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**YEAR 6 RESIDENTIAL TO  
LACHESWOOD  
TUESDAY 18<sup>TH</sup> – FRIDAY 21<sup>ST</sup> JULY 2023**

# Laches Wood 2023

- Why Laches Wood:

- \* Laches Wood has a rich mix of natural beauty and woodland shelter, as well as indoor and outdoor adventure

- \* At Laches Wood, there is a wide range of year-round adventure activities including high ropes, bike trails and indoor climbing and caving

- \* Entrust Outdoors has a sixty-year pedigree of providing high quality outdoor education for children, young people and adults, with the skills and expertise to deliver a wide range of outcome focused activities

- \* They encourage all visitors to embrace their 'Explore and Inspire' theme and follow their own path of discovery and adventure

- \* All activities are led by highly qualified, passionate, and active outdoor practitioners with great experience and some of this country's leading professional awards and training

- Mosley Staff in attendance:

- \* (DL, SI, BF)

- Location:

- \* Wolverhampton. Approximately 45 minutes from school

- **Time leaving school on Tuesday 18<sup>th</sup> July: - 9:15am – CHILDREN WILL NEED A PACKED LUNCH TO TAKE WITH THEM ON TUESDAY 18<sup>TH</sup> JULY 2023.**

- **Time leaving Laches Wood on Friday 21<sup>st</sup> July: - 2:00pm**

# What do they learn?

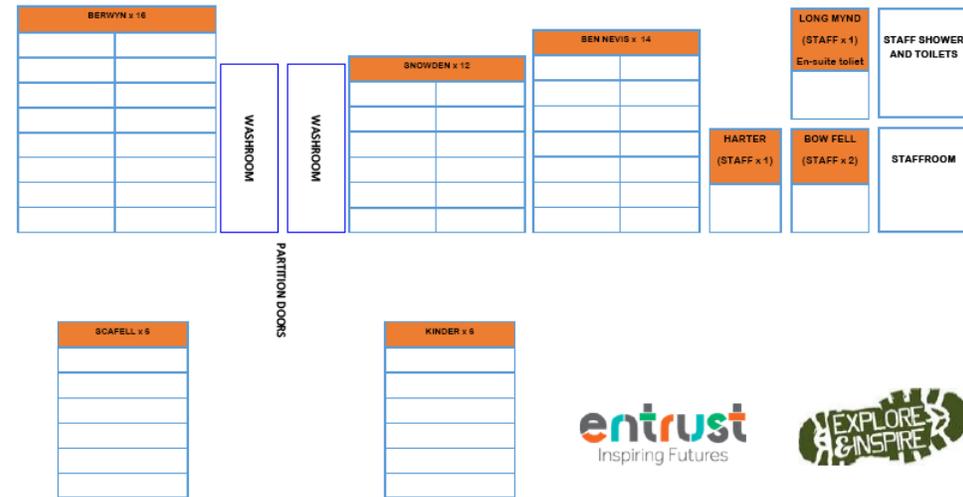
- Independence
- Personal Organisation
- New skills and activities
- Team work
- Self-reliance
- Self-belief
- Determination and resilience
- An appreciation of home!
- They have AMAZING fun – creating many wonderful memories!
- <https://youtu.be/xRXPOS8llrc?list=TLGGObZVS-5t9QowNzA2MjAyMg>



# Dorms: Mountain Block

- Groupings of approx. approx. 6:
  - \* Decided by Miss Luce and Mrs Rowe
- Dorm etiquette:
  - \* No food
  - \* No electronic devices
  - \* Keep your clothing and equipment tidy
- Dorm inspections:
  - \* Every morning by Camp Lead Instructor – ‘Best Kept Dorm’ awards/points given every day

MOUNTAIN DORM PLAN



# Overnight Arrangements:

- \*Laches Wood is a secure site that always has a first aid trained member of their staff on site when there are groups staying overnight
- \*Centre staff will always make sure school staff and children know where to find them in case they are needed during the night
- \* Dorms are arranged as per the picture on the previous slide. School staff will be placed at regular points for children to access.
- \*Staff will ensure children are safely tucked up in their dorms and will remain awake until all children are asleep, conducting regular perimeter checks
- \*Children must NOT leave their dorm unless to go to the toilet, in which case they must make their way to the toilet quietly and sensibly, returning straight away
- \* Children are to remain in their dorms until a school staff member wakes them

