



Year 6 Camp

Adventure Okehampton

17th – 21st June 2024



In your pack, you will find:

- Medical Form
- Food Choice Form
- Kit List
- Copy of this presentation

RESIDENTIAL CAMP VISIT MEDICAL FORM 2023

Child's name

Address

..... Date of birth

Emergency Contacts

Please provide details of a person who will be contactable at all times during the event /activity.

Name Name

Telephone 1 Telephone 1.....

Telephone 2..... Telephone 2.....

Relationship..... Relationship.....

GP's name/address

GP's telephone number

Relevant medical information

Please give details of any prescription/non prescription medications (including instructions), allergies, special dietary requirements, (details – severity, EpiPen information etc)

.....

.....

The following medication will be available at the event. Please tick to indicate which may be given to your Son/Daughter if required.

Calpol Piriton/Piriteze Plasters.....

Illnesses or disabilities relevant to this event/activity?

.....

.....

Consent

I agree to my child taking part in the visit and am happy for them to participate in the activities

Suggested Activity kit list

-Packed lunch for first day

-General

Drinks bottle (this will be refilled each day for lunch)
Plenty of old clothes
Small rucksack
Towel X 2 (one for washing and one for wet activities)
Wash things
Hat
Gloves
Torch
Black bag (for dirty or wet kit to be taken home)
Comfy shoes/slippers (for inside the hostel)
Sun cream
Insect repellent
Hand sanitiser
Face covering

Water Activities

- Trainers (these **will** get wet and probably muddy)

(NOTE: Wetsuit boots or beach shoes are **not** acceptable for any water activities – please bring trainers)

- Shorts (to wear over wet suit)
- Full Change of clothes including warm jumper or fleece
- Swimwear
- Towel

Please note Wetsuits will be used for watersports if the weather is inclement otherwise old clothes can be worn with a spare pair of dry clothes to change into after the activity.

-Land Activities

Waterproof Jacket (& trousers although not essential)
Tracksuit bottoms or similar (**No Jeans**)
Warm jumper or fleece, long sleeves
Walking boots / stout footwear

-This list is a suggested kit list, please ensure you have plenty of spare clothing due to the nature of activities and the weather, clothes can get wet so it's important to bring enough to ensure a dry set is available.

Medical Forms

Please make sure the medical form is returned to the class teacher or via the office **by Thursday 23rd May**

Please ensure all medicines are labelled and given to the class teacher **by Friday 14th June.**

If a medicine is needed over the weekend, please bring this on the morning and hand to a member of staff.

Kit List Reminders

- Please label everything
- Pack with your child (in a case that they can carry)
- Two towels
- Footwear
- Spares
- Practical > Fashionable
- Joggers > Jeans
- No phones or electronics (including smart watches)
- All weathers

Going on camp will be:

- Mr Styles
- Mr Godwin
- Mrs Hathaway
- Mrs Godwin
- Mrs Bowerman
- Mrs Bleakley

We will be in regular contact with school and will post updates on the school X (Twitter) page when possible.

Day 1 – Journey and Arrival

Monday 17th June

- Please arrive at the Manor Road entrance to the park **by 8.30am**. The coach is booked for **8.45am**. We will leave **no later than 9.00am** for Dartmoor.
- Children should wear long trousers, long sleeves.
- They should bring a packed lunch and drinks in their rucksack (not in their suitcase!).
- There will be a comfort stop on the way.



Day 1 continued...

12.00: Arrive at Okehampton YHA
Staff introduction and safety talk
Lunch
Children find their rooms and make their beds



