served in a dining hall and children are encouraged to show good table manners. There is always seconds so the children don't ever go hungry!

Accompanying Adults

Mr Stephen, Ms Thomas-Bohl and Ms Drummond will accompany the children along with other members of the school staff. Names will be confirmed with you nearer the time.

Medical form

You will receive a medical form that will need to be returned to school by the specified deadline. This will be your chance to inform us of any medical needs, food allergies and medicines that your child takes regularly.



Kit List

Please do not pack new or best clothes

CLOTHING

Tracksuit bottoms/outdoor trousers/leggings— 4 pairs (no jeans)

Jumpers/sweatshirts/fleeces—4

T-shirts- 5 or 6

Underwear and socks - at least 5 changes

Night Clothes

Shorts (2-3 pairs)

Waterproof anorak or similar

Waterproof trousers/outdoor trousers that can get muddy - 1

Disco clothes - 1

Trainers or walking boots

Wellingtons

Indoor shoes/slippers

Bin bag for dirty clothes

Swimming costume /trunks (no bikinis please)

X2 Towels for bathing and swimming

Hat/cap (to protect from sun)

WASHBAG

Flannel

Soap or shower gel

Toothbrush and toothpaste

Shampoo/conditioner

Hairbrush or comb and bobbles for girls

SUN CREAM

OTHER THINGS TO PACK

Refillable water bottle (named)

Book(s) to read

Cuddly toy

Stamped addressed envelope/postcards

Spare inhalers if necessary and regular medication

PLEASE DO NOT PACK: Mobile phones, I Pods/MP3 players, Electronic games, Torch. Sweets, extra food or chewing gum.

Please give to any of the adults before we leave:-

Clearly labelled medication (including travel sickness pills for the return journey)

A letter for your child to open on the first morning

A stamped, addressed envelope with paper.

£4 pocket money