

Year 4 Residential – Sherwood Forest Youth Hostel

Thursday 8th – Friday 9th May



We are staying at **Sherwood Forest Youth Hostel**, which is a self-contained Hostel and is only being used by Rise Park Primary School. The lodge is fully heated and well maintained both inside and outside. The Youth Hostel is located within Sherwood Forest, where we will do our Outdoor Learning Activities on Friday.

The children will obviously be split into boy and girl rooms. The rooms all sleep up to 4 children in bunk beds and are very small, so please bring the smallest bag possible. All bedding is provided by the Youth Hostel

On the first day, we will stop at **Sherwood Pines** where the children will take part in the climbing activity '**Go Ape**'. This activity is led by Go Ape trained staff and all children will be wearing a safety harness and be fully supervised. If children are not comfortable to take part, they can support from below with a member of staff.

On the morning of the trip, we will meet in the hall with all of our bags and aim to leave by 9.30. Parents can stay and wave us off, if they wish. We will return to school by 2.45pm on Wednesday. Children do not need to be wearing school uniform, but do need suitable outdoor clothes for the outdoor activities

The children will need a packed lunch on the first day
(school will provide if in receipt of free school dinners)

The Youth Hostel will be providing Evening Meal on the day we arrive, and breakfast and packed lunch on the second day, and food choices will be given to children nearer the time.



We will also provide additional drinks and snacks throughout the visit, so no additional food is needed.

All children who need inhalers will need to bring it in a labelled bag, with their spacer if needed. This will need to be handed in to an adult on the morning of the trip.



If children require any other on-going prescriptive medication, they will also need this in a labelled box or bag and this will also be needed to be handed in to an adult on the morning of the trip and a form filled in.

If children are travel sick, please provide travel sick tablets in a labelled envelope and give to a member of staff.

During the evening, the children will be able to relax in the lounge area of the Youth Hostel. There are tables and chairs for the children and we will provide indoor games equipment. There is also an outdoor area where we can play outdoor games. Children will be supervised at all times.

What to pack...

Bag/Case: This bag will stay on the bus until we arrive at the Youth Hostel on Tuesday evening. Please ensure that your child can carry or wheel this bag.

- Change of underwear and socks (thick socks for walking)
- Indoor shoes/slippers - cannot wear outdoor shoes in the Youth Hostel
- A pair of trousers suitable for activities (tracksuit trousers or jeans)
- A t-shirt
- A warm jumper or sweatshirt
- Pyjamas
- Toothbrush/Toothpaste
- Soap
- Hairbrush
- Hand towel for washing
- Torch for evening walk
- Teddy bear if you want to bring one 😊



Rucksac Bag: The children will take this bag to Sherwood Pines and carry it around with them throughout the day. In this bag should be a drink, packed lunch, snacks, waterproof coat and sun cream (if forecast is for warm weather)



Children **must not** bring a mobile phone and will **not need any money**

Please complete an **emergency contact form** with all the information we need for the trip