
Kilvrough
Y6 Residential

OXFORDSHIRE OUTDOORS

- ***Our Mission***

At Oxfordshire Outdoors our mission is to provide inspirational, challenging, high quality outdoor learning experiences for all.

- ***Our Values***

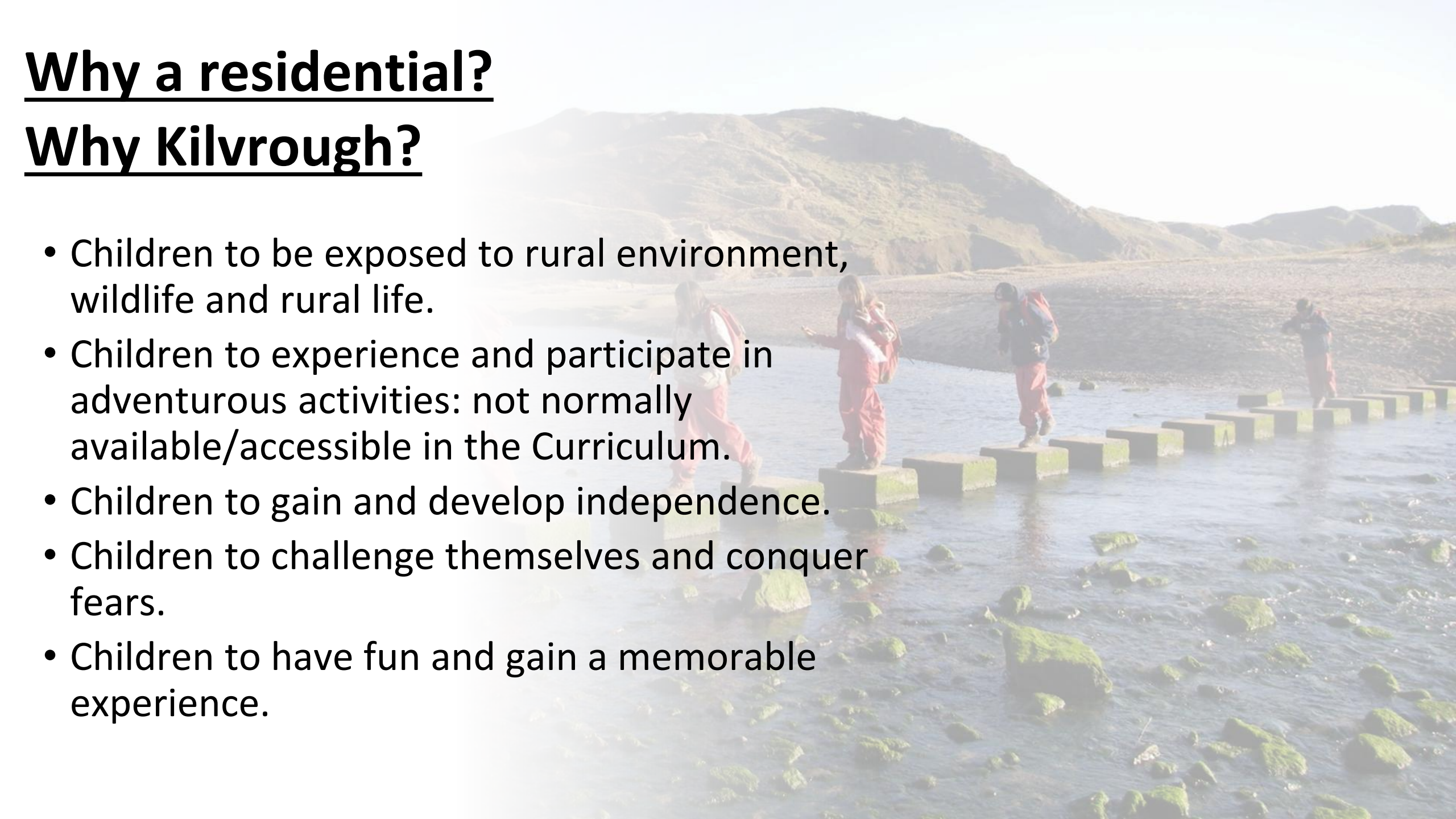
We have a number of universal values that thread through our one service approach. These values at the core of everything we do.

