

# Kingswood Visit

Year 7

Learning @ Longfield  
department

**LONGFIELD**  
SCHOOL





Additions made to this  
slideshow have been in red to  
answer any questions asked at  
parents evening



This year we are taking 159 Longfield pupils and 16 members of staff, they are:



Mrs Nevison, Mrs Walker, Miss Metcalfe, Mrs Walker, Mrs Beadle, Miss Stones, Mr Marsh, Mr Brown, Mrs Gooch, Mr Trenholm, Miss Cairns, Mr Smithson, Mr Weaver, Mrs Wilcock, Mr Ashcroft and Miss Robinson.



# What's the benefit?

- **Studies have shown that when children attend outdoor adventure residential courses they achieve beyond their expectations.**
- This helps to improve their attitude towards learning, their motivation, and to raise their aspirations.
- **They understand themselves better, particularly their skills and abilities.**  
This boosts their confidence, self-belief and self-worth.
- **They develop better relationships with others.**  
This supports the development of team skills and a positive attitude towards school.
- **They develop a sense of social responsibility.**  
They feel empowered to lead others and to make a contribution to society.



# Year 7 Curriculum

- Learning at Longfield 'The Olympics'

We will be following our Olympics topic while at Kingswood and pupils will take part in a 'Mini Olympics'

- SEAL - Team work, Reflection

- How does a visit to Kingswood fit in?

Following our competency based curriculum to develop team skills and independence.

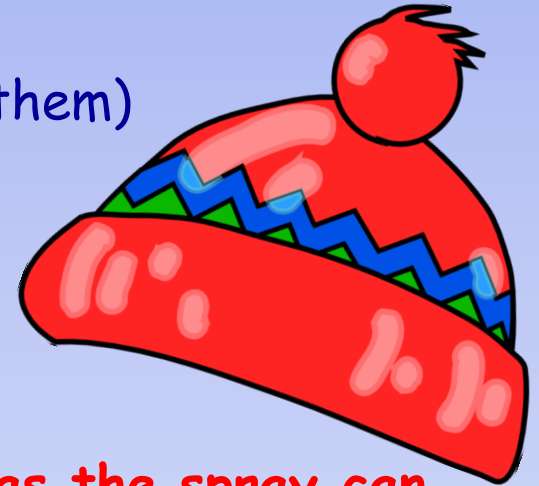


# Activities

- Pupils will be in groups of 12, groups decided by Mrs Nevison. Your son / daughter may not be in an activity group with friends but this will help them build friendships with others and give them the opportunity to try new things and push themselves.
- Activities you will be doing include Archery, Dance EJ, Leap of faith, Lazer quest, Circus skills, Fencing, Team tech, Nightline, Orienteering, Climbing, Jungle vines, Abseiling, Aeroball, Zip line, 3G swing, swimming, Low ropes, Problem solving, Parachute games.
- Longfield staff will encourage your son / daughter to take part and complete challenges to help develop their self confidence and esteem.

# What to bring

- Backpack
- Warm clothes **lots of layers, please don't buy expensive clothes, layers are better than one good layer.**
- Sturdy shoes
- Waterproof jacket (and trousers if you have them)
- Hat and gloves
- Pencil case and a book to read
- Small amount of pocket money
- Clothes for the disco
- Toiletries (no hair spray or spray deodorant) **as the spray can set off the fire alarms!**
- Swimming costume **and extra towel**
- Drinks bottle



# Think carefully before you bring...

- Mobile telephones
- Expensive items
- Expensive cameras
- Electronic games
- Jewellery
- Expensive or favourite clothing and shoes
- Laptop computers
- Mp3 players and ipods



**If you bring any of these items and they are broken or you lose them, the school's insurance will not cover their replacement cost.**



# On the day...



- **Medication:** any medication you take needs to be in a plastic bag (like a freezer bag) with your name on it. You need to bring a letter from parent / carer to say what the medication is for and how frequently it needs to be taken. **If you are travel sick take your pill before you come into school.**
- **We cannot give you any medication unless you bring the letter of permission.**
- **If your son / daughter is poorly while we are away I will telephone you, e.g. to ask permission to administer medication for a headache.**
- **Suitcases:** You need to be able to carry your own case so be careful what you pack! **Come into school at the usual time (8.45am)** and take your case to the hall. **There will be staff to tell you what to do next.**
- **What to wear:** Come to school in your clothes ready for Kingswood, **once we get to Kingswood you will make your bed then we will tour the centre before activity number one. You need to be wearing clothes to keep you warm as we will be outside until 9pm.**



# On the day...



- **Lunch:** Bring a packed lunch or money to buy lunch at the service station **Please remember food at the service station is expensive!**
- **Pocket money:** Sorry the shop at Kingswood isn't very good! **You will only have one opportunity to visit the shop.** You may want to buy food / magazine at the services. **My advice would be to pack some snacks for each day, you could make 5 bags up and put them in your case for each day e.g a carton of juice, a bar of chocolate, a packet of sweets. This will save you money. There is plenty of fruit to eat in the canteen, you can take some with you when you have finished your meal to eat later too.**
- **Camera:** You may bring a camera if you would like to, **your team leader will look after it while you take part in activities.**

# Travelling



- Leave school Monday 12<sup>th</sup> March 10am
- Arrive Kingswood 2pm (depending on traffic)
- Leave Kingswood Friday 16<sup>th</sup> March 1pm
- Arrive school 5pm (depending on traffic, **if we experience any significant delays we will tell you about it on the school website**)
- There will be a comfort break on the journey there and back to go to the toilet and buy a snack / drink etc



# The Financial side

- £180 should be paid in full by Friday 4<sup>th</sup> March.
- If you have any difficulty meeting this deadline please contact Mrs Nevison

01325 380815

[jnevison@longfield.uk.com](mailto:jnevison@longfield.uk.com)



# Information

- Do we have your indemnity form? **Please send this into Mrs Nevison asap. If you have any concerns please ring school and make an appointment to see either Mrs Nevison, or Mrs Walker to discuss concerns in more detail.**
- Please include comprehensive medical information on the indemnity form including travel sickness etc. **The more information we have, the easier we can look after your son / daughter.**

# Competitions

Remember there will be a few competitions to try to win when we are away which include...

- Best sleeper
- Silliest hat
- Best teddy bear
- Overcoming Fear
- Encouraging others

# Kingswood

For more information you can visit this website, we are going to the Colomendy Centre in North Wales

[www.kingswood.co.uk/centres/colomendy](http://www.kingswood.co.uk/centres/colomendy)