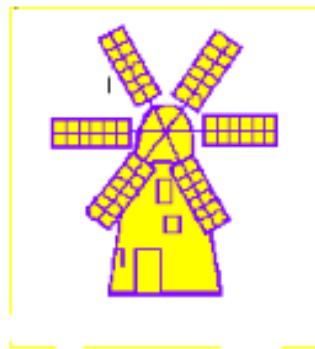


# Sibsey Free School



## Y5/Y6 Residential Visit to Castleton

**Sunday 8<sup>th</sup> July - Wednesday 11<sup>th</sup> July**

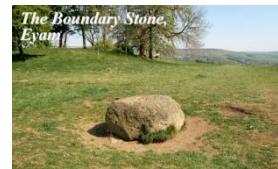
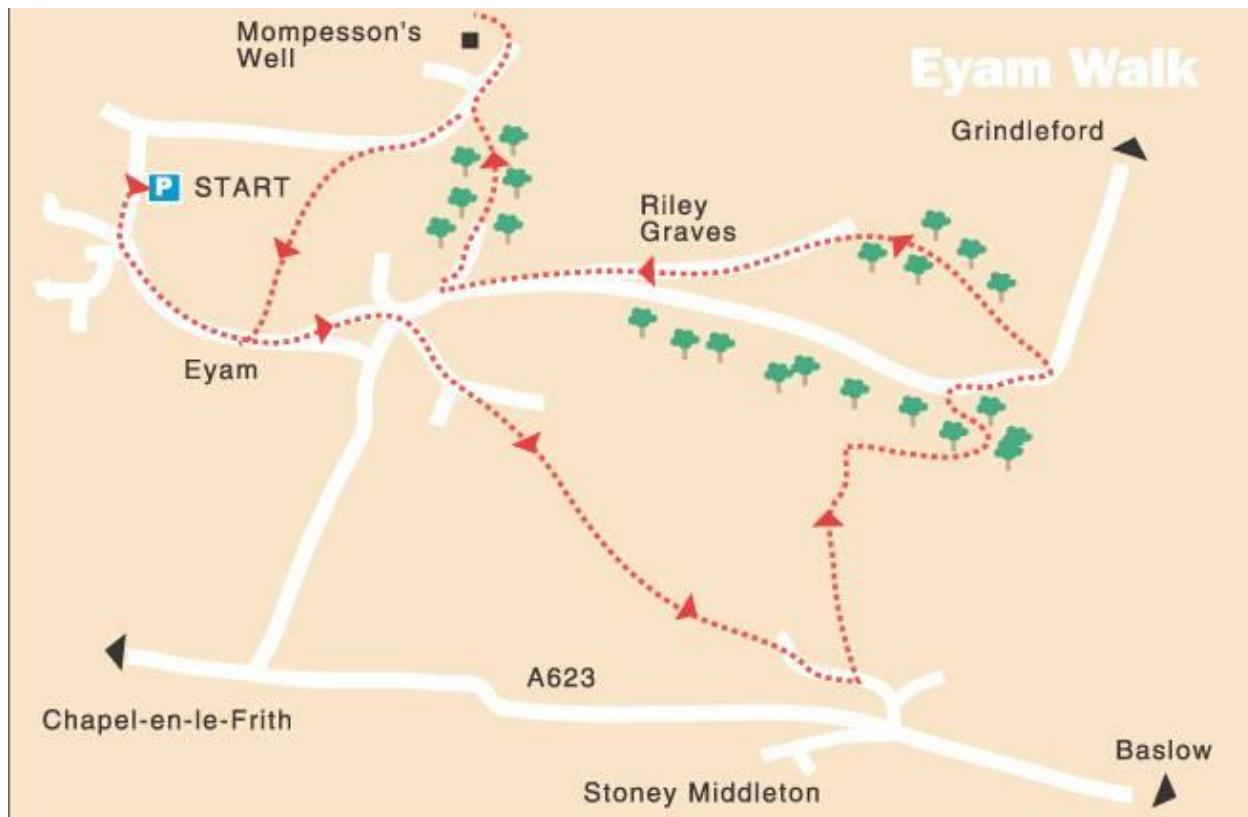
*Coach Departs from Sibsey: 9am on 8<sup>th</sup> July*

