

YEAR 7 RESIDENTIAL
YMCA - LAKESIDE
17TH-19TH JULY 2024

The logo features the letters 'YMCA' in a bold, black, sans-serif font. A red triangle is positioned above the 'Y'.

Lakeside



SCHOOL STAFF

- ▶ MISS CLAYTON
- ▶ MR COTTRELL
- ▶ MR DAVIES
- ▶ MR HALL
- ▶ MISS RAINBOW-HARDMAN
- ▶ MISS RUSH
- ▶ MR SHERWOOD
- ▶ MR UNSWORTH
- ▶ MISS WARING
- ▶ MRS O'HARE - GROUP LEADER

YMCA

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ARRIVAL AND DEPARTURES

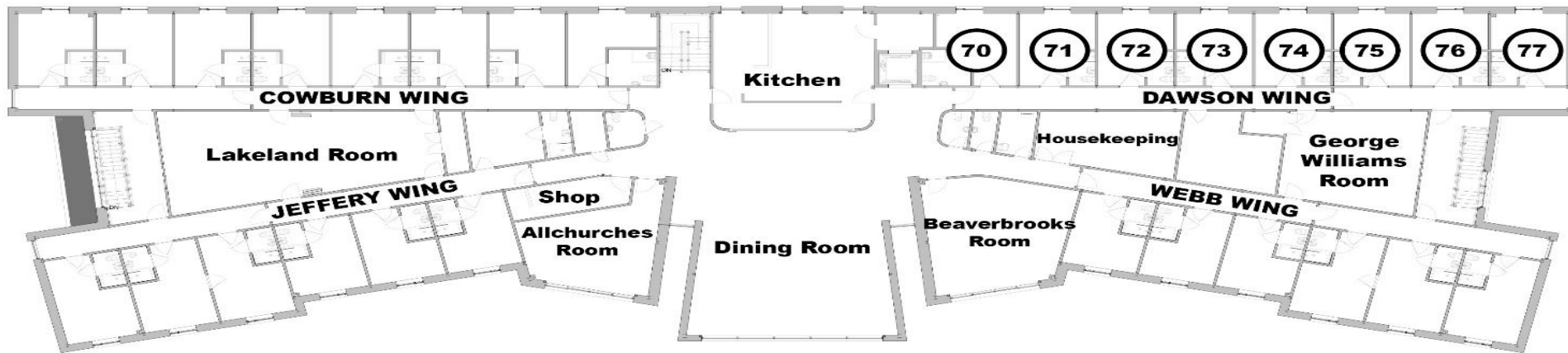
- ▶ TWO COACHES
- ▶ PUPILS WILL BE ALLOCATED TO EITHER COACH 1 OR COACH 2
- ▶ PUPILS MUST TRAVEL ON THEIR ALLOCATED COACH
- ▶ PUPILS SHOULD ARRIVE AT SCHOOL BY 8.30 AM
- ▶ WE AIM LEAVE PENSBY BY 9.30 AM - WEDNESDAY 17TH JULY
- ▶ ARRIVAL AT THE CENTRE 11.30 AM
- ▶ DEPARTURE FROM CENTRE AT BETWEEN 2.00 PM - 3.00 PM
- ▶ ARRIVE BACK AT PENSBY BETWEEN 5.00 PM - 6.00 PM
- ▶ TEXTS/EMAILS WILL BE SENT DURING THE RETURN JOURNEY WITH ETA





Tel: 01539 539 000

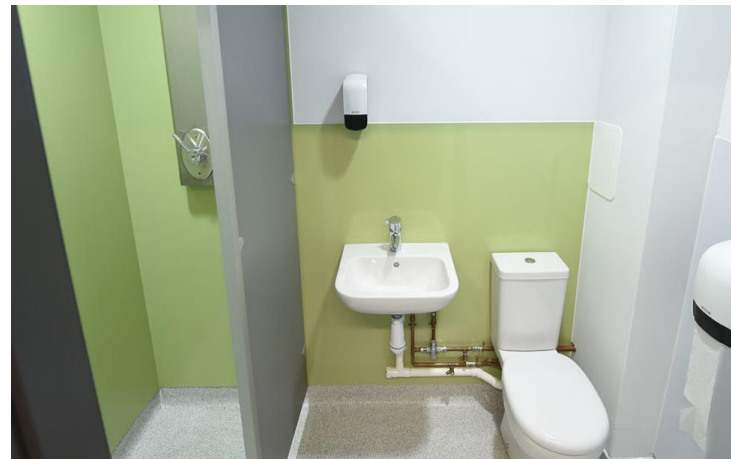
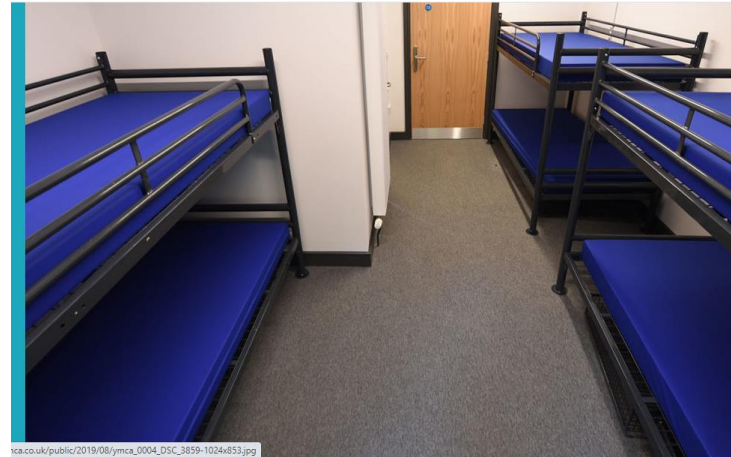
Newby Bridge, Ulverston,
Cumbria LA12 8BD



