

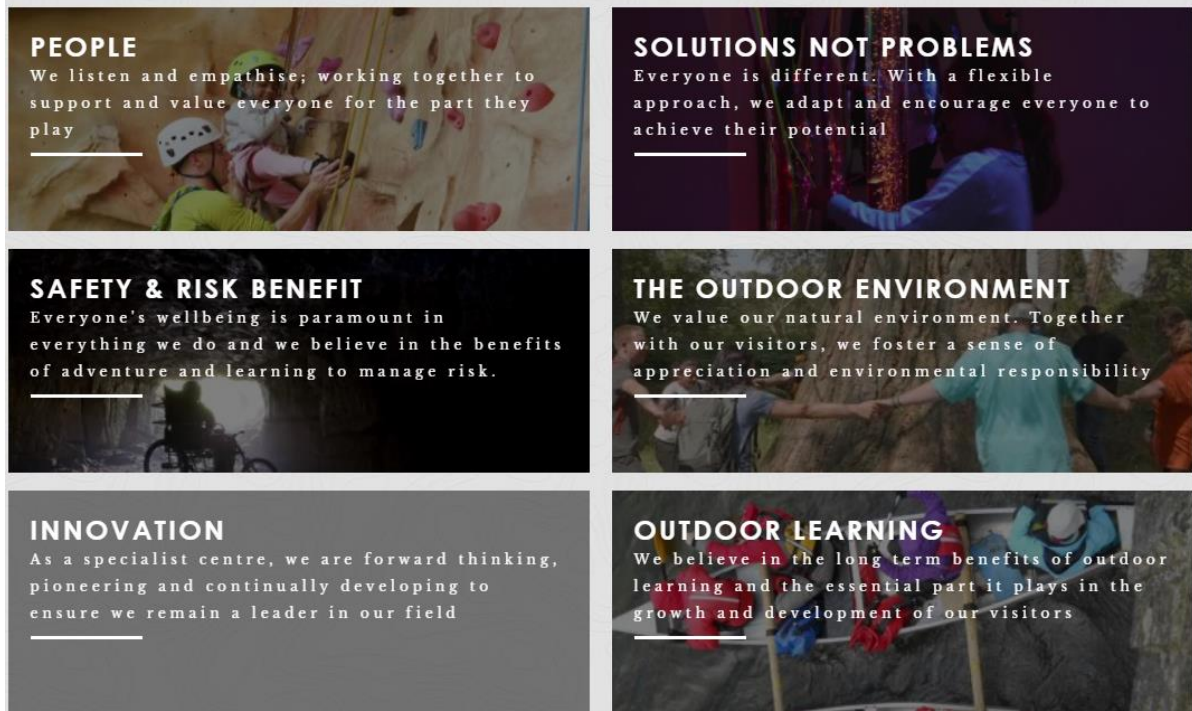


Oakfield
HIGH SCHOOL & COLLEGE

presents...
Year 10
Residential
2024
Information
booklet

About Bendrigg

Bendrigg Trust specialises in delivering high quality activity courses for disabled and disadvantaged people. We aim to promote inclusion, encourage independence and build self-confidence through the safe provision of adventurous activities. They have the six core values:



The Oakfield team organising and attending the residential weekend are experienced in both residential and outdoor activities and will ensure the learners are able to get the best from the weekend. If you have any concerns, worries or questions please do not hesitate to contact them at school (see contact details later in the pack).

Additional Information

We are using a Grayway coach for the majority of the transport and we are also taking one of our school minibuses. The journey takes approximately 1.5 hours so a magazine or book may be useful for the journey. Group 1 will be leaving school on Monday at 9.30am and will be in non-uniform. They will be home on Wednesday in time for their usual buses. Group 2 will be leaving school on Wednesday at 9.30am and will be in non-uniform. They will be home on Friday in time for their usual buses.

If you would like to drop off/pick up your learners, that is fine please let school and transport know. Due to the timings we don't encourage waving learners off, and it can prompt upset in the learners.

Activities

Our timetable of activities is included below but maybe subject to some changes dependent on the weather.