*Coach Returns to Sibsey: 3pm on 11<sup>th</sup> July*



Sunday 8<sup>th</sup> July - Coach journey and tour the historic village of Eyam

Time (some depend on traffic!)	Activity
8:45am	Arrive at school
9am	Leave school
11:30am	Arrive at Eyam village
12pm	Toilet and lunch
1:30pm - 3:30pm	Visit the museum, church, Riley Graves, Mompesson's Well and Boundary Stone
4pm onwards	Coach trip to Losehill Hall Unpack Dinner Evening meal and activities



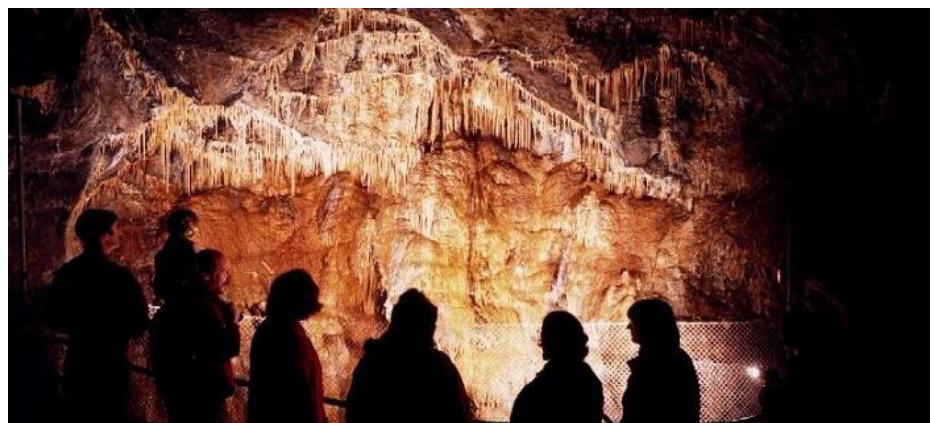
## Monday 9<sup>th</sup> July - Mam Tor and Treak Cliff Cavern

Time (some depend on traffic!)	Activity
7:30am	Early start! Breakfast and prepare for departure
8:30 am	Walk up Mam Tor
11:30am	Lunch at the top of Mam Tor
12pm	Walk down
1:30pm	Coach trip to Treak Cliff Cavern
4pm	Return to Losehill Hall Evening meal and activities



Tuesday 10<sup>th</sup> July - Blue John Mine and Chatsworth House

Time (some depend on traffic!)	Activity
7:45am	Another early start! Breakfast and prepare for departure
8:45am	Coach trip to Blue John Mine
9:30am	Guided tour of the mine
12pm	Coach to Chatsworth House
1pm - 3:30pm	Guided tour of the house and time on adventure playground
4pm onwards	Return to Losehill Hall Evening meal and activities



## Wednesday 11<sup>th</sup> July - Pevril Castle and return journey

Time (some depend on traffic!)	Activity
7:45am	Final early start! Breakfast and pack up ready for return
9am	Walk to Pevril Castle Tour Lunch in grounds
12:30pm	Toilet and begin return journey
3pm	Expected return time



