



# Vale of York Academy

## Year 7 - Residential

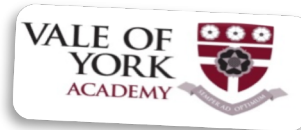
### Final details



September 2018

**Hope** Learning  
Trust York

# Final Information



The residential takes place from **Wednesday 12<sup>th</sup> – Friday 14<sup>th</sup> September 2018** at **YMCA National Lakeside Centre Newby Bridge**, Ulverston, Cumbria, **LA12 8BD**.

Students on the residential are to come in to the academy on Wednesday via the black courtyard gates at 8.45am and meet with their bag in the dining room. Parents aren't allowed on site with them unless need to see a member of staff and then that would be in reception. Students will be given an assembly at 9.15am by Mr Rampling and Mr Stancliffe and then leave at around 9.30am from school.



**PLEASE NOTE – WE CAN'T WAIT FOR THOSE WHO ARRIVE LATE OR forget something...** students must be on time, packed correctly so we can make a prompt start to the residential. The journey is around 2.5 hours and should be there for around 12.30pm.

**Please remember to bring a packed lunch with you for the Wednesday. If you are Free School Meal student you will be given a packed lunch to take at 9.15am from the canteen. These will be ready for collection.**

We plan to be back on Friday 14<sup>th</sup> for 4.00pm outside the front of the school. Parents are to collect students from here but please can we ask that you use the car park - leaving the road on the front of the school empty for the coaches to park on.

Students are to bring 1 suitcase/rucksack/holdall with equipment in and a day bag for their lunch to go in separately. Students need to be dressed in activity clothes when they arrive at school as they won't have chance to access their main suitcase and change until after afternoon activities.

Students are asked **NOT to bring Mobile phones on the residential**. Photos will be taken during the full residential and made available for parents and students to make a copy of after the residential. If a child needs to speak to home they can speak with a member of staff who will discuss with Mr Rampling.

Please also leave all electronic devices at home so this eliminates anything getting broken or going missing. Students are only allowed in their own rooms and not others. The school and centre will not accept any liability for anything damaged or lost. Phones will be held by staff if students bring them and are seen/used. They will be returned on the Friday when back to the academy.

In an Emergency and you need to contact your child or teaching staff, you can contact Mr Rampling on the Academy phone on: - **07713 393155** or by email on: - [m.rampling@valeofyorkacademy.org](mailto:m.rampling@valeofyorkacademy.org). Signal is a problem on site so please leave a message by text or voice mail and we will get back as soon as possible. Failing this you can ring the centre on: - 01539 539 000 or email: [lakesideeng@fyldecoastymca.org](mailto:lakesideeng@fyldecoastymca.org).

**Medication for students (labelled in a bag with name, times and dosage on) – MUST be passed to checking in desk as students enter the dining room on Wednesday morning. Mr Rampling will be in charge of this.**

To follow the residential and see updates with photos daily, please follow our Academy Twitter page - [@valeofyorkacademy](https://twitter.com/valeofyorkacademy) and [@vale\\_yorkdofepe](https://twitter.com/vale_yorkdofepe). We will put updates on return time if late/early on this too so please use this rather than ringing the emergency phone.



In this booklet, it gives students and parents/carers clear information about the activities and programme for the 3 days. Groups & bedrooms are now set and these are set & not able to be change before the residential.

## **Medical info... Important**

Please can we kindly ask that students DON'T bring nuts with them on the residential as there is a student who is highly allergic, and we want to limit the chance of the student potentially having a medical issue. Thank you.

