



**Welcome to the  
information  
meeting regarding  
the Year 6  
residential trip to  
Alton Castle.**

**Trip dates:  
Wednesday 25th  
September- Friday  
27th September  
2024**

## Aims & objectives of this meeting

- Give you information about the residential trip for Year 6
- Tell you about Alton Castle and our reasons for visiting
  - Discuss payment
- Answer and questions you may have

# Why a residential trip in Year 6?

- Residential trips offer activities and experiences that we can't offer on site.
- An excellent opportunity for the year group to bond for the important year ahead
- Children grow in character, independence and confidence.
- A team-building, bonding experience.

- Established as a residential youth centre by the Archdiocese of Birmingham, Alton Castle opened in September 1996. It has had a highly successful first 20 years with over 8,000 children visiting the Castle each year, mostly on residential retreats but an increasing number now coming on day retreats.

The mission of the Castle: to promote the personal, spiritual and social development of all children and visitors, its employees and volunteers, through prayer and activity in such a way that they may live life to the full and become fully alive in God.

# Date of visit

Wednesday 25<sup>th</sup> to Friday 27<sup>th</sup> September 2024.

The children will leave school at 9:40am on Wednesday and will return to school at approximately 3:40pm on Friday.

The children participate in a variety of activities during their stay including:

- mountain biking
- trekking
- archery
- survival
- low ropes
- indoor rock climbing



Each activity includes an element of reflection and prayer and it is through these activities that each child is challenged and encouraged to find hidden strength, learn new skills, and experience achievement as part of a team and as an individual.

The activities are delivered by a team of young people (aged from 18 years to 22 years old) who are predominantly staying for one year before going on to university. They live and work as part of the Alton Castle Community because they have been inspired to share their faith with younger people.

This team brings the castle and the programme to life, and they act as wonderfully enthusiastic role models for the children on retreat, both from a spiritual point of view and through the energy and enthusiasm they have for life.





# A typical Retreat Programme

## Day One

- 9:40am Depart from St Gabriel's
- 11:00am Early Start Welcome and introductions and a chance to find your way around
- 12:30pm Packed Lunch
- 1:15pm Afternoon activities
- 3:40pm Break
- 4.00pm Move to bedrooms
- 4.30pm Group welcome
- 5.00pm Contracts for YP
- 5:45pm Dinner
- 6.30pm Tuck Shop
- 6.50pm Fire Drill
- 7:00pm 1<sup>st</sup> Evening activities
- 9.15pm Night Prayer
- 9.30pm Bed time



- **Day Two**
- **8.30am Breakfast**
- **9.00am Morning Prayer**
- **9.30am FIRST ACTIVITY**
- **12.30pm LUNCH**
- **1:10pm Tuck shop**
- **1.30pm SECOND ACTIVITY**
- **4:00pm Free time**
- **5.15pm Music Practice**
- **5:45pm Dinner**
- **6.45pm Music Practice**
- **7.15pm Mass**
- **8.30pm Entertainments**
- **9:30pm Night drinks**
- **9.45pm Night prayers**
- **10.00pm Bed time**

- **Day Three**
- **7.55am Team Morning Prayer**
- *(Bags, Bins and Beds need to be sorted)*
- **8.30am Breakfast**
- **9.00am Morning Prayer**
- **9.30am THIRD ACTIVITY**
- **12.30pm LUNCH**
- **1:00pm Teacher and Young Peoples' Evaluations**
- **1.30pm Thank you service**
- **2.00pm Goodbyes**
- **2:30pm Coach departs**

# Safety

- The trip is fully risk assessed by St. Gabriel's School. Each activity is fully risk assessed by Alton Castle staff including COVID safe procedures (copies on their website).
- Castle staff are DBS checked.
- Risks are identified and measures put in place to mitigate risk.
- Staff members attending are briefed by the trip leader before the trip.
- The trip leader is in regular contact with school staff both in and out of school hours.
- Children are not permitted to bring their mobile phones. Staff will communicate with parents if necessary.

Two weeks before the trip, you will need to fill in a medical form for your child.

Any medication will need to be brought to school on the day of the trip in a clearly labelled bag.

