



Thursday 16 January 2020

To Parents/Carers of Hilltop Attendees

Dear Parent/Carer,

Hilltop Residential Trip Wednesday 29th – Friday 31st January 2020

The Hilltop Residential Trip is now only two weeks away so, to help with preparations for this, please find attached a copy of the Hilltop Kit List, map and a detailed overview of what will happen over the three days, which includes lots of useful “need to know” information for your child. Please take the time to sit and read this with them at home, they will also have the opportunity to read through this at school with their staff, to help alleviate any worries or answer any questions that they may have.

Children should bring a packed lunch, drinks and snacks for the first day. For those children that receive free school meals, our school kitchen will prepare a packed lunch if you have requested them to do so via the recent letter and reply slip sent last week.

If the attached information doesn't answer all your queries, please do not hesitate to contact school and a member of staff will be able to answer any queries you have.

As a final reminder, we kindly ask that children do not bring mobile phones on the trip. Children can bring game devices such as Nintendo DS and tablets, but these will remain the responsibility of the child and the school cannot accept responsibility for any loss or damage. Children will get the opportunity to use these devices in the evenings and during relaxation time together.

For additional information please also look at the Hilltop website www.hilltopoutdoorcentre.co.uk which has a wealth of information around the experiences your child will take part in.

We are really looking forward to a great trip!

Yours sincerely

Mr Howick

Lead for Learning Outside the Classroom

***Medeshamstede Academy is part of the Greenwood Dale Foundation Trust
Group of Academies***



Hilltop kit list



Personal Kit

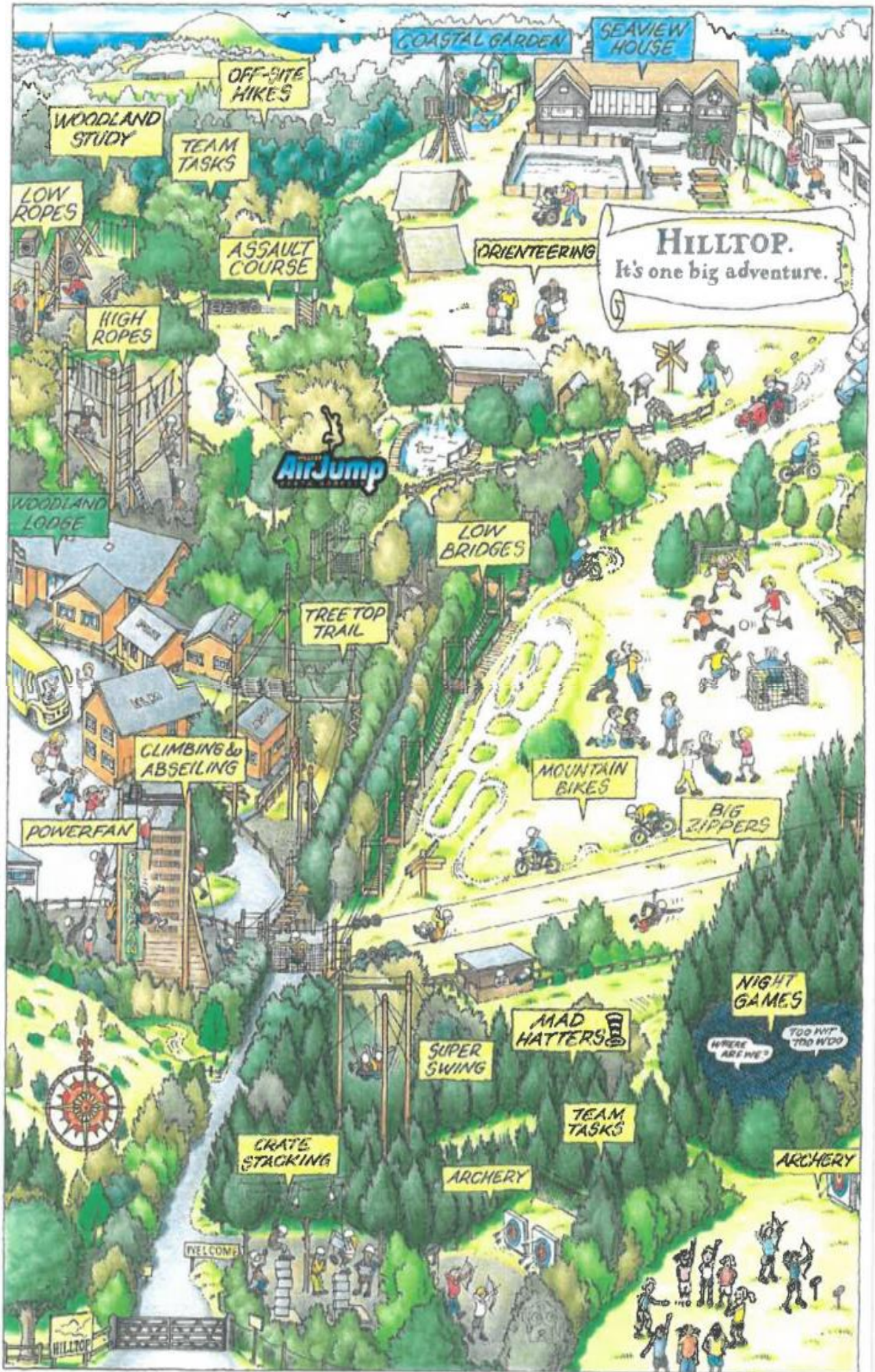
Outdoor shoes/boots/trainers Waterproof jacket and trousers Long trousers T shirts Jumper/hoodie Underwear & socks Indoor clothes/shoes for meals and free time.	Personal wash items i.e toiletries & towel Hat, scarf & gloves Wellingtons (optional) Torch and spare batteries Re-usable water bottle Hair bands Swimming kit (it is not on our programme but maybe done if weather is poor).
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Important information