# Mealtimes

- \* All Entrust centres are 'nut free' and the caterers are highly competent in providing for a wide range of special dietary requirements and allergen avoidance
- \* Meal choices will be made upon arrival, and on each of the following days
- \* Every tap is for drinking water so the children can fill up their water bottle as frequently as they require
- \* A typical day consists of breakfast, lunch, dinner and evening 'supper'
- \* Children will sit at 'team tables' and eat with their 'team' and the rest of their school. School staff members will be present throughout
- \* Laches Wood offers the following menus; main, egg-free, gluten-free, milk-free and vegan
- \* We will use our school dietary information to inform Laches Wood of the children's dietary needs



**PLEASE LET US KNOW BY 4<sup>TH</sup> JULY 2023 IF YOU HAVE ANY ADDITIONAL DIETARY REQUIREMENTS**

### Outdoor Education Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Omelette, Hash Brown and Scrambled Eggs	Bacon, Scrambled Egg and Waffles	Spaghetti Hoops, Omelette and Staffordshire Sausages	Hash Browns, Bacon and Plum Tomatoes	Scrambles Egg, Staffordshire Sausage and Baked Beans
Also available - Cereals, Tea Cakes, Scotch Pancakes Toast and Crumpets with Butter, Marmalade & Jam, Tea, Pure Fruit Juice, Milk, Yoghurt and Fresh Fruit					
<b>Lunch</b>	Picnic Box Selection of Sandwiches or Baps, Crisps, Piece of Fruit, Biscuit or Homemade Tray Bake and a Cold Drink				
<b>Dinner</b>	Pork Sausage with Gravy, Mashed Potato and a Yorkie  Quorn Sausage with Mash Potato and Gravy  Jacket Potato and a Selection of Toppings	Pasta King With a choice of Toppings  Vegetable Bolognese  Garlic Bread  Jacket Potatoes with a Selection of Toppings	Roast Turkey with Roast Potatoes and Gravy  Quorn Fillet Roast with Roast Potatoes and Gravy  Jacket Potato and a Selection of Toppings	Cheese and Tomato Pizza  Fish Fingers  Potato Wedges  Jacket Potato and a Selection of Toppings	
<b>Vegetables</b>	Carrots, Peas & mixed Salad	Peas and Sweetcorn & Mixed Salad	Carrot and Broccoli & Mixed Salad	House Slew and Sweetcorn and Mixed Salad	
<b>Dessert</b>	Chocolate Crunch with Custard	Pineapple upside down cake	Apple Crumble with Custard	Warm Jam Sponge	
A choice of Jelly Or Mousse and Fresh Fruit Will be Available As an alternative to the dessert					
<b>Supper</b>	Hot Chocolate and Biscuits				

### Outdoor Education Egg-free Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Hash Browns Baked Beans (v)	Bacon Potato Waffles	Pork Sausage Spaghetti Hoops	Hash Browns Bacon Plum Tomatoes	Pork Sausage Baked Beans
Toast, Teacakes and Crumpets Available Daily					
<b>Lunch</b>	Picnic Box Selection of Sandwiches or Baps, Crisps, Piece of Fruit, Biscuit or Homemade Tray Bake and a Cold Drink The Range will be from an Egg-free Menu				
<b>Dinner</b>	Pork Sausage with Creamed Potatoes and Gravy  Jacket Potato with a Selection of Toppings	Jacket Potato with Diced Beans or Tuna (v)	Roast Turkey with Roast Potatoes and Gravy  Jacket Potato with a Selection of Toppings	Cod Fish Fingers with Jacket Wedges (v)  Jacket Potato with a Selection of Toppings	
<b>Vegetables</b>	Carrots Peas Mixed Salad	Peas Sweetcorn Mixed Salad	Carrots Broccoli Mixed Salad	House Slew Sweetcorn Mixed Salad	
<b>Dessert</b>	Fruit & Jelly	Fresh Fruit	Apple Crumble with Fresh Custard	Banana & Custard	

