Anderton Centre

outdoor activities - education - conferencing



Thursday 26th November– Friday 27th November

# Preparation

- Medical Form (must be completed in advance and will be sent home in week 1 of Autumn 2)
- Packing Checklist (sent out in week 1 of Autumn 2)
- Medication (to be handed in before Thursday 26th November if possible)
- Tuck Shop (residential children only- £1 - to be collected in advance of the trip ~ week 3 of Autumn 2)

# Food

- On day 1, children who usually stay for school dinner will be provided with a packed lunch for their dinner from the school kitchen, those who usually have packed lunches or go home for dinner will need to provide their own dinner in their rucksack.
- Those staying over for the residential, all other meals are provided, including their evening meal on day 1, breakfast on day 2 and their lunch on day 2.
- Day trippers who are usually on packed lunches or go home for dinner, will need to bring a packed lunch on day 2 (those on school dinners will be provided with one by the school kitchen to bring with them).
- All children can bring additional drinks/snacks with them (no fizzy drinks) in their school rucksack

# Thursday 26th November

- Arrive in school by 8.30am (coach at 9am)
- Meet in the lower hall (group leaders)
- Coach journey to the Anderton Centre
- Welcome brief
- Morning activities (to be confirmed)
- Lunchtime
- Afternoon activities (to be confirmed)
- Day trippers to travel home at 4pm
- Residential children - check-in rooms & evening meal
- Evening activities e.g. orienteering & games

# Friday 27th November

- Breakfast & morning brief & check out of rooms
- Day Trippers arrive in school by 8.30am & set off at 9am
- Morning Activities (to be confirmed)
- Lunchtime
- Back at school 1.30pm, all children can be collected at 1.30pm

# Residential Packing List

| **Please pack the following items:** | **Tick** |
|---|---|
| **Medication** (if applicable) | |
| **Waterproof coat** (to be worn or put in the rucksack as this will be needed from day 1 onwards) | |
| **2 pairs of tracksuit bottoms or leggings** (1 pair for indoor use and 1 pair for outdoor use) | |
| **2 t-shirts with long sleeves** (1 for indoor use and 1 for outdoor use) | |
| **2 warm jumpers or hoodies** | |
| **Hat & gloves** | |
| **Trainers** (outdoor use) | |
| **Indoor shoes** (not slippers - for going to the canteen etc.) | |
| **2 sets of underwear** | |
| **2 pairs of socks** | |
| **Tooth brush & toothpaste** | |
| **Roll on deodorant (no sprays)** | |
| **Shampoo** | |
| **Hairbrush & bobbles** | |
| **Shower gel** | |
| **2 towels** | |
| **Pyjamas** | |
| **Refillable water bottle** | |
| **Spare plastic bags** (for clothes that have been worn and are dirty) | |
| **A maximum of £1 for the daily tuck shop** (optional) | |

| **Water Activities –** these items are **in addition** to the list above, please put these items together in a plastic bag | **Tick** |
|---|---|
| **Swimming costume or swimming shorts and t shirt (for under a wetsuit)** | |
| **A towel** | |
| **Old trainers, PE pumps or 'wet shoes'** | |
| **A spare plastic bag** | |
| **Underwear** | |
| **A spare t-shirt** | |

# Day Trippers Packing List

## Day 1 ~ Thursday 26th November

| | |
|---|---|
| Swimming costume or swimming trunks/shorts<br>(under their clothes as they will need to wear under the wetsuit that is provided) | |
| Light, comfortable clothes (no jeans) | |
| A waterproof coat | |
| **Old** trainers | |
| **The children will need to bring an additional bag containing the following items to be able to participate fully in all activities:** | |
| Underwear (for when they remove their swimming costume/shorts after the wet activities - a changing room is provided) | |
| A towel | |
| Old trainers or pumps for getting wet (alternatively 'wet shoes' are available to buy online or in sports shops for approximately £5) | |
| A plastic bag for wet clothing | |
| A spare pair of comfortable clothes | |
| A packed lunch (school will provide packed lunches for those who have school dinners) | |
| A water bottle | |

## Day 2 ~ Friday 27th November

| | |
|---|---|
| A packed lunch & snacks (school will provide packed lunches for those who have school dinners) | |
| A water bottle | |

# Medical Form

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**Anderton Centre Consent & Medical Form**
**(UNDER 18)**

**Name** _____ **Male / Female** ***(please circle)***

**Age** _____ **years** **Date of Birth**_____

**Address**_____

_____ **Post Code**_____

**Home Tel** _____**Mobile**_____

**In case of an emergency please contact:**

**Name**_____**Relationship**_____

**Address**_____

_____

**Home Tel** _____**Mobile**_____

**Activity Date:** ***18th – 20th October 2023***

**Please provide details of any medical conditions and medication required by the participant**

_____

**I understand that the activities may be hazardous by nature and give consent for the above named person to participate in the activities provided by the Anderton Centre.**

I **give / don't give** *(please delete)**consent to the use of any photographic or video material containing the above named to be used for promotional purposes by the non-profit Anderton Centre or charity Lancashire Outdoor Activities Initiative that runs the centre.

**Signed:** _____ **Parent / Guardian**

**Print name:** _____ **Date:** _____

* If left as it is we will assume that consent is given

# Any questions?