



eatonvale

scoutandguideactivitycentre

School residentials at  
Eaton Vale Scout and  
Guide Activity Centre



Iceni  
House



# Welcome

We are looking forward to welcoming your school for their residential at Eaton Vale Scout and Guide Activity Centre. In this presentation is some more information about how the residential will run, although your teachers will be sent all the relevant information for your school. If you have any questions, please ask your teachers or ask them to pass on any queries.

## What is included with your stay?

- Exclusive use of the floor/s booked

- All meals from the first evening to last lunchtime

- A varied mixture of outdoor activities (chosen by your teachers)

## Sleeping accommodation

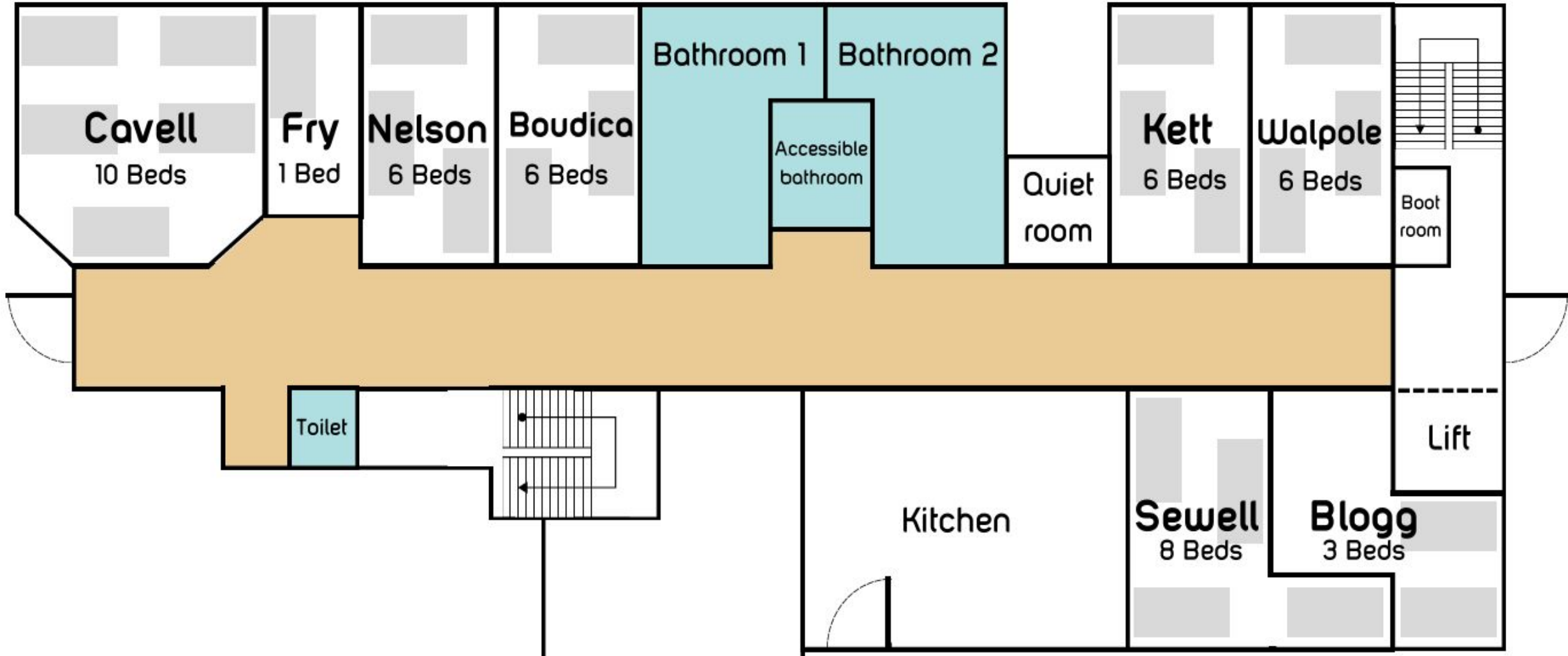
The rooms throughout Icen House are dormitory-style and all have bunk beds in. All beds have a shelf, reading light, plug socket, and USB charging points (although we recommend young people do not bring electronic items to Eaton Vale).