MORNING		AFTERNOON		EVENING
Arrive, Intro & Settle into rooms		1. Zip wire	1. Bikes	Indoor Cave or Night Hike + Sports Hall & Sensory Room (self Led)
		2. Bikes	2. Swing	
		3. Swing	3. Zip wire	
1. Archery	1. Swing	1. Canoeing		Campfire & Orienteering
2. Zip wire	Archery	2. Canoeing		
3. Canoeing		3. Archery	3. Bikes	
Tidy up, Presentation, Gift Shop & Depart by 10am				

Bendrigg staff work on a no pressure challenge basis, so no one will be forced to complete any of the activities but they will be encouraged to take part.

Mobile phones, MP3 players, games consoles, tablets etc

There is a **no mobile** policy on this residential and requests are made for them to be left at home. Contact with home can be made of an evening and school will alert you when the learners have arrived safely.

MP3 players, games consoles and tablets - we strongly advise **against** taking them and Bendrigg and school will not accept any responsibility for the loss/damage/theft of them and their use will be restricted.

Medication

There is a medical form in the consent/information pack which needs to be completed as accurately as possible and any changes need to be reported to staff as soon as possible before the start of the trip. If there are any other forms of administration for medication normally taken outside of school hours (i.e. injection) please let Miss Wallwork or Mrs Peachey know as soon as possible, so that provisions can be made for the relevant training to be organised.

Any medication required during the residential should be brought to school on Thursday 18th January 2024, earlier if possible and handed into the office for the attention of Miss Wallwork or Mrs Peachey. It must be in the original packaging with the prescription label on, clearly stating the learners name, strength, dosage and prescribing doctor. I appreciate some medication will not be able to be sent in prior to the visit and just asked that medication brought in on the day is handed in at school reception where it will be collected before

we leave. If there are any changes to the dosage, we will need a doctors note to explain the new dosage, as per our medication policy. A request can be put in at your pharmacy for regular medication to be packaged up for the week.

Dietary requirements

There is a form to be completed which will cover vegetarian/vegans, allergies, intolerances and special diets. Bendrigg have asked to let them know of any sensory preferences, but any specific brands will need to be provided and taken with us.

Equipment

Bendrigg have a selection of waterproof clothing that learners can borrow for the duration as well as walking boots and wellies. All specialist equipment relating to the activities will also be provided. If your learner has their own set of waterproofs and outdoor footwear they are encouraged to bring them – please make sure that **all clothing is labelled**. Please do not go out and buy specifically for this weekend. See the attached kit list for other items needed.

Pocket money

There is an onsite gift shop which will be opened at selected times during our stay. Any pocket money (no more than £20) should be handed to staff in a sealed envelope with learners name on, we can then allocate appropriate monies when necessary.

Contact numbers

School mobile – 07771 345 736 (In case of emergency only)

If you would like to make contact with your learner of an evening to see how they have got on during the day, please let Miss Wallwork know and she can arrange a time for them to contact you.

Info from Bendrigg:

What you need to bring

Whatever time of year you visit, much of the time will be spent outdoors, so we advise you to bring OLD, WARM, LOOSE FITTING clothes. All specialised clothing and safety equipment will be provided by the centre. However, we ask that guests bring with them as many of the following items as possible.



Kit List

Important

- 3 complete changes of clothes (loose trousers are best, not jeans)
- 2 towels
- Toiletries
- 2 fleeces*
- Pair of gloves and a hat*
- 3 pairs of socks plus 1 thick pair for walking boots/wellies
- 1 pair of slippers or indoor shoes
- Waterproof coat and trousers*

Useful

- 2 pairs of trainers (one old pair for water activities)
- Torch*
- Strong outdoor shoes or boots*
- Wellingtons*

Kit List	Going	Returning
Footwear		
Wellies/walking boots (if you have them)		
Old trainers (they will get wet/muddy)		
Slippers/indoor shoes		
Clothing		
Pyjamas		
Underwear (at least 1 set per day)		
Socks – 3 pairs thin and 2 thick ones to layer up.		
Trousers (jogging bottoms, leggings, walking trousers, combat trousers NOT JEANS!)		
T-shirts (at least 1 per day – long sleeved or short sleeved)		
Jumpers – enough for the cooler weather		
Hat		
Gloves		
Towel (1 medium/large, 1 hand towel)		
Wash bag		
Extras		
Torch		
Refillable drinks bottle		
Book/magazine		
Pencil case		