Our values are:

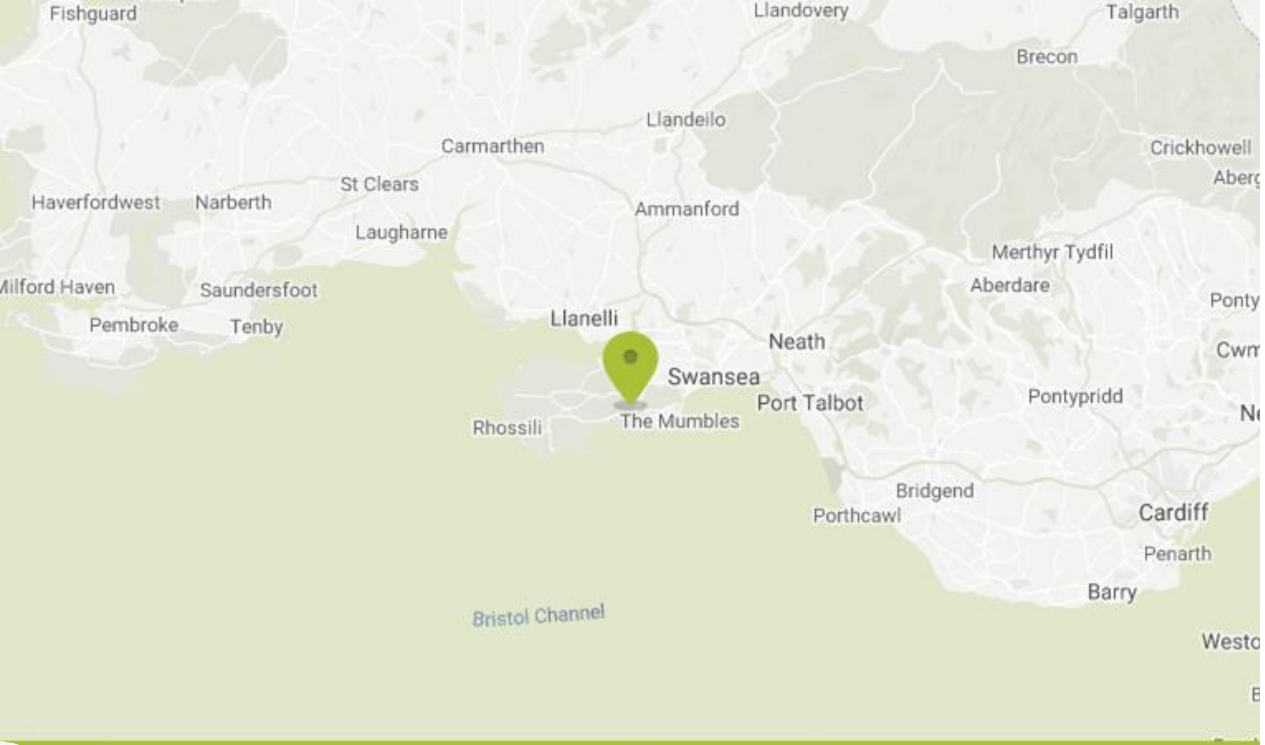
Co-operation	**Responsibility**	**Honesty**	**Respect**
Happiness	**Humility**	**Integrity**	**Tolerance**

Why a residential?

Why Kilvrough?



- Children to be exposed to rural environment, wildlife and rural life.
- Children to experience and participate in adventurous activities: not normally available/accessible in the Curriculum.
- Children to gain and develop independence.
- Children to challenge themselves and conquer fears.
- Children to have fun and gain a memorable experience.





Kilvrough is situated on the Gower Peninsula, Wales, an area of outstanding natural beauty .

We will be traveling by coach. A journey which should take us approximately 3 hours 20 minutes.





Kilvrough Manor















Accommodation

- There are a selection of different dorms for 4-8 people.