# Programme (DAY 1)



Wednesday 12th September 2018

Time	Activity	Other information
8.45am	Students to arrive at school with bag.	Meet in dining room, dressed in activity clothes and with a packed lunch.
9.10am	Expectations and preparations for the residential assembly	Lead by Mr Rampling and Mr Stancliffe
9.20am	Load coach with bags and students get on.	All teaching staff to check coaches
9.30am	Depart Vale of York Academy	2 coaches (Will stop for 15 minutes at services for toilet break)
12.30pm - 1.00pm	Arrive at Lakeside Activity Centre	Bags will be unloaded from the coaches and placed in the holding area until after activities
1.00pm	Lunch (Pack up)	Students to please bring a packed lunch with them to eat (please put in small rucksack)
1.30pm	Short tour of the centre	In groups
1.45pm	Meet activity staff	Students to get in to their groups on playground (indicated around the centre and in the residential booklet)
2.00pm - 3.30pm	Activity 1	See your groups programme in the booklet and around centre
3.30pm - 5.00pm	Activity 2	See your groups programme in the booklet and around centre
5.00pm	Dinner (deepening on the other groups on centre this maybe a little later)	In the centre canteen (Group by group) served by on centre staff
5.45pm	Unpack bags in rooms	Chance for students to settle in their rooms and get things ready for bed later.
6.25pm	Meet on playground - for evening activities	In your groups - meet instructors
6.30pm - 8.00pm	Evening Activity	Campfire and BBQ - (Burgers and sausages)
8.00pm - 8.30pm	Student and staff games and discussion time	Bingo, sports, free time to chat with new friends and staff (Supervised by VOY staff)
8.30pm	Supper	Hot chocolate and biscuits (Vale of York Staff to organise and serve on site.
9.15pm	In rooms and quiet talking	Students to get ready for bed, brush teeth and be in bed for sleep
10.00pm	Students asleep	Staff in each lodge / block should students need them. Quiet so fresh for tomorrow.

**Don't forget to follow the school Twitter for photos and updates all day – @valeyorkacademy**

# Programme (DAY 3)



Thursday 13th September 2018

Time	Activity	Other information
7.30am	Wake up (Shower / get dressed)	Please ensure have a shower each day and keep your clothes organised and with your bed so you don't lose things.
8.15am	Breakfast	Teachers in your lodge/block will bring all students at same time. (In canteen)
9.00am	Brush teeth, dressed in activity wear.	Lists up in accommodation of what each group doing so can wear the correct clothes.
9.15am	Meet for activities	Meet instructors in playground in your groups (dressed accordingly for the activities)
9.30am - 11.00am	Activity 3	In groups (Member of staff with each group)
11.00am - 12.30pm	Activity 4	In groups (Member of staff with each group)
12.30pm ish	Lunch (depends on the other groups on centre)	In the centre canteen (Group by group) served by on centre staff
1.15pm - 1.45pm	Sports / Free time / SHOP OPEN!!	All students to socialise and play together on the playground (Supervised by VOY staff)
1.45pm	Meet activity staff	Students to get in to their groups on playground
2.00pm - 3.30pm	Activity 5	In groups (Member of staff with each group)
3.30pm - 5.00pm	Activity 6	In groups (Member of staff with each group)
5.00pm - 5.30pm ish	Showers	Time for showers (most students are on water activities that day) Others - activities on playground
5.30pm ish	Dinner (deepening on the other groups on centre this maybe a little later)	In the centre canteen (Group by group) served by on centre staff
6.15pm	Get dressed and ready for evening activity	All to meet on playground for 6.25pm please ready to go.
6.30pm - 8.30pm	Evening Activity	Evening walk - 2 hour circular walk back to out of the centre and back to it again. In groups with VOY staff.
8.30pm	Supper	Hot chocolate and biscuits (Vale of York Staff to organise and serve on site.
9.15pm	In rooms and quiet talking	Students to get ready for bed, brush teeth and be in bed for sleep
10.00pm	Students asleep	Staff in each lodge / block should students need them. Quiet so fresh for tomorrow.

**Don't forget to follow the school Twitter for photos and updates all day – @valeyorkacademy**

# Programme (DAY 3)



Friday 14th September 2018

Time	Activity	Other information
7.30am	Wake up (Shower / get dressed)	Please ensure have a shower each day and keep your clothes organised and with your bed so you don't lose things.
8.00am	Breakfast	Teachers in your lodge/block will bring all students at same time. (In canteen)
8.45am	Brush teeth, dressed in activity wear / pack bags	Lists up in accommodation of what each group doing so can wear the correct clothes.
9.00am	Move bags to holding area / clean room	<b>Bags packed and moved to storage room. Students to clean any litter from the rooms.</b>
9.15am	Meet for activities	Meet instructors in playground in your groups (dressed accordingly for the activities)
9.30am - 11.00am	Activity 7	In groups (Member of staff with each group)
11.00am - 12.30pm	Activity 8	In groups (Member of staff with each group)
12.30pm - 1.15pm	Lunch	In the centre canteen (Group by group) served by on centre staff
1.00pm - 1.30pm	Load the coach with bags, students aboard	
1.30pm	Depart Lakeside	Maybe a stop on route back if needed.
4.00pm - 4.15pm	Arrive back at Vale of York Academy	Parents to collect students please from the front of the school. Please use car park - leaving the road on the front of the school empty for the coaches to park on.

