

Year 10 Residential 30th May – 3rd June - Frequently Asked Questions

What time do students need to be at school?

- Arrive **at 6.45am** to allow time for registering in groups, loading luggage and boarding the bus.

What time will students be back on Sunday?

- We aim to return **at 7pm**, we will update you on CTS Twitter and we will aim to text you as soon as we get close to school.

What do students need to take with them?

- There is a kit list attached with this document, the key thing is that clothing needs to be things that you don't mind getting wet or muddy. Make sure that everything is labelled with your child's name.

What does everything go in to?

- Please pack everything into **one bag and put a name label on it**. We have lots of students on this trip so it is important that everything is labelled.

Can students take valuable or electrical items?

- We strongly recommend that all valuables such as mobile phones, computer games, jewellery etc. are left at home. We realise most students will want to bring their mobile phones with them, but please be aware that we cannot take responsibility for these.

Why can't students take aerosols?

- The dormitories and bathrooms are fitted with smoke detectors, these are sensitive and can be triggered by aerosol sprays. Please do not pack any aerosols in your child's luggage as they will not be able to use them.

Why do students need £10 deposit?

- Outward Bound believe in developing individual personal responsibility so your son / daughter will be looking after their own kit during their stay. When the kit is issued, they will be asked to pay a deposit of £10 cash, when it is returned in good order the £10 is returned.

Do students need pocket money?

- Students are welcome to bring some pocket money with them for their stay. The centres provide gift shops where they can purchase branded and non-branded goods, including stationery, T-shirts, caps and confectionery. We suggest £20 would be sufficient, students will be responsible for looking after their own money.

What about medication?

- All students will need a completed medical form advising us of any medical conditions or dietary requirements we need to be aware of. If your child needs to take medication during the residential, please bring it to school on Monday 2nd May. Make sure that all medication is labelled with your child's name, form group and clear instructions of when and how much they should take. This will be looked after by one of the first aiders on the trip.

If I need to contact my child in an emergency, what should I do?

- If it during the school day, please phone the school and they will get a message to the trip staff. If it is out of hours you may contact the trip leader on the school mobile number **07562 735809** . Please only use this in an emergency as the staff on the trip will be busy looking after the children.

How will students be placed in rooms?

- Dormitories are 4 – 6 beds and either male or female. During the week before we depart, students will be asked to nominate three friend they would like to share a room with, we will do our very best to put students together in friendship groups. If your child is really unhappy about the room they are in please contact their tutor and we will try to resolve. One of the benefits of going on a residential is making new friends, so please try to encourage you child to mix with new friends as well as enjoying time with their current social group.

What happens if my child is unwell or has an accident while on the trip?

- We will inform you at the earliest opportunity and discuss with you the best way to deal with what has happened, it is important that we have up to date contact details so that we know how to contact you. There will be a first aid kit with the group at all times.

My child has specific dietary requirements, will they be catered for?

- Please tell us about this on the medical form which needs to be completed by Wednesday 4th May, this allows us time to inform the catering team at the centre who will ensure that your child has food they can eat.

What if my child is unsettled or unhappy during the trip?

- Sometime children find it difficult being away from home, we understand that and many of the staff going with us are year 8 tutors and teachers who know the year group well. We know that students will often contact you at home if they are feeling unhappy, if this happens please contact the trip staff as soon as you can so that we can go and check on your child and support them, often involving them in an activity will help. We will then be able to get back to you to reassure you.