

## Brancaster Kit List 2018

3 or more complete changes of clothes - include some thick, woolly jumpers/ fleeces all year (please pack some long trousers not just shorts) in addition to those listed in the box below where relevant to your activities. **Plus**, plenty of dry socks and pants. In a rucksack/ case.

Specific activity kit:

### For Rafting and Coastal Safari we are doing both so they will need:

- 2 full set of old clothes, and 2 extra towel that can get wet and muddy for each activity.*
- 2 pairs of old shoes which do up tightly (old trainers are great – wet shoes are fine too, but please no crocs or loose shoes). These shoes will get wet/muddy/spoilt*
- 2 swimsuit/trunks *and* shorts (Not denim/jeans)
- For rafting if you have a wetsuit you may bring it **but please don't buy one especially.**
- We continue with activities in all weathers so please pack with this in mind.

### Other needed kit

- Warm Coat (all year round)
- Sunhat; Sun tan lotion (high factor)
- Sleeping bag, pillow case & sheet
- 2 towels & wash bag; night clothes
- Toothbrush, toothpaste, hairbrush & bobbles
- Wellington boots
- Sturdy outdoor shoes AND Indoor shoes or slippers
- Bin bags - for wet/dirty things
- Waterproof top and trousers

- A WATER BOTTLE (National Trust water bottles are available at a cost of £2.40 each – Children will need to pay this).
- Small rucksack – to hold waterproofs and water bottle
- Personal medication as required (hand in on the morning of departure).
- Stamps if you would like a postcard home (NB our gift shop sells postcards)
- A disposable camera is allowed however lots of photos will be on Facebook and seesaw.
- Purse for pocket money (Max £5 in small change)
- A reading book/ activity book for the bus and free time
- Sweets – a small amount (they will be collected in and shared between the children)
- A TEDDY (not a LARGE one)

**Please don't bring:**

- Mobile Phones/ Electronic games etc.
- Hair dryers/ straighteners etc
- Aerosols (deodorant sprays/hairspray etc – they set off the fire alarm)
- Valuable items (Camera's etc) A disposable camera is fine
- Chewing gum

We ask that you **label every item of your children's kit**, this makes sorting out belonging much easier as they very often don't know what is theirs.

PLEASE let them help you pack or at least know what items of clothing belong to them.

## Brancaster Activity Centre, North Norfolk

Year 3 Residential  
18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup> July 2018



### Timings

#### Wednesday 18<sup>th</sup>

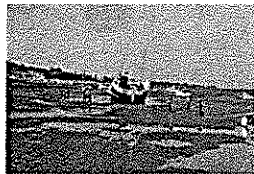
- Children arrive at school from 7:00am (no later than 7:15am)
- Bus departing at 7:30
- Arriving at Brancaster around 11am

#### Friday 20<sup>th</sup>

- Leaving Brancaster 1pm
- Arrive back around 4:30pm (please ensure mobile numbers are on the school system)



