

Year 4 Residential
Mount Cook, Derbyshire
26th – 28th April 2017



Information Booklet

Wednesday 26th April

Students to arrive at school for normal registration. Bags/suitcases can be left in the hall until we are about to leave. Any medication and forms must be handed to the teacher before we leave. Please ensure this has been agreed with Mrs Magiera before the children leave and that the relevant paperwork has been signed.

The coach is due to leave school at 9.30am and we will travel directly to The Mount Cook Centre. Children will need to bring a packed lunch with them for the first day. We can check into our accommodation from 1.00pm and our first activity should start at 3.30pm.

Thursday 27th April

Below is a sample of a typical JCA day.

7.15am	Wake up, brush teeth and make beds
8.00am	Breakfast
8.30am	Get ready for your day! Remember your water bottles.
8.50am	Your instructor will meet you at your accommodation or first activity point.
9.00am	Your first activity begins
10.30am	15 minute break – fill up water bottles, toilet break
10.45am	Second activity begins
12.15pm	Lunch
1.50pm	Your instructor will meet you at your accommodation or first activity point.
2.00pm	Third activity begins
3.30pm	15 minute break – fill up water bottles, toilet break
3.45pm	Fourth activity begins
5.15pm	Free time
5.30pm	Evening meal
6.30pm	Free time before the evening activity
7.15pm	Evening activity begins
8.45pm	Return to rooms. Wash up, brush teeth and get ready for bed
9.00pm	Quiet time in rooms
10.00pm	Lights out. Time to sleep!

Friday 28th April

- 7.15am Wake up, brush teeth and strip beds. Pack for home. Rooms to be cleared and tidied by 9.00am.
- 8.00am Breakfast
- 8.50am Your instructor will meet you at your accommodation or first activity point.
- 9.00am Your first activity begins
- 10.30am Presentation time.
- 12.15pm Lunch time and then ready for the journey home.

Kit List

Please ensure your child's belongings are clearly marked with their name and that their bag/suitcase has a luggage label showing their name and our school name. The children need to be able to carry their own luggage from the coach to our accommodation.

Please DO NOT pack mobile phones, computer games, jewellery, iPods or mp3 players, items of a sentimental value. They are not allowed.

Item	Number of items	Packed at home	Packed at centre
Night wear			
Underwear			
Pairs of socks (including plenty of spares)			
Trousers for activities (not jeans for safety & comfort reasons)			
T-shirts			
Jumper/sweatshirt/fleece			
Waterproof jacket/anorak			
Waterproof trousers that can get muddy			
Clothes for evening			
Towel			
Trainers or other substantial footwear, plus extra to get wet/dirty			
Toothbrush & toothpaste			
Sponge/facecloth			
Soap/shower gel			
Shampoo			
Water bottle			
Hat/cap			