13.30: Team building



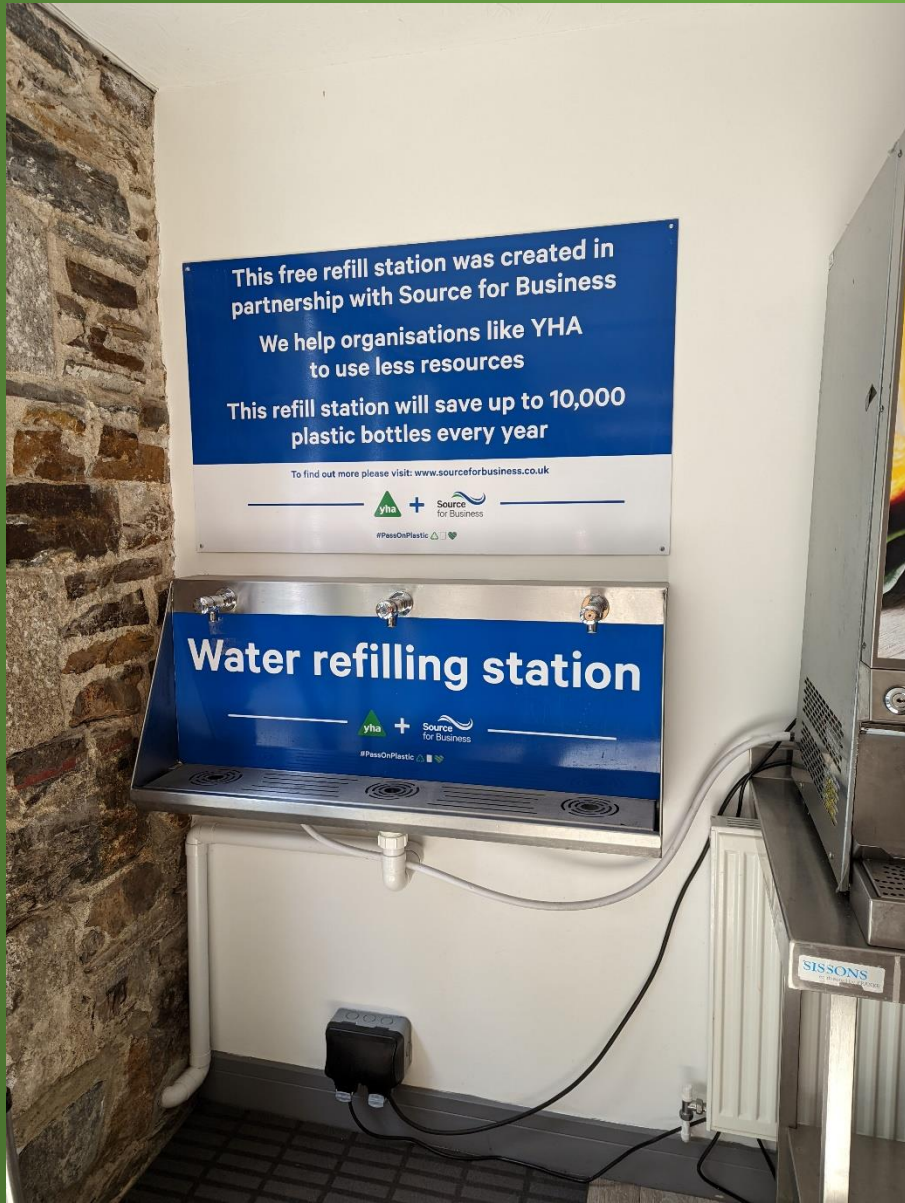
17.30 /

18.15: Dinner



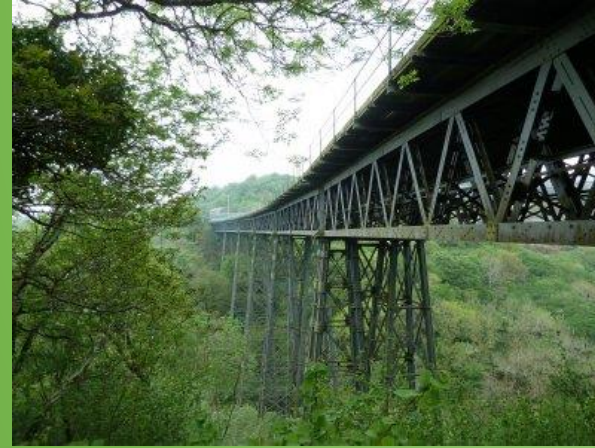
19.00: Night-time moorland walk





Day 2 – Meldon Day

Breakfast



9.30: Cycle Tour, Gorge Scrambling, Rope Walk

Dinner



19.00: Camp fire / Low Ropes / Self-led time







Day 3 – On the Water

7.30 /

8.15: Breakfast

9.30: Lake day – kayaking, canoeing, raft building

17.30 /

18.15: Dinner

19.00: Camp fire / Low ropes / Self-led time



Day 4 - Activity Day

Breakfast

9.30: Weasling / High Ropes / Archery /
Climbing Wall

Lunch on site

After lunch: As morning

Dinner

19.00: Self-led time





Day 5 – Activities and Departure

Breakfast and packing up

9.30: Weasling / High Ropes / Archery / Climbing Wall

12.00: Lunch and packing up

13.30: Depart for Saltford

16.30: Arrive at Saltford front gate
(Estimated – we will contact the school if there is a major delay)

Food:

Breakfast

Available every day - toast, cereal, fruit and breakfast juice	
Tuesday	Pork or Veggie sausage, Bacon, Scrambled egg, Beans, Hash browns
Wednesday	Hot Muffin filled with Sausage patty, egg & cheese, Blueberry muffins
Thursday	Pork or Veggie sausage, Bacon, Scrambled egg, Beans, Hash browns
Friday	American Pancakes topped with streaky bacon or chopped banana

Packed Lunch Please indicate below the filling choices for your stay.

Contain a soft bap with dairy free butter, a bag of crisps, homemade cookie and a piece of fruit.

Filling	Number required Day 1	Number required Day 2	Number required Day 3	Friday's	Number required
Simply Ham				Sausage Roll	
Simply Cheese				Vegan Sausage Roll	
Simply Tuna					
Ham salad					
Cheese salad					
Violife cheese salad					
Tuna and cucumber					

Food:

Evening meal

Please indicate below the main meal choice per person for each day

Monday	
Minced Lean Beef Bolognese with Pasta Spirals & garlic bread	
Mediterranean Vegetable Bolognese with Pasta Spirals & garlic bread	
Apple crumble	
Tuesday	
Roast Turkey Crown with Roast Potatoes, Yorkshire pudding, Broccoli, Carrots, Peas & Vegetarian gravy	
Jack fruit Bake with Roast Potatoes, Yorkshire pudding, Broccoli, Carrots, Peas & Vegetarian gravy	
Jelly & Ice cream or Vegan Jelly & Ice cream	
Wednesday	
Creamy Chicken Pie with new potatoes & mini mixed vegetables	
Vegetable Pie with new potatoes & mini mixed vegetables	
Chocolate Brownie	
Thursday	
Pepperoni Pizza with Potato Wedges & Sweetcorn	
Margherita Pizza with Potato Wedges & Sweetcorn	
Sticky toffee pudding	

To Finish:

- There is a phone number to call in case of an emergency.
- We will be in contact with school, and will try to tweet pictures.
- Some children can get homesick. We generally find this passes, but are used to dealing with it. We would not expect children to call home.
- We will contact you if there is anything we feel you need to know.
- The address is on the reverse of the front page if you would like to send a letter to your child.