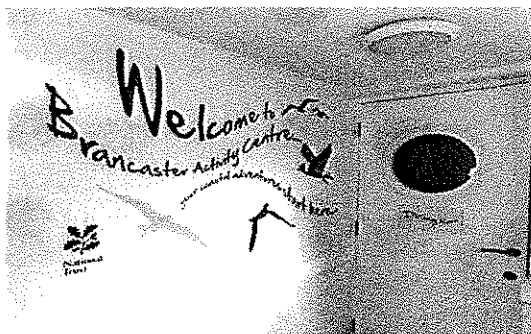
Brancaster  
Staithe Harbour



### Dial House



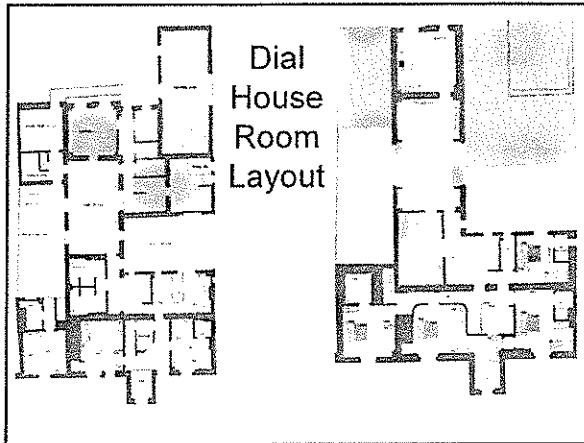
### Dial House



### Dial House Dining Room



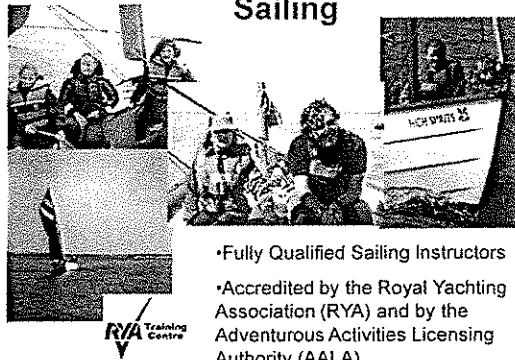
Dial House — Communal room, bedroom and snug



## Fun and Learning

- We aim that our visitors have an enjoyable and challenging adventurous experience where both benefits and the associated risk of the activities provided are assessed jointly.
- We will enable visitors to leave with improved skills; children learn to take responsibility and make judgements and assess risk for themselves.
- Our qualified and experienced staff will work closely with individuals to ensure they gain a positive and valuable experience.

## Sailing



- Fully Qualified Sailing Instructors
- Accredited by the Royal Yachting Association (RYA) and by the Adventurous Activities Licensing Authority (AALA)

*Crabbing!*

## Coastal Safari



Just how muddy can you get ?

## Raft Building May - Sept



- Teamwork
- Co-operation
- Self-confidence
- Water confidence

## Team Challenges



- Communication
- Trust
- Co-operation
- Confidence



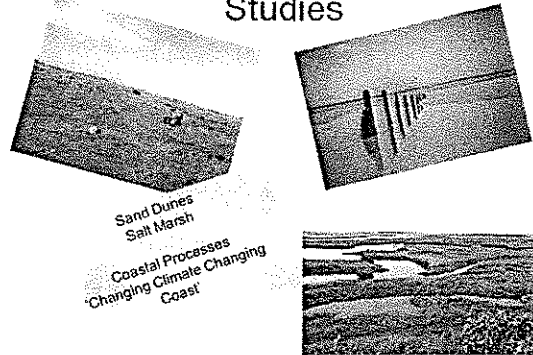
- Negotiation
- Leadership
- Delegation
- Compromise
- Recognition of individual talents and skills

## Beach Fun

### Coastal Processes



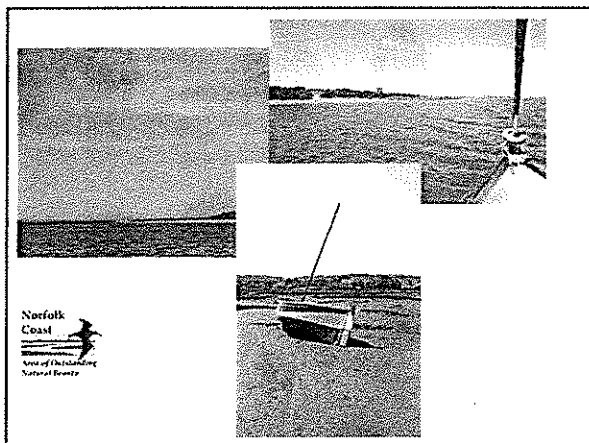
## Studies



Sand Dunes  
Salt Marsh  
Coastal Processes  
'Changing Climate Changing Coast'

## Key Features

- Sole occupancy unless otherwise arranged
- Wholesome home-cooked food menu with special requirements catered for
- Qualified, experienced & permanent staff lead activities and an adult is on duty in the centre until 8pm
- NT staff assist with meal-time organisation
- Overnight on-call system
- All relevant staff are fully first aid trained

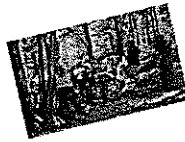


Norfolk Coast  
View of Outstanding  
Natural Beauty

## Kit List

~ See handout ~

This kit is not  
optional



## Summary



- A friendly welcome
- Enjoyable, fun, educational and exciting
- A well-trained and experienced team who care about child welfare
- A unique opportunity to develop self-confidence, life and social skills

"The children are still full of what they did, and how much they learnt.... We had a great time and really appreciate the time and effort you put in to making us feel so welcome"

(St. Anne's School, Harrogate)

"We all thoroughly enjoyed the activities you set up for us and even the teachers said it was the best residential they have been to so far and we enjoyed learning how we can go greener and save the environment "

"I will always remember Brancaster as I had such a good time!"