### Outdoor Education Milk-free Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Hash Browns Baked Beans Scrambled Egg (v)	Bacon Potato Waffles Scrambled Egg	Pork Sausage Spaghetti Hoops	Hash Browns Bacon Plum Tomatoes	Pork Sausage Baked Beans Scrambled Egg
Toast, Teacakes and Crumpets Available Daily					
<b>Lunch</b>	Picnic Box Selection of Sandwiches or Baps, Crisps, Piece of Fruit, Biscuit or Homemade Tray Bake and a Cold Drink The Range will be from a Milk-free Menu				
<b>Dinner</b>	Pork Sausages with Mash Potato and Gravy  Jacket Potato with a Selection of Toppings	Pasta with Sauce of the Day  Jacket Potato with a Selection of Toppings	Roast Turkey with Roast Potatoes and Gravy  Jacket Potato with a Selection of Toppings	Cod Fish Fingers with Jacket Wedges (v)  Jacket Potato with a Selection of Toppings	
<b>Vegetables</b>	Carrots Peas Mixed Salad	Peas Sweetcorn Mixed Salad	Carrots Broccoli Mixed Salad	House Slew Sweetcorn Mixed Salad	
<b>Dessert</b>	Chocolate Crunch	Pineapple Upside Down Pudding	Apple Crumble	Strawberry Sweet Sponge	

### Outdoor Education Gluten-free Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Hash Browns Baked Beans Scrambled Egg (v)	Scrambled Egg Bacon Potato Waffles	Mini Omelette Staffordshire Sausage	Hash Browns Bacon Plum Tomatoes	Scrambled Egg Pork Sausage Baked Beans
Toast, Teacakes and Crumpets Available Daily					
<b>Lunch</b>	Picnic Box Selection of Sandwiches or Baps, Crisps, Piece of Fruit, Biscuit or Homemade Tray Bake and a Cold Drink The Range will be from a Gluten-free Menu				
<b>Dinner</b>	Staffordshire Sausages with Creamed Potatoes and Gluten Free Gravy  Jacket Potato with a Selection of Toppings	Pasta With Sauce of the Day (Gluten Free)  Jacket Potato with a Selection of Toppings	Roast Turkey with Roast Potatoes and Gluten Free Gravy  Jacket Potato with a Selection of Toppings	Cod Fish Fingers with Jacket Wedges (v)  Gluten Free Pizza  Jacket Potato with a Selection of Toppings	
<b>Vegetables</b>	Carrots Peas Mixed Salad	Peas Sweetcorn Mixed Salad	Carrots Broccoli Mixed Salad	House Slew Sweetcorn Mixed Salad	
<b>Dessert</b>	Fruit & Jelly	Fresh Fruit	Baked Apple with Fresh Custard	Banana & Custard	

### Outdoor Education Vegan Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Hash Browns Baked Beans	Potato Waffles	Spaghetti Hoops	Hash Browns Plum Tomatoes	Baked Beans
Toast, Teacakes and Crumpets Available Daily					
<b>Lunch</b>	Picnic Box Selection of Sandwiches or Baps, Crisps, Piece of Fruit, Biscuit or Homemade Tray Bake and a Cold Drink The Range will be from a Vegan Menu				
<b>Dinner</b>	Linda McCartney Sausages with Mashed Potato and Gravy (v)  Jacket Potato with a Selection of Toppings	Vegan Bolognese With rice (v)  Garlic Bread  Jacket Potato with a Selection of Toppings	Linda McCartney Sausages or Vegan Nuggets with Roast Potatoes and Gravy (v)  Jacket Potato with a Selection of Toppings	Vegan Nuggets with Jacket Wedges (v)  Jacket Potato with a Selection of Toppings	
<b>Vegetables</b>	Carrots Peas Mixed Salad	Peas Sweetcorn Mixed Salad	Carrots Broccoli Mixed Salad	House Slew Sweetcorn Mixed Salad	
<b>Dessert</b>	Chocolate Shortbread	Pineapple Slices	Apple Crumble	Fruit in Jelly	

Copies of all menus will be sent home with the children. Additional copies are available on request from the school office.

