

Year 5 Residential at Viney Hill



Dates

Wednesday 5th - Friday 7th November

- Three days and two nights
- We will travel to Viney Hill via coach
- Drop off normal time (Lydney, 11:30 leave from Lydney)
- Packed lunch will be needed for the Wednesday lunch time (if your child requires one please order by 3rd November)
- Drink will be needed

What is Viney Hill and Where is it?

- The Christian Adventure Centre nestles between the River Severn and River Wye in the beautiful Royal Forest of Dean.
- They aim to provide the ideal venue for your group to relax, study and discover the great outdoors through adventurous and challenging activities in a supportive environment.
- The Centre is a residential adventure, activity and camping centre offering outdoor pursuits and adventure activities for all types of groups.
- They offer a full range of adventure activities both residentially and for day visits.

Accommodation

The children will sleep in The Old Vicarage.

It is a three storey building:

- Ground floor- kitchen, living room, staff dormitories
- Second floor- Children's dormitories, bathrooms, staff dormitories (boys)
- Third floor- children's dormitories, bathrooms, staff dormitories (girls)
- A member of centre staff will be onsite at all times
- Staff members will be staying on each floor, Miss Hopes (Lydney), Mrs Thomas (Aylburton) and Miss Eisel (Lydney).
- Mrs Sibthorp (Lydney) will be on site during the day.



The centre also has extensive outdoor grounds and additional buildings that are fully equipped for a range of pursuits.

There is a separate dining hall where the children will have their breakfast, lunch and dinner.

Food

The centre provides a good variety of home cooked, nutritious food for mealtimes.

- Breakfast- cereal, toast, bacon butties and drinks
- Lunch- rolls with fillings, hot soup on colder days, home baked cake or flapjack and crisps with juice
- Dinner- A range of hot meals such as: breaded chicken with potato wedges, sweetcorn and coleslaw with BBQ sauce and Sausages, mash with peas and gravy

Any dietary requirements have been noted and have been passed onto the staff at the centre. They will be catered for.

Activities

The children will participate in a range of outdoor pursuits. Two each morning, two after lunch and one in the evening.

We are taking part in:

- Viney Hill Instructor-led Night Hike (on the first evening) - bring some torches for fun!
- Group-led Campfire (on the second evening) films in the evening or games
- Low Ropes
- Archery
- Tunnels
- Team Building
- Bushcraft
- Navigation
- Crate Stack
- Climbing Wall

Timetable

Normal Timings for Activities:

Morning Session 1: 9.15 - 10.45am

Morning Session 2: 11.00 - 12.30pm

Afternoon Session 3: 13.15- 14.45pm

Afternoon Session 4: 15.00 - 16.30pm

Normal Timings for Meals:

Breakfast: 8 - 8.30am

Lunch: 12.30-1pm

Tea: 5-5.30pm

Children will
be split into
groups for the
activities.

Each group
will have a
staff member

What do the children get out of this trip?

- Practical skills
- Independence
- Confidence
- Communication
- Teamwork
- Enjoyment

Day Items:

- Water Bottle-500ml minimum
- Clothes to get wet and dirty (ideally long trousers and long-sleeved tops)
- Footwear to get muddy (trainers or boots)
- Backpack
- Waterproof jacket + trousers
- Winter: warm hat + gloves
- ★ Any medication you may need - clearly labelled with your name (and to be given to one of your leaders to keep).
- As no shoes are worn indoors, extra socks or a pair of slippers might be useful for inside

Overnight Items:

- Wash kit (toothbrush, toothpaste, TOWEL, shower gel, shampoo, soap, sanitary products (please let us know if there are any toileting issues at night.)
- Pyjamas
- Torch (with batteries that work!) Only for night hike
- **For 2 nights at Viney Hill: 3 full sets of clothes for the day (includes Top, bottoms, jumper, pants, and socks for each of the days we are there)**
- Extra pants and socks in case they get wet.

What to leave

- iPod, tablets, portable computer devices, TVs etc
- **Smart phones/iPhone etc (no devices to be brought at all)**
- Best clothes (branded, favorite shirt etc)
- No snacks needed as food provided
- Valuables including jewellery (not suitable for activities for safety reasons) (No earrings due to activities)
- If it's valuable and liked please don't bring it in

Important details

- Please make sure any medication forms are filled in and that medication is given to staff at school.
- Please notify staff if there are any additional things you think staff should know about your child.
- Pack lunch in a disposable bag for the first day please!
- Lots of layers!
- Bag for dirty clothes/ shoes
- Towel for showers
- At least two pairs of shoes (one pair will get very dirty!)
- Indoor slippers/ thick socks (the floor is cold)
- Waterproof coat
- Your children need to help you pack their bags so they know what they have and where it is, this will help when they need to pack their bags on the last day.
- If you need to get in touch with us please contact the school office who have all the details