- On arrival to Hilltop pupils will have a packed lunch which needs to be brought with them. Hilltop, as with school, is a nut free site.
- Please provide bin bag for wet and dirty clothes to be put into.
- Hilltop shall have a tuck shop which we will go to on the last day. No more than £10 per child and ideally in change to help Hilltop. Please ensure this is in a wallet or purse and has their name on it.
- All electronic devices and clothing must have names on them.

Bedding

Please bring a sleeping bag or duvet with duvet cover and a bottom sheet. Hilltop will provide a pillow and pillow cover.



COASTAL GARDEN

SEAVIEW HOUSE

OFF-SITE HIKES

WOODLAND STUDY

TEAM TASKS

LOW ROPES

ASSAULT COURSE

ORIENTEERING

HILLTOP.
It's one big adventure.

HIGH ROPES

AirJump

WOODLAND LODGE

LOW BRIDGES

TREE TOP TRAIL

CLIMBING & ABSEILING

MOUNTAIN BIKES

BIG ZIPPERS

POWERFAN

NIGHT GAMES

MAD HATTERS

SUPER SWING

WHERE ARE WE?
TOO HWT
TOO WDD

TEAM TASKS

CRATE STACKING

ARCHERY

ARCHERY

WELCOME

HILLTOP

MY OUTDOOR ADVENTUROUS ACTIVITIES RESIDENTIAL TRIP TO
HILLTOP ACTIVITY CENTRE

HILLTOP RESIDENTIAL 2020

Wednesday 29th January 2020

On Wednesday 29th January 2020 I will be travelling to Hilltop Activity Centre in Sheringham to take part in my 3 day outdoor adventure residential trip with other children and staff from Medeshamstede Academy.



I will come to school on Wednesday morning with my bag; inside will be all my clothes and toiletries that I will need while I am away from my home. I can bring things that might be important to me like my Nintendo DS or my tablet (if I bring these then they are at my own risk and the academy will not be responsible for any loss or damage of these items). I will be given time to play with these by my teachers in the evenings or in any free time we might have. It's a really good idea to have my name written on all my clothes and any valuable items I bring. This will help me bring everything home safe.



9:15am: Departure from school

I will get on the coach with my friends and staff and leave school at 9:15am to get to Hilltop. The journey will take about 1 hr50mins depending on traffic. To avoid having to stop the bus on the journey I must try and go to the toilet before I leave school. If I want to play with my electronic devices on the bus then I must remember to take them out of my main bag because that will be stored under the coach and once we have left school we won't be able to stop to get it out.



11 am: Arrive at Hilltop and picnic lunch

We are aiming to arrive at Hilltop at approximately 11am. When we get there I will get off the bus and eat my packed lunch with my friends and my teachers. The teachers will get the big bags off the coach and they will put them in a safe space. My teacher will then tell me to get my big bag and put it in the room.

12:30pm - 4pm: Activities (Grp1 & Grp3) Bushcraft & Assault Course **Grp2. The Journey**

I will be put into a group with either Mr Howick or Miss Combes. They will be my group leader for the whole time I am at Hilltop. Instructors from Hilltop will lead the activities but I will have familiar staff with me to support me during the different activities that I do. If I am worried or don't understand something I have been asked to do, then I need to ask my school staff or the instructors for some help. I must follow all instructions that are given to me and wear all safety equipment. For the activities I will need to wear a jacket to keep me as warm and dry as possible and clothes and footwear that I don't mind getting wet and muddy. Once I have finished the activity I will go back to my room and get changed out of my dirty clothes, shower and then put on some clean clothes before I go to have my evening meal in the canteen. I will shower every day because the activities will make me sweaty. I will put fresh clothes on, including socks and pants.