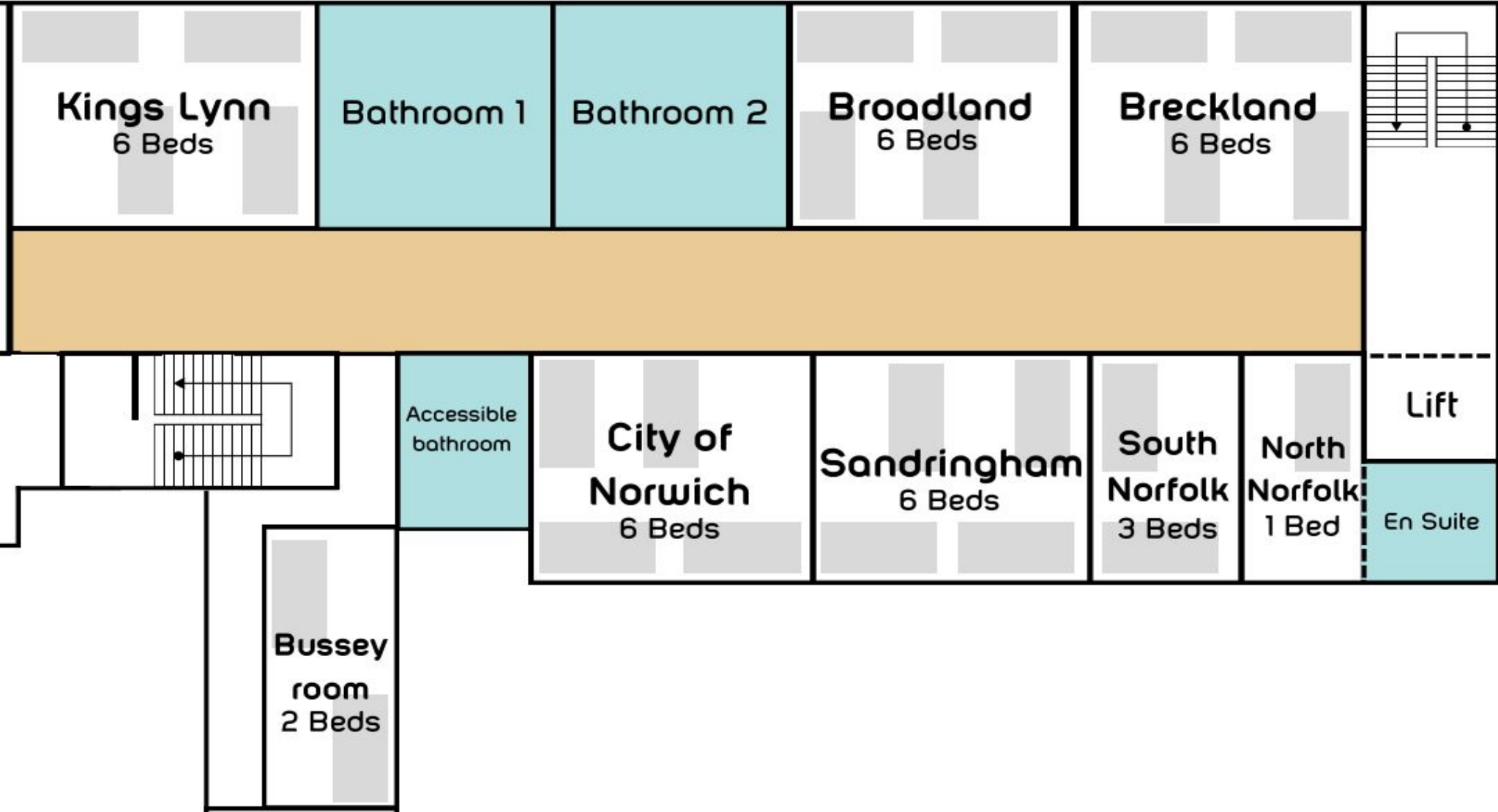
All of the beds have bare mattresses with a plastic cover on, so we suggest bringing a sleeping bag and pillow. A fitted single sheet is optional, however can make for a more comfortable night.

Your teachers will have been sent the relevant floor plans with the bed numbers in each room to help them allocate who is sleeping where.

# Iceni House Whole House - Ground Floor



# Iceni House Whole house - Top Floor



# Groups

Your child will be asked to provide the names of 2 friends who they would like to be in a dorm with and we will ensure that they are with at least 1 of those friends.