DO NOT ALLOW CHILDREN TO BRING EXTRA SNACKS –THEY WILL NOT BE NEEDED AND MAY ATTRACT UNWANTED DORM VISITORS...

# Souvenir Shop / Pocket Money:

- \* Laches Wood has a souvenir shop that opens on the last day
- \* They have a great range of souvenirs that children may buy to take home
- \* Children may bring a small NAMED purse/wallet with them but please do not bring any more than £10
- \* Small change is advised where possible please
- \* Purses / wallets will be collected on the morning of the residential trip, by school staff, and kept by school staff throughout the week. Staff will hand the purses/wallets out on the last day, when the shop opens

# Clothing and Equipment:

- \* Make sure children know what they have packed!
- \* Pack old clothes that you do not mind getting muddy
- \* For water sport activities please bring a pair of old trainers which you do not mind getting wet
- \* NO ELECTRONIC DEVICES / PHONES ALLOWED – cameras ARE allowed but are taken at the children’s own risk.
- \* Staff members will not be held responsible for any damage to or loss of equipment or clothing; children are responsible for their own belongings
- \* A ‘kit list’ is being sent home with your child. (These are also available on request from the school office)
- \* NAME EVERYTHING!
- \* Children must be able to carry their own bag AND fit it inside their dorm – avoid huge suitcases!

Accommodation
Dormitory
Single duvet cover, single sheet and two pillowcases. <i>(Entrust will provide a duvet and two pillows)</i>

Item	Number	Packed at Home
<i>(Example) T Shirts</i>	4	✓
Underwear		
Socks, including warm, full length long socks for walking		
T-shirts		
Trousers/tracksuit bottoms and shorts		
Warm jumpers		
Outdoor trainers x 2 pairs		
Walking boots (if you have them)		
Indoor footwear e.g. slippers or sliders		
Wellingtons		
Waterproof and warm outdoor coat		
Nightwear		
Hat, gloves, scarf		
Sun hat, sunglasses, sun cream		
Wash kit		
Towel		
Water bottle – 1 litre, leak proof is good		
Torch		
Packed Lunch for first day of the visit		

Additional Items		
Pocket money for souvenirs		
Plastic bags for wet and dirty clothes		
Lip Salve		
<b>Medication if required. Labelled and given to the Visit Leader</b>		
Pens, pencils and a book to read		

# First Aid and Medication:

- \* All centre staff and school staff in attendance are first aid trained
- \* In the event of an emergency, lead teachers will contact Mrs Rowe / Mrs Carlton at school and school will contact parents/carers accordingly
- \* If your child suffers from hay fever, asthma, epilepsy, or diabetes, it is **essential** that medication, including inhalers etc., is brought, even though it may not be required
- \* Please ensure all medication that your child may require during their visit is clearly labelled with the their name and dosage required.
- \* We will require you to hand medication to school staff on the morning of the residential trip
- \* If inhalers are required please check they are full and provide us with a spare
- \* If Epipens or similar are required please ensure 2 are supplied
- \* If your child is not confident in taking given medication please let school staff know
- \* All parents/carers are required to complete the 'Medical Information and Consent' form which will be sent home with children. These are also available on request from the school office
- \* Please return the medical form on **Friday 14<sup>th</sup> July 2023** so that the information is as up to date as possible