Accommodation - Stoller Campus

- ▶ School centre with panoramic views overlooking Lake Windermere.
- ▶ The accommodation is split up in to 8 wings. Each wing consists of rooms which sleep up to 6 participants and each room is en-suite. There is also a designated drying room for each wing.
- ▶ Each school and youth group will be allocated either a wing or multiple wings depending on the size of the booking. The wings allocated will be exclusive to the group meaning no other group can enter this area. Each wing also has a group room which is ideal for presentations and social events such as a movie night.

<https://lakesideymca.co.uk/schools-youth-groups/>



KIT LIST - please collect a kit list

ESSENTIAL KIT FOR OUTDOOR ACTIVITIES

- ▶ Old trainers for wet session
- ▶ Another pair of trainers for land sessions
- ▶ Long trousers - tracksuit, fleece and poly-cotton are great Jeans are not suitable
- ▶ Warm long-sleeved tops - fleece is best, or wool, acrylic or poly-cotton
- ▶ Plenty of T-shirts
- ▶ Two pairs of warm thick walking socks
- ▶ Hat and gloves
- ▶ Socks and Underwear
- ▶ Walking boots (with ankle support and good tread)*
- ▶ Waterproof jackets and trousers*
- ▶ Torch/ headtorch - with spare batteries*
- ▶ Bottle for drinking water (not glass)*
- ▶ *We have a limited supply of these items should they be forgotten

PERSONAL KIT

- ▶ Torch/ Headtorch - with spare batteries
- ▶ Wash kit and towels
- ▶ Bottle for drinking water (not glass) S
- ▶ Rucksack
- ▶ Clothes for general indoor wear, casual clothes
- ▶ Nightwear
- ▶ Slippers or indoor shoes

EXTRAS FOR SUMMER

- Sun cream
- Insect repellent
- Hat
- Sunglasses



Daily Plan- sample menu

Summer

Sessions	
Morning	9:30-12:30
Afternoon	14:00-17:00
Evening	18:30-20:00

Meals	
Breakfast	08:00-09:00
Lunch	12:30-14:00
Dinner	17:00-18:30

Breakfast (Monday to Sunday with a choice of hot OR cold breakfast)

- Pork sausage
- Gluten free, Halal and vegan sausages available
- Baked beans (GF, DF, H, V)
- Scrambled egg (GF, H)
- Hash brown (GF, DF, H, V)
- Toast (DF, H, V)
- Cereal and milk (GF available) (DF available)

Thursday Lunch

- Soup of the day (H ,GF ,DF ,V)
- Mild Madras chicken curry (GF ,DF ,H)
- Chickpea and spinach curry (GF ,DF ,H ,V)
- Naan bread (H)
- Rice (GF ,DF ,H ,V)
- Jacket potatoes with cheese (GF)
 - beans (GF ,DF ,H ,V)
 - tuna mayo (GF ,DF ,H)
- Jelly or fruit (GF ,DF)
- Vegan orange jelly available (VE ,H)

Wednesday Lunch

- PLEASE PROVIDE A PACKED LUNCH FOR YOUR CHILD

Thursday Dinner

- Soup of the day (H ,GF ,DF ,V)
- Roast pork loin (GF ,DF)
- Vegan Quorn chicken in gravy (GF ,DF ,H ,V)
- Roast potatoes (GF ,DF ,H ,V)
- Cauliflower and green beans (GF ,DF ,H ,V)
- Cheese and onion pasty (H)
- Flap Jack (DF ,V, VE, H)
- Cupcake (GF)
- Fruit (GF ,DF ,H ,V)

Wednesday Dinner

- Soup of the day (H ,GF ,DF ,V)
- Chicken burger (H)
- Beef Burger (GF ,DF)
- Veggie burger (GF ,DF ,H ,V)
- Sausage roll
- Gluten free wraps and bread available (GF ,DF ,H ,V)
- Chips (GF ,DF ,H ,V)
- Peas & Beans (GF ,DF ,H ,V)
- Jam Roly Poly (DF ,V ,VE ,H)
- Cupcake (GF)
- Fruit (GF ,DF ,H ,V)