What does a typical day on residential look like?

Time	Activity
07:30	Wake Up
07:45	Duty team to the Dining Room
07:55	Everyone meet in the Lounge
08:00 – 08:40	Breakfast
08:40 – 09:00	Duty Team Clear the Dining Room Tidy Bedrooms for inspection
09:00 – 09:10	Bedroom inspection by Visiting Staff Kilvrough Staff Meeting
09:10 – 09:30	Whole Staff Meeting (Visiting Staff and Kilvrough Staff) Students organise shower kit Students organise activity clothing
09:30 – 09:40	Lounge Briefing for everyone
09:40 – 10:00	Activity Group Meetings
10:00 – 10:30	Organise activity equipment Depart for activity
10:30 – 16:15	Activity Day
16:15 – 16:30	Clear away activity equipment Hang wet clothes in Drying Room Clean out the buses
16:30 – 17:30	Shower time Free Time
17:30 – 17:40	Duty team set up for Dinner
17:40 – 17:45	Everyone to meet in the Lounge
17:45 – 18:45	Dinner Time
18:45 – 19:00	Duty Team clear tables Everyone else get ready for activity
19:00 – 20:45	Evening activity programme
20:45 – 21:00	Evening activity programme ends Lock up of the Centre KM Staff depart & hand over to Visiting Staff
21:00 -?	Bedtime

Do the children get any free time?

- The children do have free time from roughly 16:30 – 17:30 each day following their return from activities.
- They are welcome to play outside in the safety of the enclosed grounds in this time, or in bad weather make use of the lounge and classroom areas prior to dinner





Do I have to do all the activities?
Our courses are not boot camps and we don't force you. However it's worth thinking about what you might miss out on if you don't, especially when your friends talk about what they have achieved





Health and safety

- All water activities (regardless of swimming ability) will require children to wear buoyancy aids.
- All staff are informed of any medical concerns – these will be taken into account when carrying out activities.
- There will be a Kilvrough centre staff member and one Phil and Jim staff member per group
- Any children not obeying the instructors/rules will be pulled out of the activity for their own and others' safety.

Oxfordshire Outdoors have an **excellent safety record**.

Code of Conduct

House rules MUST be adhered to at all times:

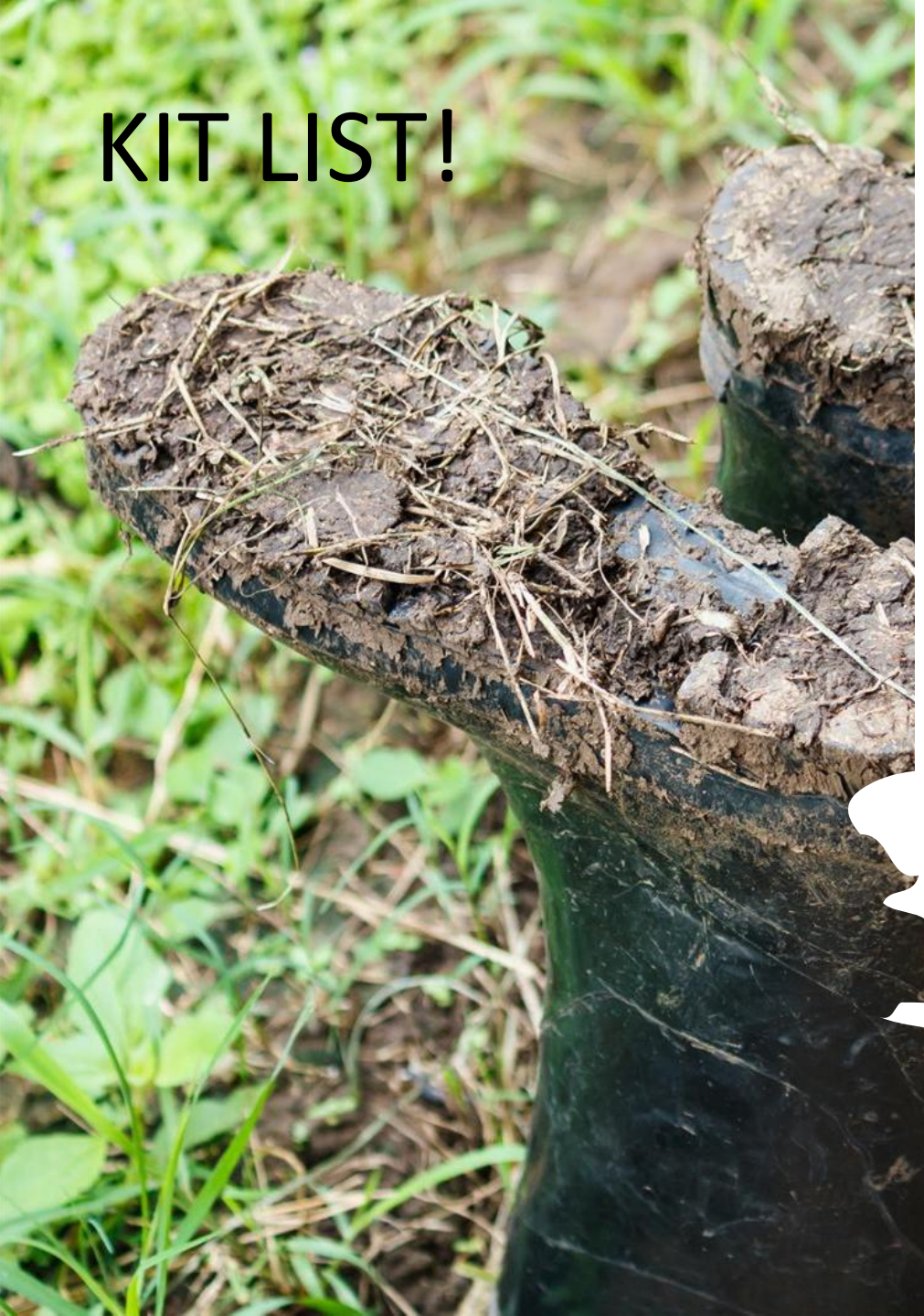
no entering of anyone else's bedroom	bedrooms to be kept clean and tidy (daily checks)	children to be polite and respectful to all adults	children to be polite and respectful to other visitors/public	all children are expected to maintain good personal hygiene	all children to participate in activities and support their peers

- I will listen carefully to all instructions and safety procedures and follow these closely e.g. wear my safety helmet when necessary.
- I will treat all adults and children with respect
- I will treat the equipment and facilities at the Kilvrough Outdoor Centre with care and respect.
- I will behave sensibly while on the bus and always wear my seat belt.
- I understand that I cannot eat on the bus.
- I understand that I cannot bring any food or sweets with me other than my lunch (which will not contain nuts) for the bus journey to the Gower Peninsula.
- I will be responsible for my own belongings and treat the belongings of others with respect.
- I will inform an adult if I am feeling unwell or if I have a problem.
- I will ensure that I am well-mannered, particularly during mealtimes.
- I will not go into other children's dormitories.
- I will ensure that I do not prevent others from sleeping.
- I will not bring any form of electronic device including a mobile phone, music player, e-reader, camara, smart watch or electronic game.
- I am responsible for my own behaviour, and I accept that my parents will be requested to collect me if I do not follow this behaviour contract closely.

[ ] I have read through and discussed this behaviour contract with my child.

[ ] I understand that I will need to collect my child from Kilvrough Manor in the Gower if there is a problem regarding my child's behaviour.

KIT LIST!



