KINGSWOOD

Wednesday 11th – Friday 13th May 2022

WEST RUNTON CENTRE

- The centre is approximately 1 hour and 20 minute drive away from the school.

- Set in 30 acre grounds.

- Indoor and outdoor activity facilities.

ARRIVAL

- We will be leaving the school on the Wednesday morning. **Children will need to bring a packed lunch.**

- 1430 arrival at the centre.

- Shown rooms at 1500.

- We will send parents a myed message so you know we have arrived safely.

WEST RUNTON
Cromer Road, West Runton, Cromer, Norfolk NR27 9NF

1. RECEPTION & CLASSROOM
2. ACCOMODATION
3. DINER
4. CINEMA
5. AEROBALL
6. LOW & HIGH ROPES
7. ZIPEWIRE
8. MOTORSPORTS
9. TEAM CHALLENGE & PROBLEM SOLVING
10. CAVING
11. SWIMMING
12. SPORTS HALL / ACRHERY RANGE
13. BUSHCRAFT

ACCOMMODATION

- We are staying in the Holkham accommodation and will be the only school within that building.

- Boys will be on one floor and girls on a different floor with their own toilets & shower facilities.

- There will be school staff on each floor.

- Rooms hold between 2 and 10 beds and we will organise the children into rooms the week before the trip.

FOOD

- 3 meals are provided per day and children have a choice of options for each.

- Toast, fruit and squash is available throughout the day.

ACTIVITIES

- Children will be organised into four activity groups, each accompanied by one of the school staff.

- We will let you know groupings the week before we go.

- Some activities are done as a whole school together and some activities will be done in their smaller activity groups.

- Participation is optional. We will encourage the children but never force them to do something. If children are anxious about an activity (such as the zipwire or caving), they do not have to do it if they don't want to.

- The next slide shows the programme of activities.

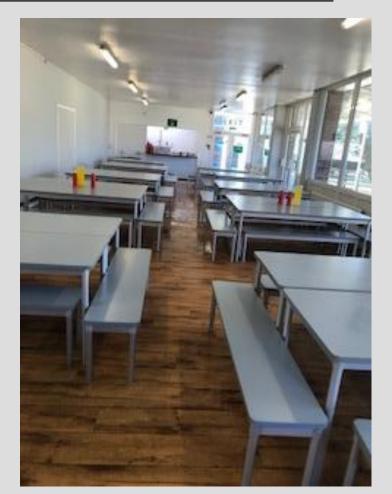|										
Wednesday										
16				Arrival - Meet your course director 14:30	Aeroball 16:00	Dinner	Group Contract		Quiz	
17				Arrival - Meet your course director 14:30	Nightline 16:00	Dinner	Group Contract		Quiz	
18				Arrival - Meet your course director 14:30	Nightline 16:00	Dinner	Group Contract		Quiz	
19				Arrival - Meet your course director 14:30	Climbing 16:00	Dinner	Group Contract		Quiz	
Thursday										
16	Breakfast	Climbing 09:15	Archery 10:45	Lunch	Course Director Activities/Review	Nightline 14:30	Caving 16:00	Dinner	Course Director Activities/Review	Night Walk
17	Breakfast	Archery 09:15	Climbing 10:45	Lunch	Course Director Activities/Review	Caving 14:30	Zipwire 16:00	Dinner	Course Director Activities/Review	Night Walk
18	Breakfast	Zipwire 09:15	Caving 10:45	Lunch	Course Director Activities/Review	Aeroball 14:30	Climbing 16:00	Dinner	Course Director Activities/Review	Night Walk
19	Breakfast	Caving 09:15	Zipwire 10:45	Lunch	Course Director Activities/Review	Nightline 14:30	Aeroball 16:00	Dinner	Course Director Activities/Review	Night Walk
Friday										
16	Breakfast	Zipwire 09:15	Obstacle Challenge 10:45	Lunch + Depart by 13:30 12:15						
17	Breakfast	Obstacle Challenge 09:15	Aeroball 10:45	Lunch + Depart by 13:30 12:15						
18	Breakfast	Archery 09:15	Obstacle Challenge 10:45	Lunch + Depart by 13:30 12:15						
19	Breakfast	Obstacle Challenge 09:15	Archery 10:45	Lunch + Depart by 13:30 12:15						

PHOTOS

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PHOTOS

STAFF

Staff attending:

- Miss Brown (Mundford Y4 Teacher & Head of School)
- Mrs Keeler (Mundford Y2 Teacher)
- Mrs Jermy (Mundford Y3 Teacher)
- Mrs Buckley (Gooderstone Y2,3,4 Teacher)
- Mrs Rolph (Mundford Teaching Assistant)

All activities at the centre are lead by their fully qualified staff and children will always be accompanied by at least one member of our school staff too.

CONTACT

Home sickness:

- If children become homesick we will divert their attention and comfort them.

- We will not call you, as this can often make the children feel more homesick.

- We will only contact parents if there is an emergency. However, we will send group messages via myed so you know we have arrived safely, settled in etc.

- School staff will take lots of photographs. Copies of these will be available to you after the trip.

FURTHER INFORMATION

https://www.kingswood.co.uk/activity-centres/west-runton/

https://www.kingswood.co.uk/why-kingswood/news-and-blog/book-with-confidence/