# Contact:

- \* School staff will contact school to advise that children have arrived safely at Laches Wood. School will then notify parents/carers via WeEduc of this
- \*The lead teacher(s) will contact Mrs Rowe / Mrs Carlton each morning to update school on how the children are doing. School will then notify parents/carers via WeEduc of this
- \*There is no need for your child to have a phone with them. If a phone is found, this will be taken and kept safe by school staff member(s)
- \*In the event of an emergency, lead teacher(s) will inform school and school will telephone parents/carers immediately
- \*If an incident of serious or continuous poor behaviour occurs, school will be contacted and Mrs Rowe/Mrs Carlton will call parents/carers requesting they collect their child from Laches Wood
- \* School staff will contact school to advise when children are leaving Laches Wood. School will then notify parents/carers via WeEduc of this so you can come to collect your child from school early
- \* In the unlikely event that you need to contact your child in case of an emergency / unforeseen situation, please telephone school and Mrs Rowe / Mrs Carlton will make contact with the lead teacher(s) accordingly

# Behaviour Expectations:

\*You are representing The Mosley Academy and your usual level of brilliant behaviour is expected

\* If you choose to misbehave / break any of the site rules, the following consequences will be applied by centre and school staff, as they deem appropriate:

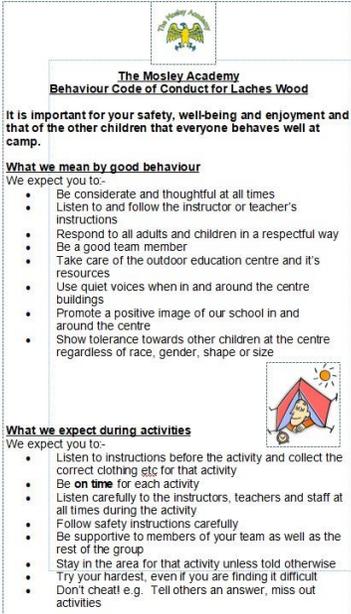
1. Removal of treat/privileges such as free time/tuck shop
2. Removal from the activity or from the next activity

3.If you choose to behave poorly at or after bedtime, you will sit with staff until the rest of the children in your tent are asleep. You will then be returned to your tent by a staff member to go straight to sleep.

4.In cases of persistent or serious poor behaviour, your parents will be contacted and we will ask for you to be collected and taken home immediately

\* All attending children are required to read and sign the behaviour code of conduct, returning this to school as soon as possible. (These will be sent home with children. Additional copies are available from the school office)

\* Please remember, school staff members are 'on duty' with you 24 hours a day and are giving up their time away from their own families to take you to Laches Wood; please treat them with respect and kindness throughout the week, just as you would in school



**The Mosley Academy**  
**Behaviour Code of Conduct for Laches Wood**

It is important for your safety, well-being and enjoyment and that of the other children that everyone behaves well at camp.

**What we mean by good behaviour**  
We expect you to:

- Be considerate and thoughtful at all times
- Listen to and follow the instructor or teacher's instructions
- Respond to all adults and children in a respectful way
- Be a good team member
- Take care of the outdoor education centre and its resources
- Use quiet voices when in and around the centre buildings
- Promote a positive image of our school in and around the centre
- Show tolerance towards other children at the centre regardless of race, gender, shape or size

**What we expect during activities**  
We expect you to:

- Listen to instructions before the activity and collect the correct clothing etc for that activity
- Be **on time** for each activity
- Listen carefully to the instructors, teachers and staff at all times during the activity
- Follow safety instructions carefully
- Be supportive to members of your team as well as the rest of the group
- Stay in the area for that activity unless told otherwise
- Try your hardest, even if you are finding it difficult
- Don't cheat! e.g. Tell others an answer, miss out activities

**What we expect at meal times**  
We expect you to-

- Be **on time** for lining up at meal times
- Wash your hands properly before eating
- Listen carefully to instructions
- Politely ask for your food
- Eat quietly and tidy up if you make a mess
- Talk quietly to the people on your table
- Tidy up when you are told to

**What we expect at night**  
We expect you to-

- Wash and brush teeth properly when told to do so
- Wear clothes for sleeping in, not day-time clothes
- When it is time for bed, go to the toilet and then back to the teacher, staying quiet
- Go straight to the tent, when sent, and settle into sleeping bags straight away
- Stay in the tent until told by school staff to get up in the morning
- If you wake up early don't disturb the others in your tent