CLOTHES FOR ACTIVITIES	√
5 pairs thick socks and 5 pairs thin socks (not trainer socks)	
Several changes of underwear	
T shirts	
3 – 4 warm T-shirts / thermal tops	
3 – 4 pairs long sleeved fleece tops / Jumpers	
3 – 4 pairs trousers (jeans are not suitable for activities) tracksuit bottoms or leggings are ideal	
2 pairs of Fleece / woollen gloves or mitts, warm hat, balaclava, scarf	
Swimming costume	
Coat / Jacket	
2 pairs trainers – 1 for normal use + 1 old pair for wet activities	

OTHER ESSENTIALS	√	OTHER ESSENTIALS	√
x good sized towels		Wellington or waterproof boots	
Personal medication		Torch and spare batteries	
Plasters for blisters		Writing materials	
Toiletries etc. **		Lypsyl or lip salve (all year round)	
Sun block – Factor 30+ & sun hat		2 x bin liners	
Pyjamas or night clothes		1 Litre drinks bottle & Lunch Box	
Casual clothes for evenings		Slippers/ indoor shoes	
Single duvet cover or sleeping bag, pillow case and a single fitted mattress sheet			

The courses at the Centre involve a lot of time outdoors, whatever the weather, and there is the likelihood of clothes getting wet and muddy. Weather conditions can be unpredictable during both summer and winter, so it is best to come prepared for the worst and then enjoy whatever happens knowing you have more than you need! So, hard wearing, warm clothes that you are happy to get wet and dirty are best. The following should be regarded as a **minimum** for all 5 day courses.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Choice of cereals sausage bap, fruit	Choice of cereals, toast, fruit	Choice of cereals, bacon bap, fruit	Choice of cereals, toast, fruit
Lunch	Own packed lunch	Sandwich & selected filling, crisps, snack, fruit	Sandwich & selected filling, crisps, snack, fruit	Sandwich & selected filling, crisps, snack, fruit	Sandwich & selected filling, crisps, snack, fruit
Dinner	Fish Fingers, beans & mashed potato Jelly & ice cream, fruit	Pasta bolognaise, garlic bread & salad Apple crumble & cream, fruit	Chicken dinner, roast potato, veg, stuffing & gravy Chocolate mousse, fruit	Vegetable pizza, potato wedges & salad Sponge cake & custard, fruit	Sausage roll

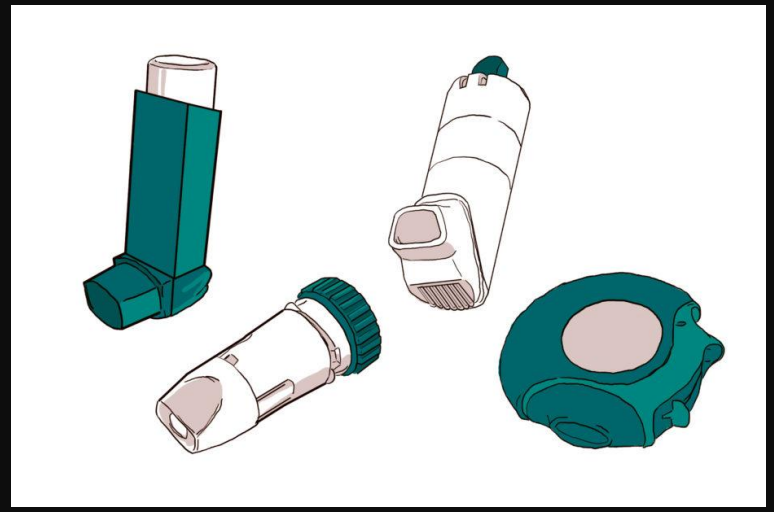
What if I don't like the food?
We will be discussing diets with your teacher and your parents will let us know of any specific dietary needs so all that will be taken care of. Try the food, even if it's new to you, it's home cooked. We don't think there has ever been a case where a pupil or student has never eaten!

Medications

-Any medication must be given to a designated staff memeber on the morning of departure - please ensure it is **clearly labelled** with your child's name and details of administration **(in a sealed bag)**

-Children must not carry any medication of any kind







- Mobiles and any electronic devices are prohibited (they will be confiscated).
- When possible, we will endeavour to give updates with photos via the school website (time and internet permitting).
- No news should be considered good news!

What you need to do:

- **Complete and return parental consent, including any administering medication, forms by the deadline**
- **MCAS will be set up for you to pay the non-refundable deposit**

Any questions or concerns, including about payment, please email the office