Home for a lovely weekends rest before back to school on Monday at 8.50am.

**Don't forget to follow the school Twitter for photos and updates all day – @valeYorkAcademy**



Being correctly equipped for activities is important not only for safety but also for us to all have lots of fun. You need to have a few changes of warm clothing, enough to change every day. **Bring clothes that you do not mind getting wet and muddy. 1 Suitcase/bag please.**

## Clothes for OUTDOOR Activities - (Items to be packed in a suitcase or large rucksack)

- Old trainers for wet session
- An outfit to get wet Kayaking in (trousers, t-shirt, jumper)
- Another pair of trainers for land sessions
- Water proof jacket.      Waterproof trousers (Optional)
- 2/3 pairs of long trousers / leggings – tracksuit, lightweight are great. (Jeans are not suitable)
- 3 warm long sleeved jumpers – fleece is best, or wool, acrylic or polycotton. (Those that get wet can be dried but spares are needed).
- Plenty of T-shirts
- Shorts
- Plenty of socks (6 pairs)
- Hat and gloves (In case weather is cold)
- Socks and Underwear (enough with spares)



## Clothes for general and indoor wear

- Set of casual clothes and footwear
- Nightwear (Pj's)
- Extra underwear

## Extras items...

- Sun cream
- Insect Repellent (Optional)
- Sun cap

## Other essential items...

- Torch – with spare batteries
- Wash kit (no aerosols),
- Towels (x2) one for washing and one for water sports
- Drinks water bottle
- **Walking boots or sturdy shoes for evening walk**



This residential is all about having adventures in the outdoors with your friends and the Vale of York Academy staff. **We ask you to leave items at home such as computers, mobile phones, personal music device, expensive watches, jewellery or any precious items which may not be covered by your insurance.**

**Please label all clothing to ease the process of things getting mixed up.**

# Activities – Students aware of their groups

## YMCA Lakeside Centre - Activity Programme

Organisation Name: Vale of York Academy | Number Of Groups: 9 | Nights: 2 | Arrival Date: 13:00, 12 Sep 2018 | Departure Date: 13:30, 14 Sep 2018

Session	Time	VALEYORKACAD 1	VALEYORKACAD 2	VALEYORKACAD 3	VALEYORKACAD 4	VALEYORKACAD 5
<b>Wednesday 12 Sep</b>						
Wed	12:00 - 13:00	Arrival 1	Arrival 1	Arrival 1	Arrival 1	Arrival 1
Wed	14:00 - 15:30	Initiatives 1	Initiatives 2	Initiatives 3	Initiatives 4	Initiatives 5
Wed	15:30 - 17:00	Archery SC Driveway	Challenge Course 1	Abseil Tower	High Ropes	Archery Boathouse
Wed	18:30 - 20:00	Local Fell Walk 1	Local Fell Walk 2	Local Fell Walk 3	Local Fell Walk 4	Own Programme - BBQ & Campfire SC
Session	Time	VALEYORKACAD 1	VALEYORKACAD 2	VALEYORKACAD 3	VALEYORKACAD 4	VALEYORKACAD 5
<b>Thursday 13 Sep</b>						
Thu	09:30 - 11:00	Crate Stack	High Ropes	Challenge Course 1	Archery SC Driveway	Abseil Tower
Thu	11:00 - 12:30	Raft Building NC 1	Raft Building NC 2	Raft Building NC 3	Raft Building NC 4	Challenge Course 1
Thu	14:00 - 15:30	Kayak NC	Kayak Chapel	Canoe NC	Canoe Chapel	Crate Stack
Thu	15:30 - 17:00	Kayak NC	Kayak Chapel	Canoe NC	Canoe Chapel	Raft Building NC 1
Thu	18:30 - 20:00	Own Programme - BBQ & Campfire SC	Own Programme - BBQ & Campfire SC	Own Programme - BBQ & Campfire SC	Own Programme - BBQ & Campfire SC	Local Fell Walk 1
Session	Time	VALEYORKACAD 1	VALEYORKACAD 2	VALEYORKACAD 3	VALEYORKACAD 4	VALEYORKACAD 5
<b>Friday 14 Sep</b>						
Fri	09:30 - 11:00	Challenge Course 1	Abseil Tower	Crate Stack	Climbing Wall	Canoe NC
Fri	11:00 - 12:30	Climbing Wall	Archery Boathouse	Archery SC Driveway	Obstacle Course 1	Canoe NC
Fri	13:30 - 14:30	Depart 1	Depart 1	Depart 1	Depart 1	Depart 1

