

# Roskear Primary and Nursery School

*Learning together for a better future*

Friday 15th March 2024

Dear Parent/Carer,

## Year 4 residential - Porthpean Update

Below is an update regarding some of the details about the residential. In the next half term (Summer 1), there will be a meeting for parents/carers to attend to go through more information and answer any questions you may have.

### **Staff**

Members of staff attending the residential are currently:

Mrs Tonkin (Camp Leader)

Mrs Hammill (Camp Deputy)

Mrs Johnson

Mrs Crocker (First Aider)

Miss Hockin (First Aider)

Please be aware this may be subject to change.

### **Medical forms**

Please fill out the attached form regarding your child's medical information and return to Mrs Tonkin as soon as possible so that we have all the relevant information we need before we go.

### **Payment**

You should have now all received a letter regarding the payments for the trip and these payment can now be seen on your ParentPay. Please ensure that all payments are made by the final deadline date of **Wednesday 12th June**.

### **Kit List**

A suggested kit list is attached to this letter. All items will need to be named (even small items like toothbrushes please).

Children are **not** permitted to bring electrical items or phones. They may bring a camera but not a watch camera. Thank you. Please be aware that the school will not accept responsibility for any lost or broken personal items. All cameras will need to be named because they will be collected in over night.

### **Day rucksacks**

All children will need to bring with them a rucksack for during the day. We also ask you to supply your child's packed lunch for the first day (24th June). If however your child is entitled to free school meals, a lunch will be provided. They will need to bring a refillable water bottle as well (a medium to large one preferably).

In the meantime, if you require any additional information or have any questions, please do not hesitate to contact me.

Best wishes,

Mrs Tonkin (Camp Leader)



**PORTHPEAN  
OUTDOOR**

**PLEASE LABEL ALL ITEMS**

**PLEASE DO NOT BRING ANY SPECIAL ITEMS. REMEMBER THAT CHILDREN ARE ON AN OUTDOOR-FOCUSED RESIDENTIAL  
EXPECT CLOTHING AND FOOTWEAR TO GET MESSY!**

**CLOTHING REQUIRED:**

- T-shirts/tops (include a long sleeve top)
- Waterproof, lightweight jacket for the daytime
- Warm coat for evenings
- Warm fleece or hoodie
- Joggers/leggings/tracksuits. We do not recommend jeans, as they do not dry easily and can be uncomfortable when wet.
- Waterproof over-trousers, if required/available
- Shorts
- Baseball hat/sun hat for the daytime
- Woolly hat/beanie for evenings
- Swimwear to include costume/trunks/board shorts, plus a rash vest and jelly shoes/wetsuit boots if available
- Underwear and socks
- Warm, cosy nightwear. Onesies are very popular
- 1 pair of old trainers for land activities. These need to offer a good grip
- 1 pair of old trainers for water activities. These also need to offer a good grip. Plimsolls and wetsuit shoes are also suitable. Flip-flops, Crocs and Reefs are not suitable for water activities
- 1 pair of trainers/other shoes to wear at meal times and in the evening
- Flip-flops/sandals for use in the shower

**OTHER ITEMS:**

- Sunscreen
- Reusable water bottle
- 1 x towel for water activities
- 1 x towel for showers
- Large carrier bag or bin bag for wet/dirty items
- Sleeping bag
- Pillow
- Wash bag to include toothpaste, toothbrush, body wash, shampoo, and soap. Please do not pack perfume or aerosols
- Hair brush and hair ties for long hair
- Torch
- Pencil & copy of this Kit List (see below!)

**We ask all children to leave their phones/screens at home. This is time to connect with friends, teachers, and the outdoors. Children may wish to bring a small amount of money with them to spend on a treat from our tuck shop.**

**TOP TIP**

**Parents – print out this page and ask your children to cross through the items when they pack to leave. Please be aware that postage will be charged for the return of left items, if you are unable to collect from the centre. Any left property will be kept at the centre for collection for a period of 28 days.**

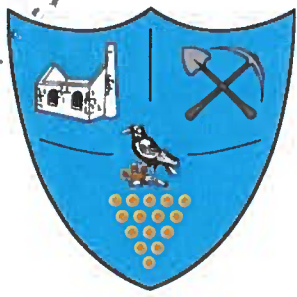
**ADDITIONAL ITEMS TO BRING:**

**Teachers – we have left a space below for you to note anything that you feel would help your group before photocopying and sharing with parents.**



⚡ YOU WILL BE ASKED TO PROVIDE A FULL LIST OF ALLERGIES/INTOLERANCES IN ADVANCE OF YOUR STAY ⚡  
 DIETARY ALTERNATIVES, INCLUDING VEGAN, DAIRY-FREE, AND GLUTEN-FREE, WILL ALWAYS BE PROVIDED WITH ADVANCE NOTICE

	DAY 1	DAY 2	DAY 3
<b>BREAKFAST</b>	-	<ul style="list-style-type: none"> <li>▲ Selection of breakfast cereals</li> <li>▲ Toast &amp; preserves</li> <li>▲ Selection of fresh fruit</li> <li>▲ Bacon baps w. hash browns &amp; baked beans</li> <li>or</li> <li>Falafels w. hash browns &amp; baked beans</li> </ul>	<ul style="list-style-type: none"> <li>▲ Selection of breakfast cereals</li> <li>▲ Toast &amp; preserves</li> <li>▲ Selection of fresh fruit</li> <li>▲ Pork sausage &amp; egg breakfast muffin</li> <li>or</li> <li>Quorn sausage &amp; egg breakfast muffin</li> </ul>
<b>LUNCH</b>	-	<ul style="list-style-type: none"> <li>Ham &amp; cheese sub</li> <li>or</li> <li>Cheddar cheese &amp; cucumber sub</li> <li>Served w. carrot sticks, piece of fruit, &amp; snack bar</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; lettuce wrap</li> <li>or</li> <li>Carrot &amp; hummus wrap</li> <li>Served w. tortilla chips, piece of fruit, &amp; snack bar</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li><b>Pasta Bar</b></li> <li>Choose your favourite pasta then select your sauce from the following:</li> <li>Pesto / Bolognaise / Cheese / Tomato</li> <li>Served w. garlic bread or bread roll</li> <li>▲ Ice-cream sundae</li> </ul>	<ul style="list-style-type: none"> <li><b>BBQ Night</b></li> <li>Beef burgers, pork sausages, veggie burgers, veggie sausages</li> <li>Served w. selection of salads</li> <li>▲ Homemade chocolate brownie</li> </ul>	-



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## *Consent and Medical Information*

*Activity: Year 4 School Camp 2024 — Porthpean*

Child's name: \_\_\_\_\_

Child's medical condition (please tick one box)

My child takes no medication

My child suffers from travel sickness

Therefore, my child will need \_\_\_\_\_ when travelling on the coach (please state medication).

My child takes the following medication:

(Please indicate what medication your child takes and what times it is to be administered)



Does your child have any specific dietary requirements?

Yes

No

If yes, please specify:

Is your child allergic to anything?

Yes

No

If yes, please specify:

Please state any other information that you think might be useful to us (i.e. bed wetting, sleep walking, travel sickness etc)



I give permission for an adult to administer Calpol if my child requires it without the need for a phone call. Parents will be informed on returning to school. I understand that it will only be given if the adults feel that it is needed.

I give permission for my child's photograph to be published on the school website during and after the trip,

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Roskear Primary and Nursery School**  
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