Friday Lunch

- Soup of the day (H ,GF ,DF ,V)
- Chicken nuggets (H)
- Fish fingers (H ,DF) GF available
- Crispy halloumi sticks (V)
- Chips (H ,GF ,DF ,V)
- Peas and beans (H ,GF ,DF ,V)
- Selection of pastries (H ,DF)
- Jacket potatoes with cheese (GF)
 - beans (GF ,DF ,H ,V)
 - tuna mayo (GF ,DF ,H)
- Jelly or fruit (GF ,DF)
- Vegan orange jelly available (VE ,H)

ACTIVITY SCHEDULE

YMCA Lakeside Centre - Activity Programme

Organisation Name: Pensby High School | Number Of Groups: 10 | Nights: 2 | Arrival Date: 11:00, 17 Jul 2024 | Departure Date: 14:00, 19 Jul 2024

Session	Time	1 PENHIGH	2 PENHIGH	3 PENHIGH	4 PENHIGH	5 PENHIGH
Wednesday 17 Jul						
Wed	11:30 - 12:30	Arrival 1	Arrival 1	Arrival 1	Arrival 1	Arrival 1
Wed	14:00 - 15:30	King Swing West	Challenge Course A	Challenge Course B	Kayak North	Kayak Mid
Wed	15:30 - 17:00	Challenge Course A	King Swing West	Raft Building Stoller A	Kayak North	Kayak Mid
Wed	18:30 - 20:00	Raft Building Stoller A	Raft Building Stoller B	King Swing West	Raft Building Stoller C	Raft Building Stoller D
Session	Time	1 PENHIGH	2 PENHIGH	3 PENHIGH	4 PENHIGH	5 PENHIGH
Thursday 18 Jul						
Thu	09:30 - 11:00	Initiatives A	Kayak South	Kayak Mid	King Swing West	Challenge Course A
Thu	11:00 - 12:30	Group Canoe A	Kayak South	Kayak Mid	Challenge Course A	King Swing West
Thu	14:00 - 15:30	Climb and Abseil TDM	Initiatives A	Initiatives B	Group Canoe A	Climb and Abseil Parrock
Thu	15:30 - 17:00	Climb and Abseil TDM	Group Canoe A	Group Canoe B	Initiatives A	Climb and Abseil Parrock
Thu	18:30 - 20:00	Local Fell Walk A	Local Fell Walk B	Local Fell Walk C	Local Fell Walk D	Local Fell Walk E
Session	Time	1 PENHIGH	2 PENHIGH	3 PENHIGH	4 PENHIGH	5 PENHIGH
Friday 19 Jul						
Fri	09:30 - 11:00	Kayak South	Climb and Abseil TDM	Climb and Abseil Parrock	Climb and Abseil Brows	Group Canoe A
Fri	11:00 - 12:30	Kayak South	Climb and Abseil TDM	Climb and Abseil Parrock	Climb and Abseil Brows	Initiatives A
Fri	14:00 - 15:00	Depart 1	Depart 1	Depart 1	Depart 1	Depart 1



Lakeside



MEDICATION

- ▶ Should your child require any medication, we ask that it is please:
- ▶ Complete the relevant form to authorise staff to administer medication or for pupils to administer and manage their own medication e.g. antihistamines, paracetamol.
- ▶ Labelled in clear bag
- ▶ In the original packaging
- ▶ Clear dosage times and quantities required
- ▶ Handed to staff morning of trip

- ▶ Staff will carry a spare EpiPen, labelled accordingly
- ▶ PUPILS WHO NEED AN EPIPEN MUST CARRY THEIR OWN AT ALL TIMES
- ▶ PUPILS WHO USE AN INHALER MUST CARRY THEIR OWN AT ALL TIMES



MOBILE PHONES

- ▶ NO MOBILE PHONES PLEASE
- ▶ NO WIFI AVAILABLE
- ▶ STAFF WILL CONTACT HOME IF THERE IS A CONCERN WITH YOUR CHILD
- ▶ PARENTS/CARERS AND CONTACT THE CENTRE IF NECESSARY
- ▶ SCHOOL MOBILE PHONE NUMBER PROVIDED ALSO TO PARENTS/CARERS

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SNACKS AND SWEETS



YMCA LAKESIDE IS A NUT
FREE SITE



SWIMMING COMPETENCY

- ▶ PLEASE COMPLETE THE ONLINE FORM IF YOU HAVE NOT ALREADY DONE SO.

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BEHAVIOUR AND EXPECTATIONS

- ▶ Pupils are expected to behave as they would in school
- ▶ We all want everyone to have a great time
- ▶ Safety and enjoyment of everyone is paramount
- ▶ The centre have their own behaviour rules and warning procedure

Persistent disruption or dangerous behaviour could lead to parents being contacted and pupil being sent home.



PHOTOGRAPHY

- ▶ Please let us know if you **do not consent** to photographs being taken and shared on school social media.

- ▶ Staff will take photographs for school use only.



CONTACT INFORMATION

- ▶ Newby Bridge, Ulverston, Cumbria LA12 8BD
- ▶ Tel: 01539 539 000

- ▶ School mobile number 07825 721 276

