



ST PIRAN'S  
CROSS  
MULTI-ACADEMY TRUST



# Year 3

# Annual Camp

22<sup>nd</sup> to 24<sup>th</sup> May 2017

Camp Kernow

Truro



## Information Pack for Parents

**22<sup>nd</sup> and 23<sup>rd</sup> May – Bishop Bronescombe**

**23<sup>rd</sup> and 24<sup>th</sup> May – LD/GR/GC/VR**

# Camp Kernow, Truro

Camp Kernow's **off-grid environmental adventure centre** near Truro in Cornwall welcomes **school groups** for **day visits** and **residential camp experiences** of up to 5 nights.

Harnessing **renewable energy** and employing sustainable technologies including composting toilets, reed-beds, a solar powered water pumping and filtration system and biomass-fueled showers, the camp brings **green education** to life, enabling children to understand and experience a new way of living in balance with nature, its ecological systems and resources.

During their stay, children take part in a packed programme of exciting, challenging and unforgettable experiences from morning through to night, including wild food foraging, technical tree climbing and bat detecting.

Over two hundred acres of woodland, streams, hedgerows, lakes and organic farmland provide a haven for wildlife and an endless playground for children to explore. The children sleep in structures including a hand-built yurt, geodome, mongolian ger, tipi, traditional bell tent and even an upturned boat hull! All of the structures are situated on wooden decking and roll mats are provided so children are guaranteed a dry and warm night sleep whatever the weather.

**While at camp we all have a duty to abide by the following rules and guidelines:**

## Camp Kernow Code of conduct:

- The children will have the opportunity to revisit this and make additions during their induction.
- Adherence to the Countryside Code to help respect, protect and enjoy the beautiful, natural surroundings of Camp Kernow. Requirements include keeping gates closed, not littering and respecting all plants and animals.
- To look after Camp Kernow's equipment, structures and general property and treat with respect and care.
- To use facilities for example the compost toilets as instructed to ensure they are able to function correctly.
- To listen to, follow instruction from and show respect for Camp Kernow staff and visiting practitioners/instructors.
- To not engage in any anti-social behaviour e.g. bullying, vandalism.
- To act responsibly and adhere to health and safety regulations for activities which will be addressed in a health and safety briefing at the beginning of each activity.
- To stay within boundaries allocated and not leave the site unless accompanied by an adult member of the group.



## Eating:

All meals, snacks and drinks are provided for the duration of your stay with the exception of lunch on your day of arrival for which a packed lunch should be brought. Food is organic and locally sourced where possible and supplemented with fruit and vegetables grown in the food garden.

Children are involved in all aspects of mealtime, from harvesting and preparing food to washing up and drying up dishes. It is very much a team effort and the emphasis is on working together as a community during their stay.

Children may bring sweets and chocolate!

**On the first day the children will need a packed lunch brought from home. This should be in a day bag with drinks and water proof outer clothing.**

**We need to inform the camp of any dietary requirements at least four weeks before we stay at the camp. Please let us know asap if your child has any.**



## Camp Kit List

**Please do not bring anything that is valuable or aerosol deodorant as they may damage the tents. All items to be labelled. Thank you.**

**Mobile phones must not be brought to the camp.**

**Please pack a shop bought cake or packet of biscuits that we can share for snacks and nay hunger pangs the children might have! Thank you.**

### What to bring:

A suggested kit list for children is as follows:

#### Equipment:

- Sleeping bag
- Blanket
- Pillow
- Small towel
- Torch
- Small daypack/rucksack
- Refillable water bottle
- 2 x large plastic/reusable bags for wet/dirty clothes
- Lunchbox with packed lunch (for 1st day)
- Sunglasses
- Cameras at own risk

#### Toiletries:

- Personal toiletries inc. toothbrush & toothpaste
- Any personal medication needed which should be given to a member of staff
- Suncream

#### Clothing:

- Please bring sufficient clothing for the duration of your stay bearing in mind you will be outdoors and the Cornish Spring/Summer can be unpredictable! Suggested clothing includes:
- T-shirts
- Sweatshirts/fleeces/jumpers
- Trousers/tracksuits/shorts
- Underwear





- Socks
- Nightwear

#### Outer layers:

- Warm jacket
- Waterproof jacket
- Waterproof trousers
- Hat & gloves (for night-time outdoor activities)
- Sun hat/cap

#### Footwear:

- Walking boots/old trainers
- Wellies
- Trainers (for general life around camp and the climbing activity).

### Staff Accompanying the children to Year 3 Camp

#### Camp Kernow – Year 3

##### BB Night – Monday

- Caroline Jarrett – **Leader**
- Tamsin Parry
- Rebecca Burr
- Joseph Daysh
- Nina Jones
- Sourall Bounsall

##### Village School Night - Tuesday

- Caroline Jarrett – **Leader**
- Calvin Malham
- Sophie Eastham
- Caroline Weldon
- Jack Bowyer



Staff will carry a mobile phone and we will have the minibus on site for emergencies. Please pack everything into a medium sized bag preferably not a suitcase ensuring that **EVERYTHING IS LABELLED!**

