



NORFOLK LAKES

New Challenging Experiences

WATCH THE FILM 

Information Meeting



Timetable for the week

Travel and timings

Information on what to pack

Medication

Questions

Key Dates



- Monday 14th – Friday 18th October



Staff



- Miss Renoldi
- Mrs Shanley
- Mrs Hogan
- Staff at Manor Adventure; Norfolk Lakes
- Contact at school – Mrs Power



Information Video

- <https://vimeo.com/manoradventure/norfolklakes>
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Travel – on the day



- Coach will be leaving 10.30am
- Parents can come to the front of the school to wave them off on the day
- Children will need a packed lunch
- Stop at services on the way – children will need packed lunch but can also buy snacks at the services, will need £8.00-£10.00 – TBC
- Will arrive at the centre at 2.30pm

Things you will need –



Things you need:

- Luggage – please restrict this to one case plus one piece of hand luggage.

(Metal framed rucksacks should be avoided as they are difficult to fit into the coach)

- Sleeping bag and pillowcase & case
- A drink bottle
- Torch
- Rucksack
- Toiletries to include soap & sanitizer (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions – long-sleeved shirts / jumpers, trousers / jogging bottoms, appropriate length shorts. T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty. Clothes, shoes, walking boots, wellies and underwear for other times. NO DENIM JEANS.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat & Gloves in the winter
- Sunglasses, Lip salve, sun cream and hat in the summer
- Pyjamas and slippers

Useful items:



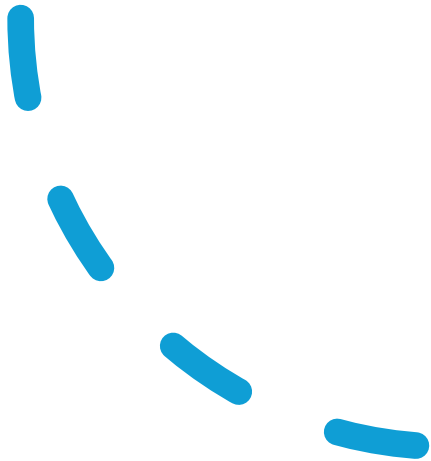
- Books, playing cards and other quiet activities.
- Money for snacks (sweets & drinks), souvenirs (i.e. postcards). Please bring coins no notes.
- Wet suit (Norfolk Lakes only – please note, we do not supply wet suits)

There is a limited tuck shop that children can purchase snacks from, they can also bring a small amount of snacks

Pocket money



- Children can bring £8 - £10 for the services on the way – TBC
- Children can also bring an additional £10 for the limited tuck shop, but this is not needed – please bring money in an envelope, coins only to the office the week before



Useful notes:



- No jewellery (including piercings), except stud earrings.
- Please name EVERYTHING you bring with you.
- Denim jeans are not ideal for outdoor use.
- Appropriate length shorts are mid-thigh down (not 'hot pants')

Manor Adventure cannot accept liability for the loss of any personal property brought to our centres – so please don't bring any valuable items, expensive clothing and footwear, mobile phone, handheld games consoles etc.

A sample of day -



07.00	Rise and shine		
07.30	Breakfast *	15.45 – 17.15	Activity Session 4
09.10 – 10.30	Activity Session 1	17.15 - 19.00	Evening Meal*
10.30 – 10.45	Break Time	19.00 – 20.30	Activity Session 5
10.45 – 12.15	Activity Session 2	Bedtime Decided by your Teachers (ALL OUTSIDE AREAS QUIET AT 21:30)	
12.15 – 14.00	Lunch Time*		
14.00 – 15.30	Activity Session 3	21:30	Main Building Closed & Locked
15.30 – 15.45	Break Time		



WATER ACTIVITIES

Raft Build ☐

Giant Stand up Paddleboarding ☐

Stand Up Paddle Boarding ☐

Giant Canoe ☐

Canoe (counts as 2 sessions) ☐

Kayak (counts as 2 sessions) ☐

LAND BASED ACTIVITIES

Archery ☐

Orienteering ☐

Aero ball ☐

Lake Walk ☐

Rifles ☐

Initiative Exercises ☐

Fencing ☐

Manor Olympics ☐

Climbing ☐

Team Games ☐

Bouldering ☐

Wide Games ☐

Caving ☐

Volleyball ☐

Blind Trail ☐

Video Studio ☐

Low Ropes ☐

Quiz ☐

Obstacle Course ☐

Film ☐

Bivouac Exercises ☐

Scavenger Hunt ☐

Survivals Skills ☐

Campcraft ☐

Axe Throwing ☐

Tug of War ☐

Camp Fire ☐

Disco ☐

Orienteering ☐

NEW TO NORFOLK 2024:

Lowland Walk ☐

Please choose two additional outdoor pursuits (Option 1 & 2) just in case any of your first choice is not available:

Medication



- See Mrs Shanley on the morning in the playground
- Do not send children in with medication without discussing with Mrs Shanley
- Mrs Shanley has permission from every parent to administer pain relief and will have paracetamol. If your child prefers Calpol, please bring it on the day and discuss with Mrs Shanley
- All medication must have children's names on.

Important information for staff

- Nerves
- Anxiety
- Bed wetting
- Particular fears
- Homesick



Questions