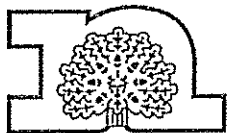
'It was epic!'

[Play our video here](#)

<https://vimeo.com/205802453>

# Confidential Parental Consent Form

(to be distributed with full details of the visit)



Nottinghamshire  
County Council

## 1. Consent for participation in the visit

Visit Leaders name MISS MITCHELL

Visit to: Brancaster Activity Centre, North Norfolk.

Date(s)/Times: From: 18<sup>th</sup> July 2018 To: 20<sup>th</sup> July 2018

I agree to my son/daughter \_\_\_\_\_ (name) taking part in the above-mentioned visit and, having read the information provided, agree to his/her participation in any or all of the activities\* described. I acknowledge the need for obedience and responsible behaviour on his/her part. I understand that there is some level of risk in every activity but that this visit will be managed to minimise the risks involved. I understand the extent and limitations of the insurance cover provided. I understand that as part of the planned transport arrangements, or in emergency, it may be necessary for participants to be transported in staff vehicles.

\* If there are any activities in which your child cannot participate, please give details:

I give permission for my son/daughter's name to be included in the collective passport to be held by the group leader  
~~YES/NO~~ NOT APPLICABLE

If water activities are involved, is your child confident in water? YES/NO/NOTAPPLICABLE

## 2. Medical information, declarations and consent

a) Son/daughter's date of birth : \_\_\_\_\_

b) Does your son/daughter suffer from any conditions of which the Visit Leader should be aware: **YES/NO**  
 If YES, please give details of anything the leader needs to know about to safety care for your child e.g. illness, travel sickness, allergies, night-time tendencies (sleepwalking, nightmares, bed-wetting) etc.

c) Details of any medication

Name of medication	Dosage	Times of day or circumstances to be given	Method of administration

Any special precautions, side effects of medication etc:

I give my consent \*\* for a member of staff to administer the above medication which I will deliver to the visit leader before the visit. I understand staff leading the visit are not qualified medical practitioners but that they will take reasonable care in the administration of the medication and will endeavour to respond appropriately should emergency treatment be required.

I give my consent \*\* for son/daughter to self-administer the above drugs.

\*\* delete if not applicable

- d) To the best of your knowledge, has your son/daughter been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may be, or become, contagious or infectious? :

YES/NO

If YES, please give brief details.

- e) Is your son/daughter allergic to any medication: YES/NO  
If YES, please specify.

- f) When did your son/daughter last receive a tetanus injection?

- g) Please outline any special dietary requirements of your child:

- h) I undertake to inform the visit leader as soon as possible of any change in the medical or other circumstances between now and the commencement of the journey.

- i) I agree to my son/daughter receiving emergency medical treatment, including anaesthetic and blood transfusion, as considered necessary by the medical authorities present.

### 3. Contact numbers

- a) I may be contacted by telephoning the following numbers:

Work: \_\_\_\_\_ Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

My home address is: \_\_\_\_\_

\_\_\_\_\_

- b) If I am not available, please contact:

Name: \_\_\_\_\_ Telephone Numbers: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

- c) Name, address and telephone number of family doctor: \_\_\_\_\_

\_\_\_\_\_

4. Any other relevant information (Please provide NHS number if known and/or home postcode so that medical records can be found quickly on hospital systems if this became necessary).

### 5. Signature

Date: \_\_\_\_\_ Signed: \_\_\_\_\_

Full name (capitals): \_\_\_\_\_

These details should be available to the emergency contact for the visit.  
A copy of this form should be taken by leader on the visit