#### Group 1 – Monday May 22<sup>nd</sup> May 2017

Schools – **Bishop Bronescombe CE**

### St Pirans Cross MAT Environmental Adventure 1

9.20 am – Depart from Bishop Bronescombe CE Primary

- 10 am – Arrive and walk to camp
- 10.15 am – Welcome briefing and camp tour
- 11.15 am – Moving in and unpacking,
- 11.45 am – **LUNCH** – packed lunch from home.
- 12.30 pm – Archery/Leatherwork/Climbing
- 2 pm – Break
- 2.15 pm – Archery/Leatherwork/Climbing
- 3.45 pm - Archery/Leatherwork/Climbing
- 5 pm – Community tasks and free time.
- 6 pm – Dinner



- 7 pm – Free time and community tasks
- 7.30 pm – Wild Wood Walk
- 9.30 pm – Camp fire Circle, hot chocolate and relaxing.
- 10 pm – Bed

### **Tuesday 23<sup>rd</sup> May 2017**

- 7 am – Community task
- 7.45 am – Breakfast and community tasks
- 9 am – Packing
- 9.30 am – Shelter Building
- 12 noon – Lunch and play with Veryan, Ladock, Grampound Road and Grampound with Creed children and staff.
- 12.30 pm – Return to pick up point
- 1 pm – Coach departs for BB

Return to school between 1.30 pm and 2 pm. Children may be picked up early.

### **Group 2 – Tuesday 23<sup>rd</sup> May 2017**

Schools – **Ladock, Veryan, Grampound Road and Grampound with Creed CE primary schools**

## **St Pirans Cross MAT Environmental Adventure 2**

8.30 to 9.30 am – Coach pick up from the schools

8.30 am – Veryan, 9:00 am – Grampound with Creed,

9.10 am – Grampound Road, 9.30 am – Ladock

- 10 am – Arrive and walk to camp
- 10.15 am – Welcome briefing and camp tour
- 11.15 am – Moving in and unpacking,
- 11.45 am – **LUNCH** – packed lunch from home.
- 12.30 pm – Archery/Leatherwork/Climbing
- 2 pm – Break
- 2.15 pm – Archery/Leatherwork/Climbing
- 3.45 pm - Archery/Leatherwork/Climbing
- 5 pm – Community tasks and free time.
- 6 pm – Dinner
- 7 pm – Free time and community tasks
- 7.30 pm – Wild Wood Walk
- 9.30 pm – Camp fire Circle, hot chocolate and relaxing.
- 10 pm – Bed



### **Wednesday 24<sup>th</sup> May 2017**

- 7 am – Community task
- 7.45 am – Breakfast and community tasks
- 9 am – Packing
- 9.30 am – Shelter Building
- 12 noon – Lunch and play with Veryan, Ladock, Grampound Road and Grampound with Creed children and staff.
- 12.30 pm – Return to pick up point
- 1 pm – Coach departs for village schools. LD, GR, GC and VR.
- Return to schools between 1.30pm and 2.30pm. Children may be picked up early.

Please return the medical information needs form to your school office asap.



# St Piran's Cross CE Multi-Academy Trust

## PARENTAL CONSENT FOR RESIDENTIAL VISITS

**This form must be completed and returned to the teacher in charge of the visit or trip, before any pupil can be allowed to participate.**

### Parental Consent to take part in the residential trip to Camp Kernow

First name		Family name:	
Date of Birth		School	

Trip / Visit to	Camp Kernow, Truro, Cornwall		
Date(s) From		To	

<b><i>I agree to my son/daughter taking part in the above mentioned visit</i></b>	Parent or Guardian's signature

### Pupils Contact Details

Home address			
Parent/Carer contact telephone numbers (for the duration of the visit / trip)			
Name		Home	
Mobile		Work	

Alternative contact	Relationship to pupil :		
Address			
Name		Home	
Mobile		Work	

**Medical Information**

Name of doctor		Tel no	
Address of surgery			

Please mark with X if appropriate :

My child does <b>not</b> suffer from any medical condition requiring regular treatment.	
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My child suffers from			
and has been prescribed the following medication	<b>Name of medication</b>	<b>Dose Time of giving?</b>	Frequency

NB: if your child is on a residential visit, please ensure you include information relevant to night-time needs.

All medication must be handed to a member of staff prior to departure and staff will administer all medication following the dosage prescribed or indicated by parents.

My child also uses the following over-the-counter medication	Name of medication	<b>Dose Time of giving?</b>	Frequency

My child has an <b>allergy</b> to the following:	Allergic to	Type of reaction

*Please delete as appropriate*

I would like to discuss my child's medical condition with the teacher in charge.	<b>YES NO</b>
My child has an up to date tetanus injection.	<b>YES NO</b>
I am willing for my child to be given "over-the-counter medication" by staff e.g. paracetamol, throat lozenges, plasters, insect bite antihistamine.	<b>YES NO</b>

**Any medication required should be given to the teacher in charge, clearly marked (in its prescription container if applicable) with name and full instructions for use.**

**Inhalers and "Epipens" may be kept by the pupil with spares given to the teacher in charge.**

### **Dietary Information**

Does your child have any special dietary requirements e.g. vegetarian, kosher, allergies	(please give details)	<b>YES NO</b>

### **Additional Information**

Please include any additional information as required

### **Declaration by Parent/Guardian:**

1. I have read and completed this form and to the best of my knowledge the details given are true and accurate.
2. I agree to my child receiving medication as instructed.
3. I will inform the teacher in charge as soon as possible of any changes in the medical or other details between now and the commencement of the visit/trip.

<b>Signature</b>		<b>Date</b>	
Print Name			