5pm: Evening meal

The room I will eat in will only have pupils from Medeshamstede Academy eating in there. The same table manners apply in this canteen as they do in school, use a 'number 2 voice', tidy up after myself, put my chair under the table when I am finished. Once everyone has finished their dinner I can go back to the communal areas where I can play and relax in the lodge with my friends. There will also be the opportunity to play outside before our evening activity.



7pm: Enchanted Forest

At 7pm I will go to the forest area that is enclosed within the Hilltop site and play in the Enchanted Forest. I will listen to all the Hilltop and Medeshamstede staff instructions whilst in the woodland. If I don't want to go and play then I can stay back at the lodge and have a warm drink, relax watching some TV, or play with my friends before bed time. If I take medication I will have it given to me by staff and they will continue to keep it safely locked away for me. I will then be asked to go to my room by my staff and get myself ready for bed. I will be shown where the adults will be sleeping so if I need anything in the night I can knock on their door and they will help me, there will also be an adult that will be awake throughout the whole night and I can go and find them if I need any help.



Thursday 30th January 2020

7:45am: Breakfast

In the morning I will wake up and get myself dressed ready for breakfast, staff will come and get me and take me over to have breakfast in the canteen. I will wait until everyone on my table has finished before I go and put on my warm clean clothes ready for the activities I am doing today.

9am - 11 :45am: Grp 1 & Grp 3. The Journey, Grp2. Bushcraft & Assault Course

■ For these activities I will need to wear a jacket to keep me as warm and dry as possible, and clothes and footwear that I don't mind getting wet and muddy. I must follow all safety instructions that are given to me and wear all safety equipment. Once I have finished the activity I will go back to my room and wash my hands and change into dry clothes if I am wet before I go and have my lunch.



12pm: Lunch

I will have my lunch with everyone back at the canteen at Seaview House. I will wait until everyone on my table has finished and tidied away before going back to my room to get ready for the afternoon activities.

1 :15pm - 4:30pm: Grp 1 & 3. Air Jump & Agility Course, Grp.2 Tree top trail

After lunch Group 1 & 3 are going to take part in Air Jump and the Agility Course. Group 2 will be taking part in the Tree top trail. Again I will need to make sure I have warm, dry clothes on while I take part in these activities. I must also make sure I wear all equipment and follow all instructions given to me in order to stay safe.



5pm: Evening Meal

Before I go for my evening meal I should make sure I have washed and changed into my clean clothes. I will sit and eat my food at the and after everyone on my table has eaten their food and cleaned away their dirty plates we will then be dismissed by my staff to go back to the communal areas to relax, watch some TV or play games before our evening activity.

7pm: Owls and Mice (Hide and seek in the forest)

At approximately 7pm I will go down to the forest area that is enclosed within the Hilltop site and play Owls and Mice. I will listen to all the Hilltop and Medeshamstede staff instructions whilst in the woodland.

If I don't want to go and play Owls and Mice then I can stay back at the lodge and have a warm drink, relax watching some TV, or play with my friends before bed time. If I take medication, I will have it given to me by staff and they will continue to keep it safely locked away for me. I will then be asked to go to my room by my staff and get myself ready for bed.



Friday 31st January 2020

8am: Breakfast

In the morning I will wake up and get myself dressed ready for breakfast, staff will come and get me and take me down to have breakfast in the canteen. After breakfast I will need to go to my room and begin packing my bag. I must make sure all my belongings are packed in my bag as I have to be out of my room by 9am. Staff will be able to help me but I must do it myself. After I have packed my bags and left my room I won't be able to go back into it. My bags will be kept in a safe space and I will be able to still access them

9am - 11 :30am: Grp.1 & 3. Tree top trail, Grp.2 Air Jump & Agility Course

After breakfast Group 1 and 3 are going to take part in the Tree top trail. Group 2 will be taking part in the Air Jump and Agility Course. Again I will need to make sure I have warm, dry clothes on while I take part in these activities. I must also make sure I wear all safety equipment and follow all instructions given to me in order to stay safe.



12pm: Lunch

I will have my lunch with everyone back at the canteen at Seaview House. I will wait until everyone on my table has finished and tidied away before I am dismissed from the table.

1pm: Departure back to school

After lunch I will get myself ready to go home by going to the toilet and making sure I have everything I need for my journey home. The teachers will tell me when to get on the coach and then I will travel back to school and then go home by usual transport arrangements.

This will be the end of my Residential Trip to Hilltop 2020!

Key rules I must follow are:

- I must shower every day
- I must change my clothes daily including underwear and socks.
- I must eat and drink something at every meal time at the table.
- My behaviour should be the same as when I'm in school. There shall be a 2 strike policy, after this I may get sent back to school or home.
- I shall have fun and enjoy myself!

My parents/carers can see regular updates and pictures of all the fun we are having at Hilltop if they follow the school on Twitter @MedeshamstedeAC



Search for #Hilltop2020