# What to pack...

One Bath Towel and a toiletries bag containing: toothbrush, toothpaste, soap, brush etc

Sleeping bag or single duvet and pillow

Night Clothes

Socks and underwear

1 or 2 t-shirts at least one with long sleeves

At least 1 jumper, sweatshirt or hoodie

3-5 pairs of bottoms; trousers, shorts, tracksuit bottoms or leggings

Waterproof Jacket and trousers if you have them

Sturdy shoes for walking or wellingtons – no sandals

Two pairs of trainers

Large plastic bag for wet dirty clothes and shoes

A small day rucksack and named water bottle

Hat and sun cream

Re-fillable drinks bottle

A reading book or card games for leisure time

# Extras...

Some activities will require long sleeves and trousers as arms and legs will be covered, without these your child may not be able to participate in this activity. Your child may bring a small amount of **change** as there are some vending machines to purchase snacks and drinks, no more than £5 as they will be responsible for looking after their money.

**DO NOT BRING – mobile phones, expensive cameras, electronic gadgets, iPod or MP3 players, expensive or cherished items, expensive or favourite clothing or footwear. Eaton Vale will not accept any liability for the loss, theft or damage of any personal property your child may bring**



# Daily Schedule

Your teachers will be sent the exact schedule for your school group, but below is an example of how the residential will run.

## DAY 1

**11:00-12:00** Arrival, play games with instructors

**12:00-13:15** Eat packed lunch, check in to rooms

**13:15-14:30** Activity 1

**14:45-16:00** Activity 2

**16:15-17:30** Activity 3

**18:00-19:00** Dinner

**19:15-20:45** Evening programme 1



## DAY 2

**8:30-9:00** Breakfast

**9:30-10:45** Activity 4

**11:00-12:15** Activity 5

**12:15-13:15** Lunch

**13:15-14:30** Activity 6

**14:45-16:00** Activity 7

**16:30-17:00** Shop

**17:15-18:15** Dinner

**18:30-20:00** Evening programme 2



## DAY 3

**8:30-9:00** Breakfast

**9:30-10:45** Activity 8

**11:00-12:15** Activity 9

**12:30-13:00** Lunch

**13:00 onwards** Home time!




# Meals

On the right is the menu from 2022.

The caterer is external to Eaton Vale, and will cater for all dietary requirements he is aware of in advance.

If your child has dietary requirements/allergies, please make sure your school and the teacher leading the trip is aware. They can then pass the information on to Eaton Vale to pass on to the caterer.

 <b>eaton vale</b> <small>scout and guide activity centre</small>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Day One</b>	N/A	Bring a packed lunch from home	Chicken pasta bake Garlic Bread Chocolate fudge cake and ice cream
<b>Day Two</b>	Cereals Bacon Roll Fresh Fruit Juice	Cheese Sandwich and a Ham Sandwich Crisps Fruit Chocolate Bar	Sausage and mash Carrots and peas Gravy Jelly and ice cream
<b>Day Three</b>	Cereals Croissants and Jam Fresh Fruit Juice	Chicken Salad Wrap Crisps Fruit Chocolate Bar	N/A

# Instructors

While at Eaton Vale, groups will often work with multiple instructors. All members of Eaton Vale staff wear uniform so they are recognisable.



All instructors are trained and appropriately qualified to run activity sessions in line with our Standard Operating Procedures and National Governing Body guidelines (where applicable).



## Challenge by Choice

At Eaton Vale, all of our instructing is undertaken following the Challenge by Choice ethos. This allows participants to set their own goals for the session, as success is in achieving individual goals. For example, for someone scared of heights, success can be going up 1 step on the climbing wall - not necessarily getting to the top.

Often once participants have reached their first goal, they will continue to challenge themselves to go further and complete more and more of the activity. Not only does this allow young people to be in control of their own goals, it leads to a great sense of achievement.



# Activities

All activities are pre-chosen by your teachers. For a 2 night residential, there will be 9 activities as well as 2 evening programmes. Here are some examples of the activities we have on offer:



Air rifles



Raft building



Climbing



Low ropes



Pedal Go Karts



Cave bus



Crate Stacking



Team building



Obstacle course



Canoeing



Trapeze



Backwoods cooking



Climbing challenge



Archery

There is a little shop that sells small souvenir items and sweets and other confectionaries.