#### MEDICATION

The school will not give your child medicine unless you complete and sign this form, and the Headteacher has agreed that school staff can administer the medication

#### DETAILS OF PUPIL

Surname \_\_\_\_\_ Forename \_\_\_\_\_

Address \_\_\_\_\_

Male / Female \_\_\_\_\_ Date of Birth \_\_\_\_\_

Class \_\_\_\_\_

Condition or illness \_\_\_\_\_

#### MEDICATION

Name / type of medication (as described on the container) \_\_\_\_\_

Date dispensed \_\_\_\_\_

#### FULL DIRECTIONS FOR USE:

Dosage and method \_\_\_\_\_

Timing \_\_\_\_\_

Special precautions \_\_\_\_\_

Side effects \_\_\_\_\_

Self-administration \_\_\_\_\_

Procedures to take in an emergency \_\_\_\_\_

Is your son / daughter allergic to any medication? Yes / No

If yes, please specify \_\_\_\_\_

When did your son / daughter last have a tetanus injection? \_\_\_\_\_

Contact telephone numbers: \_\_\_\_\_

Work \_\_\_\_\_ Home \_\_\_\_\_

Home address \_\_\_\_\_

#### Alternative emergency contact:

Name \_\_\_\_\_ Telephone number \_\_\_\_\_

Address \_\_\_\_\_

Name of family doctor \_\_\_\_\_ Telephone Number \_\_\_\_\_

Address \_\_\_\_\_

#### DIETARY REQUIREMENTS

Has your child any food allergies? Please describe \_\_\_\_\_

Is your child vegetarian? Yes / No

Do they eat fish? Yes / No

Has your child any other dietary requirements? If so, please specify \_\_\_\_\_

#### Can your child ride a bike? Yes/No

#### Declaration:

I will inform the Group Leader / Headteacher as soon as possible of any changes in the medical or other circumstances between now and the commencement of the trip. I agree to my son / daughter receiving medicine as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present. I understand the extent and limitations of the insurance cover provided.

Signed \_\_\_\_\_ Parent / Guardian

Date \_\_\_\_\_

Full Name (capitals) \_\_\_\_\_

**THIS FORM OR A COPY MUST BE TAKEN BY THE GROUP LEADER ON THE VISIT. A COPY SHOULD BE RETAINED BY THE SCHOOL CONTACT.**

# PACKING

- Please read the kit list carefully and pack appropriately.
- Children will need a packed lunch for the first day.
- Please remember, the children need to be able to carry their own bag – possibly up three flights of stairs.

# Practical Points

1. Label ALL clothing, where appropriate.
2. Children do not need brand new clothing - everything gets very dirty.
3. Pack bags WITH your child so that they know what is in their bag.
4. Bin liner to put dirty clothes into
5. PRACTISE children packing their own case and sleeping bag!
6. NO items of value, such as ipads, jewellery, handheld computer games or MOBILE PHONES
7. Pocket Money - maximum of £10, in coins, in a clearly labelled purse/envelope.



# RESIDENTIAL RETREAT KIT LIST

## YOU WILL NEED:

- ☐ Sleeping bag
- ☐ Personal toiletries (including toothbrush, toothpaste, shampoo, etc.)
- ☐ Pair of pjamas
- ☐ Money for tuck shop (recommended £10)
- ☐ Towel
- ☐ Sun cream
- ☐ Sun hat (summer retreats)/woolly hat, scarf and gloves (winter retreats)
- ☐ 4 t-shirts
- ☐ 3 pairs of loose fitting trousers(leggings or joggers)
- ☐ 2 warm long-sleeved jumpers
- ☐ 1 thick fleece/jacket
- ☐ 1 waterproof coat
- ☐ Waterproof trouser (if possible)
- ☐ 2 pairs of walking socks
- ☐ Pair of wellies or walking boots (there are some wellies available to borrow if necessary)
- ☐ 5 pairs of underwear
- ☐ 1 pair of old trainers (to be worn outside - they will get muddy)
- ☐ 1 pair of indoor shoes (trainers are ideal)
- ☐ Water bottle
- ☐ Torch (optional)

## PLEASE NOTE:

We advise that personal electronics are not brought on retreat - all electronics are brought at owners' risk . Electronics, such as hairdryers and straighteners, cannot be used on retreat. Each visitor will have to carry their bag to their room - this may involve walking up many flights of stairs so please pack a bag that you can carry.

## NOTES

Yes, you do need a sleeping bag and *it* needs a bag – no quilts please!

Probably no need for sun cream but Send it if your child is sensitive to exposure to the sun.

Rain coat and waterproof shoes – Essential – activities are outside!

Indoor shoes are essential – no slippers; there are stone staircases!

No electronics, no phones – it's a retreat.

No torches please.



# Payment

Coach travel & residential at Alton Castle

**Final cost per child of £186.00**

**We are asking parents to pay a deposit of £50 to secure their child's place.**

You can pay in installments or in one payment.

If there are any difficulties with payment, please contact Mr Hayes or Mr Bright in confidence, as soon as possible.

# Pupil thoughts...

"It was lots of fun and we got to gain new friendships and try out new things." - *Neya*

"I liked this trip because we got to have lots of fun and share a room with our friends." - *David*

"It was amazing how our Catholic faith grew on the trip." - *Oliver*

"It was nice because we had lots of opportunities to pray and we had lots of fun with our friends." - *Tia*

# ? ANY QUESTIONS ?