## YMCA Lakeside Centre - Activity Programme

Organisation Name: Vale of York Academy | Number Of Groups: 9 | Nights: 2 | Arrival Date: 13:00, 12 Sep 2018 | Departure Date: 13:30, 14 Sep 2018

Session	Time	VALEYORKACAD 6	VALEYORKACAD 7	VALEYORKACAD 8	VALEYORKACAD 9
<b>Wednesday 12 Sep</b>					
Wed	12:00 - 13:00	Arrival 1	Arrival 1	Arrival 1	
Wed	14:00 - 15:30	Initiatives 6	Initiatives 7	Initiatives 8	
Wed	15:30 - 17:00	Crate Stack	Climbing Wall	Obstacle Course 1	
Wed	18:30 - 20:00	Own Programme - BBQ & Campfire SC	Own Programme - BBQ & Campfire SC	Own Programme - BBQ & Campfire SC	
Session	Time	VALEYORKACAD 6	VALEYORKACAD 7	VALEYORKACAD 8	VALEYORKACAD 9
<b>Thursday 13 Sep</b>					
Thu	09:30 - 11:00	Canoe NC	Kayak NC	Canoe Chapel	
Thu	11:00 - 12:30	Canoe NC	Kayak NC	Canoe Chapel	
Thu	14:00 - 15:30	Climbing Wall	Archery SC Driveway	Challenge Course 1	
Thu	15:30 - 17:00	Raft Building NC 2	Raft Building NC 3	Raft Building NC 4	
Thu	18:30 - 20:00	Local Fell Walk 2	Local Fell Walk 3	Local Fell Walk 4	
Session	Time	VALEYORKACAD 6	VALEYORKACAD 7	VALEYORKACAD 8	VALEYORKACAD 9
<b>Friday 14 Sep</b>					
Fri	09:30 - 11:00	Archery SC Driveway	High Ropes	Archery Boathouse	
Fri	11:00 - 12:30	High Ropes	Crate Stack	Nightline	
Fri	13:30 - 14:30	Depart 1	Depart 1	Depart 1	



## Prohibited items

- Aerosols
- Anything that could cause injury or harm, such as penknives or lighters. These will be confiscated.

## Packing tips for kids

- Plan ahead to make sure you have everything you need
- Only bring clothes that you don't mind getting dirty
- Pack enough clothes for the whole time at camp
- Label everything with your name in case anything gets mixed up with other people's things
- Pack everything into a suitable bag and bring spare carrier bags for wet clothes, muddy shoes etc.
- Make a list of what you're bringing. You'll find it useful at the end of camp to check that you still have everything you brought with you.

## Don't pack

- Mobile phones. Because our camps are situated in beautiful rural locations, mobile reception is very rare so they won't be able to use it anyway. Payphones are available at each site though so we're not completely cut off
- Valuable items such as iPads, iPods, jewellery or designer clothes. Children simply won't need them. We can't accept responsibility for loss, damage or theft so please keep treasured possessions at home. If, either by accident or for any other reason, a camper ends up bringing something valuable, this should be handed over to a member of staff for safekeeping.



### BEHAVIOUR...

Good, sensible and responsible behaviour is expected at all times during the residential. Politeness, respect and consideration for others goes without saying and must be followed. Anyone who does not follow this will be given a warning like at the Academy, however if negative behaviour persists will ask for a student to be picked up by parents to leave the residential. **Please speak with your son/daughter around their conduct and safety for the 3 days.**

Please also remember **NO** alcohol, drugs, cigarettes are allowed to be taken or consumed on this residential. This will be an instant phone call home to be collected and taken home.

**Students are not allowed in each other's rooms apart from their own.**

**Students are not allowed on the Jetty or in the water to paddle their feet unless with a member of staff.**