

# Field Study Visit

## Hawkhurst 2015

### Kit

To simplify carrying clothing etc. to the bus and into the centre as well as storage when there, it would be useful if each child could be limited to one bag that they can carry themselves.

### Clothes for travelling and evening wear.

This should consist of warm, casual clothing, e.g. jeans, sweatshirt, etc.

As we are a long way from towns and the nearest village has only about 100 inhabitants it isn't necessary for children to bring lots of new clothes. The emphasis should be on warmth and comfort.

**The children will be expected to get washed and changed in the evening after outside activities are over.**

- *When we arrive at the centre on the first day we will be doing an activity straightaway before we have lunch. Therefore, please can children arrive in school appropriately dressed for doing activities-see list below.*

### Clothing for activities:

- Tracksuit trousers/leggings
- T-shirts
- Jumpers
- Warm jacket (+hat and gloves)
- Warm socks
- Training shoes x2
- Walking boots/Wellies
- Waterproof jacket

The centre will provide waterproofs for activities on the water only. Children are expected to wear their own waterproof jackets at all other times. Body warmers are not suitable.

The emphasis should be on a number of thin layers that can be worn at the same time, as this is the most effective way of keeping warm.

**Cotton trousers and jeans are not effective outdoor wear in wet or cold weather and should not be worn for activities during the day.**

### General items

- Towel, soap, brush, toothbrush, toothpaste.
- Changes of underwear and socks.
- Plastic bags(x2) to put dirty or wet clothes in at the end of the week.
- Book to read.
- Small game, not electronic.
- Small amount of spending money. (Optional but no more than £5.)

It is important that clothes are labelled with the children's name, as one piece of muddy clothing looks much like any other. **If you want it back, put a name in it!**

### General

**Mobile phones should not be sent** with the children as a) there is no reception b) they tend to get lost or broken and c) phone calls home tend to make any homesick children feel worse. Instead I will ring school to confirm our arrival and we will get the children to write you a postcard on the first night and send it so you should hear from them before the end of the week.

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### **Behaviour**

We want the field study visit to be an enjoyable and valuable experience for all children. For this to happen the children will need to remember that they will be **expected to behave in a sensible fashion**. A lot of the activities could be dangerous if a child was to ignore safety instructions or to go somewhere they were told not to go.

**If a pupil is thought to be endangering themselves or others we would contact you and ask that they be removed from the centre for safety reasons.**

This is not something we have ever needed to do and I'm sure that it will not be necessary this year, particularly if you remind your child about good behaviour before they leave.

### **Medication**

If your child is on any medication please ensure details are shown on the contact form.

Ensure the medication is put in an envelope clearly labelled with the child's name and the instructions for administration. These envelopes should be handed to Mr Aird on the morning of departure.

### **Emergency contacts**

The emergency contact form should have on it all the numbers we may need to contact you as well as an indication of the times when they are appropriate.

In the event of an injury requiring medical treatment the form also enables staff to act on your behalf to ensure prompt treatment. Rest assured we would always make every effort to speak to you first but the priority must clearly be the well being of the child.

### **Food**

The centre provides simple nourishing meals with the emphasis on giving the children enough energy to keep going through very busy days.

If your child is fussy about what they eat please encourage them to try a range of things as it's amazing how hungry a day outdoors can make you and how miserable being short of food makes children, and adults.

If your child has any food allergies, please indicate this on the contact form and I will alert the centre.

### **Sleep**

Bedtimes are very much a flexible thing on field weeks but tend to get a little earlier as the week goes on and children get more tired.

If the children don't get sufficient sleep they will find it hard to cope with the activities; if they keep others awake, then it will keep the staff awake and then we will get grumpy. So, a good night's sleep is an essential for all to have a happy week.

### **Times and Dates**

The children leave school on Monday 5th October at about 9.30.

Children should arrive in school at about 8.50 on that day and bring themselves and their bags straight to the hall. We will return to school between 3.30 and 4.00 on Friday 9<sup>th</sup> October. You are welcome to collect them from any time after that. We know that you will be eager to see your child when we get back but please allow us to get the children off the coach and in to the hall. Once we have the children and their belongings safely in the hall, you will be welcome to join us and we will then allow children to leave our care.