**How we will encourage good behaviour**

- Explaining and demonstrating the behaviour we wish to encourage
- Recognising and highlighting good behaviour as it occurs
- Giving team points for good behaviour (You will be competing all week to be the 'top' team)
- Praising you for behaving well
- Encouraging you to be responsible for your own behaviour.
- Rewarding you e.g. extra 'free time' / 'tuck shop' visits

# A typical week at Laches Wood:

		10:30am - Arrive and introductions	Settle into the centre	STAFF
<b>Tuesday</b>	Morning 10.30am – 12.30			
	Afternoon 1.45pm – 5pm	Caving Biking	Biking Caving	
	Evening 7pm – 8pm	Spy Mystery		
<b>Wednesday</b>	Morning 9.30am – 12.30	Canoeing	Canoeing	
	Afternoon 1.45pm – 5pm	Search and Rescue	Search and Rescue	
	Evening 7pm – 8pm	Photo Trail		
<b>Thursday</b>	Morning 9.30am – 12.30	Archery Axe Throwing	Axe Throwing Archery	
	Afternoon 1.45pm – 5pm	High Ropes	High Ropes	
	Evening 7pm – 8pm	Campfire		
<b>Friday</b>	Morning 9.30am – 12.30	Climbing Rock Room	Rock Room Climbing	
	Afternoon	Depart – 1:30pm		

- \* Activities will be just our school, with Year 6 being split into 4 activity groups
- \* Each group will be made up of 2 'teams' and each group will be accompanied to activities by a member of our staff as well as a centre activity leader
- \* Free time will be spent as a school at set points throughout each day
- \* So, what are you going to be getting up to...?

# Archery!

- \* Everyone will experience a morning/afternoon of archery
- \* You MUST wear a long sleeved top to take part in archery
- \* Children with long hair will need to tie their hair back for this activity



# Rock Climbing!

- \* Everyone will experience a morning/afternoon of rock climbing and indoor bouldering
- \* Children with long hair will need to tie their hair back for this activity
- \* It is recommended you wear long trousers/leggings for this activity



# Canoeing and water games!

- \* Everyone will get to enjoy a morning/afternoon of canoeing
- \* It is recommended that old trainers which you don't mind getting (very) wet are worn for this activity
- \* Canoeing will take place on the very sheltered water of the Staffordshire and Worcester canal

\* Weak swimmers and non-swimmers can often still participate. However, if your child is a NON-SWIMMER, please highlight this on the medical consent form

\* All centre staff leading activities with water hazards are suitably qualified and experienced to do so, having been specially trained

## High ropes!

- \* Perfect for the 'GoApe' fans!
- \* Everyone will get a chance to scale the high ropes and face the 'Power Fan' jump...
- \* It is recommended that you wear long trousers / leggings for this activity and tie long hair back



# BMX-ing!

- \* Each of you will get a half day of BMX biking on tracks and trails
- \* Helmets and BMXing gloves will be provided by Laches Wood
- \* If your child is unable to ride a bike without stabilisers, please let a member of the school staff team know ahead of the residential visit



# Caving!

- \* Each group will have a go at caving inside the Labyrinth (an indoor caving system that creates an exciting atmosphere!)
- \* Helmets and torches will be provided by Laches Wood



# Search and Rescue!

- This is an integrated, problem solving exercise involving the use of radios for communication, map skills and teamwork



# Axe Throwing!

- \* Put your hand eye coordination skills to the test to see which team can hit the targets in this fun activity! Long sleeves required for this please.

# Key things to remember!

- \* Read through the menus your child brings home (or request via office email)
- \* Please let us know by TUESDAY 4<sup>th</sup> JULY 2023 if you have any ADDITIONAL dietary requirements to that already known by school
- \* Read through and complete the medical and consent forms your child brings home (or request via office email)
- \* Please return the medical form on FRIDAY 14<sup>th</sup> JULY 2023
- \* Read through the Behaviour Code of Conduct and ensure your child signs and returns it to school. (Copies are available on request via office email)
- \* Read through the kit list that your child brings home (or request via office email)

# Have the best time!