Please do not allow your child to bring more than £5.

The shop will be open on the second day of our trip for half an hour.

The money your child brings is their own responsibility.



Your child is allowed to bring sweets and other snack items.

However, please do not allow them to pack too many snacks as this can lead to the children feeling sick and unable to enjoy the day's activities.





WHERE



WHEN

## Monday 29<sup>th</sup> June

Arrive at school at the normal time.  
We will get on the bus at 9.30/9.45  
to arrive at Eaton Vale between  
10.30 and 11am.

## Wednesday 1<sup>st</sup> July

Coming home.

Arrive back at school by 3.30 ready  
for the normal pick-up time.

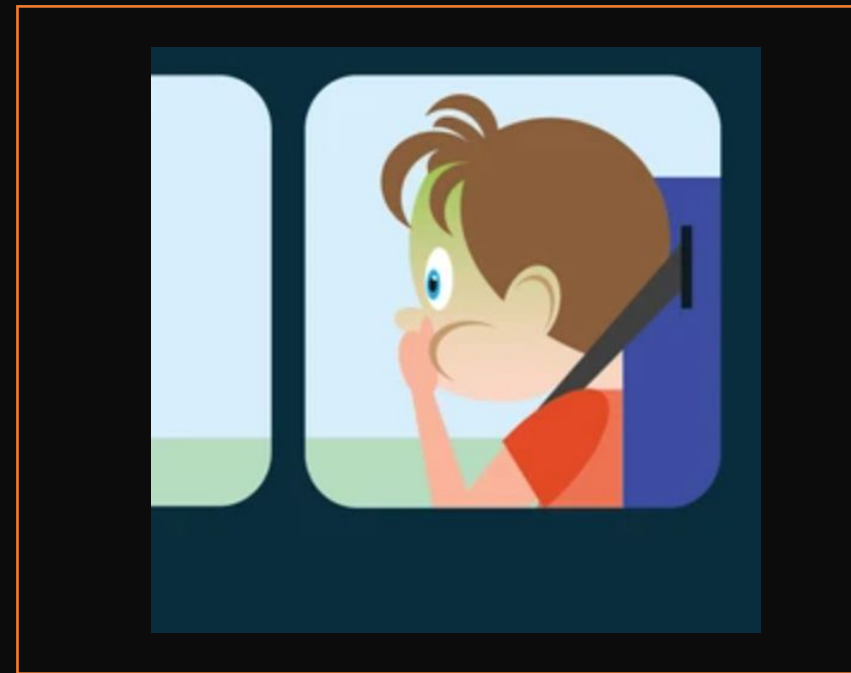


WHAT

Please make sure your child has a packed lunch with them when they come to school and some water.

They will not be provided with any food until teatime at the site.

If your child suffers from travel sickness, please give them their travel medicine before you leave your home. Don't forget to give us some for the journey home.



Also, please give any inhalers or medication to one of the adults before you leave school, unless their medication is with us already. A form must be completed prior to departure.



## FAQs

**My child has dietary requirements/allergies, how do I know these will be catered for?**

The lead teacher for your visit will have been sent the menus so you can see what will be for each meal.

Please make sure that when returning consent and health information to your school, you include any dietary requirements/allergies. Your school can then pass them on to Eaton Vale, who can pass them on to the caterer.

**Who should I ask if I have more questions?**

As all schools prepare slightly differently for residentials, please always ask your school any questions. The Eaton Vale office will always direct parents back to their school to answer questions. If the school are unsure of the answer, the school can then ask Eaton Vale.

**My child is scared of water/heights/etc, will they still enjoy the trip?**

For all activities, our instructors follow the Challenge by Choice ethos to encourage participants to join in at a level they are happy with. For all sessions, participants will have on the relevant safety equipment too – such as buoyancy aids, helmets, and harnesses as necessary. Children often try new things when they see their friends try them as well, so even if your child is apprehensive about heights, water, etc. they can still have a great time!

**Will they be sharing the space with other groups?**

If your school is on one floor of Icen House, they will not be sharing that floor with any other group - however there may be another group in the other floor. Both floors have separate entrances, and will not be accessible to each other for the duration of the visit.

There are likely to be other groups on site at the time of your schools visit, so we encourage all visitors to be respectful of each other.

# Question Time