Stargaze	Climb a tree	Go to the zoo	Make a hot drink
Fly a kite	Roll down a hill	Make a time capsule	Climb a really big hill
Be in a pillow fight	Make a robot out of a cardboard box	Have a knockout sports tournament	Learn a magic trick
Go on a nature walk	Make a daisy chain	Visit the theatre or cinema	Jump in puddles
Make a short film	Read a book outside	Learn to tie a shoe lace	Bury someone in the sand up to their head (and then rescue them!)
Perform an act of kindness	Go to a pantomime	Win a match	Visit London
Go to the seaside	Raise money for charity	Wear pyjamas in school for a day	Have a sand castle competition
Make a paper plane and fly it	Go orienteering	Ride a bike	Visit a cathedral
Go ice skating	Catch a crab	Speak in a different language	Make a mud pie
Write a story that is published in a book	Go bowling	Sleep in a tent	Make someone cry with happiness
Build a campfire	Be able to name at least three constellations	Go somewhere on a train	Recite a poem
Roast marshmallows	Play pooh sticks	Be outside for a whole school day	Swim at least 25 metres
Build a den	If you've completed all the activities on this page, you're halfway there. Keep going!		Try apple bobbing
			If you've completed all the items on both pages, you are a 50 Things Champion! What a fantastic achievement!

## Essential information

1. We are staying at Losehill Hall Youth Hostel in Hope Valley, Castleton. The address of the hostel is as follows:

Losehill Hall  
Squires Lane  
Hope Valley  
S33 8WB

2. Please contact the hostel only in an emergency. The telephone number is:  
0345 371 9628
3. The children will not be phoning home during their stay but when we are settled in we will telephone school with news of our safe arrival. We will also ensure that you get ParentMail messages with any significant changes to our expected return time (more than 30 minutes later/earlier than predicted).
4. If there are any problems concerning your child that the teachers feel unable to deal with, you will be contacted immediately. We do not envisage such problems will arise.
5. We will be travelling with Phil Haines Coaches. The coach will be staying with us for the duration of the visit. Luggage is restricted to one suitcase or holdall and one travel bag. This travel bag needs to be a sensible small rucksack as your child will be covering a lot of distance with this during his/her stay; drawstring bags will hurt after a while!
6. On Sunday, children will need a packed lunch in a disposable bag. We will eat this when we arrive at Eyam. Our evening meal will be served at around 5:30pm once we have unpacked so if you would like to provide a small snack as well that will be fine. Please do not send glass bottles, fizzy drinks, sweets or chewing gum. We will have a packed lunch from the youth hostel when we leave on Wednesday.
7. **Spending money** - As we will be visiting a number of places, we feel that there will be a need for the children to have more spending money than usual. What follows is intended as a suggestion:

Up to £5 per day; totalling in £20 handed in by Friday 6<sup>th</sup> July. As we will be handling a significant amount of money from nearly 40 pupils, spending money should be handed into school in 4 separate envelopes, clearly marked with your child's name, the day and the amount enclosed. Group leaders will keep the money and distribute it at the relevant times throughout each day. Change can accumulate and whilst we will give

children information about their spending money, they will manage it themselves when we are in gift shops and they will make their own decisions on spending! Anything above £5 per day will be returned.

8. **50 Things To Do** - This residential provides us with a chance to tick quite a few activities off our 50 Things To Do list. We are expecting to be able to cover at least 10 and these include allowing the children make a hot drink and climb a tree.
9. **Teamwork** - Children will help each other when serving food, packing/unpacking, tidying their room and supporting each other throughout the trip.
10. **Medication** - Last year, the expectation was for parents only to provide prescription and/or regular medication and this was extremely well respected by parents. We are asking the same again this year. All medication **MUST** be declared on our forms and handed into Mrs Lomas by Monday 2<sup>nd</sup> July. We can, under no circumstances, take medicine where a form has not been completed and these must be completed accurately. All prescribed medication including inhalers should be included on the form but we cannot easily cater for nearly 40 children taking paracetamol and ibuprofen and still fit everything into our timetable! For those that require travel sickness tablets, we would recommend preparing 4 as the journey to Chatsworth House on Tuesday is a little windy in places.  
If you are concerned about your child's health before the visit then do not send them, please contact us to speak about any individual circumstances at the earliest possible convenience.  
If your child has to use an inhaler then please ensure that this is packed and sufficient medication is available. Inhalers should be labelled, placed in a suitable container or back and Mrs. Lomas should be made aware of the details on the medical form attached.
11. **Walking** - There is a large amount of walking during the trip. We expect that, at times, we will have to be a bit like boot camp instructors as there are many places within the area where the pavement disappears and children will need to be ready to walk safely and sensibly. On the downward journey from Mam Tor, there is a significant amount of uneven ground and children will need to be very safe. We will also need to keep a relatively good pace in order to keep to our itinerary!
12. **Drinks** - please provide a good water bottle for your child to be able to refill throughout the trip.
13. **Toilets** - We will have regular opportunities to visit the toilet throughout the day. During our walk up Mam Tor, however, if your child becomes so desperate for the toilet that they cannot wait, we will have to find a private space for them to go safely.

14. **Food and rooms** - The food choices are varied and the children will be selecting their meals in due course. We also can guarantee that they will be staying with at least one of the friends that they choose. We have secured the separate building called "The Muse" and it has a number of rooms with different configurations (in terms of numbers of beds). Once our group lists are in, we will be able to allocate children to their rooms.
15. **Sleeping away from home** - Please make sure your child brings his/her favourite teddy! We know that for some children, sleeping away from home is not as easy as it is for others. We are on hand to support these children throughout the stay.

### **Suggested Clothing List**

This is only a suggested list and everything on it may not be essential. However, we cannot stress enough the need for sensible shoes/trainers. Sandals/crocs/flip flops etc. will categorically not be appropriate! Please ensure your child has good walking shoes, boots or trainers for the considerable amount of walking. We would not recommend wellington boots as they are not ideal for walking and are very bulky to carry. Children will only need to bring leisure wear as this is a very active few days.

We try not to let weather prevent us from taking part in any activity so please take the weather forecast into consideration when packing with your child. Remember that children have to be able to carry their luggage.

One holdall and one rucksack - please remember to provide a good rucksack

Good walking boots/trainers/outdoor shoes

2 x pairs of shorts

Bath towel

Toiletries, including a brush/comb and only roll-on deodorant (no aerosols)

4 x T-shirts

Linen/bin bag for dirty washing

Trainers/outdoor shoes (that may get muddy)

Waterproof jacket/coat

Book/magazine/card games for bedtime/travel

Underwear and socks

Night clothes

Indoor shoes

2 x sweatshirts

2 x long tracksuit bottoms or leggings

Drinks bottle

16. If the weather forecast is not good, please ensure that your child has sufficient underwear and socks as well as appropriately warm clothing.
17. If the weather looks like being hot, please ensure your child has sun cream (named) and a sun hat as well as T-shirts, which cover the shoulders.
18. Everything must be tagged and labelled, including the clothes they are wearing for travelling in.
19. Please pack with your child and include an itemised list for use as a checklist when repacking at Castleton.
20. Lost Property - we will make every effort to ensure that no child leaves anything at Castleton. However, we cannot guarantee that everything packed will return. The children will be expected to be responsible for how they look after their possessions and how they look after their rooms.
21. We would strongly advise that children bring nothing of value with them other than their allocated money.
22. No snacks please - any midnight feast food will be looked after by the adults!
23. There is to be no jewellery (as school policy) and child who must wear earrings - must studs.
24. **No mobile phones or electronic games** - there will be plenty to do and we want everyone to talk to each other! If your child wishes to bring a camera then it must be labelled and they are the responsibility of the owner.
25. Children should bring a rucksack and water bottle.

### **Accommodation**

The children will be accommodated in dormitories with 2-8 beds.

The teacher's accommodation is located so that they are within easy reach of the children.

This year the party will be accommodated in the adjacent building to the main house.

The Youth Hostel has staff on the premises so there are plenty of adults around to keep an eye on the children, but it is Sibsey Teachers who are in loco parentis. We will do all we can to ensure that the children are comfortable about the domestic arrangements, but this is intended as a 'sociable visit' and 'getting on with others' in an atmosphere of tolerance is essential.

There will be plenty of activity over the days we are away and certainly plenty of walking. We can't wait to go and we can't wait to get back to tell you all about it!