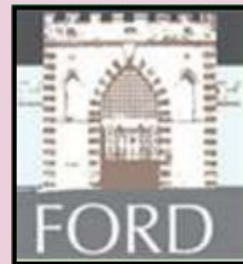


Ford Castle

2023



WHEN?

2023

JULY

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

WHO?



WHY?

Our Ford Castle residential provides an opportunity to learn and develop through exciting, memorable and fun experiences.

WHERE?



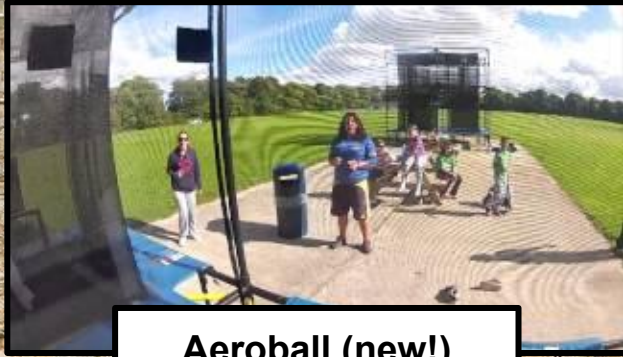
Ford is a Medieval English Castle in the beautiful Northumberland countryside.



The castle is set in acres of private grounds, with a range of on-site adventure activities.



WHAT?



Aeroball (new!)



Archery



Sensory Trail



Zip Wire



Challenge Course



Survivor

WHAT?

Day 1 - Wednesday

Arrive at school

(8:30am)

Safety talks

Travel to Ford Castle

(11 - 12pm)

Lunch

Settle into dormitories

Afternoon activities

(2 - 6pm)

Dinner

Twilight activities

Sleep (hopefully)

Day 2 - Thursday

Breakfast

Morning activities

(9am - 1pm)

Lunch

Afternoon activities

(2 - 6pm)

Dinner

Twilight activities

Sleep (more likely)

Day 3 - Friday

Breakfast

Morning activities

(9am - 1pm)

Lunch

Travel back to school

Sleep (definitely)



HEALTH AND SAFETY

Safety is our top priority.

Instructors at Ford hold the necessary qualifications (GNAS, BUC, BFA and First Aid) and check equipment before and after every use.

Activity appropriate equipment is provided for every student, including harnesses and helmets where necessary.

We complete all the required risk assessments in advance of the trip, which are then approved by Northumberland County Council.



HEALTH AND SAFETY

EVOLVE





 Northumberland
County Council

Ford Castle 2022

Visit Type & Date

ID:	233321
Establishment:	Swansfield Park Primary School (01665602267)
Overseas:	
Residential:	<input checked="" type="checkbox"/>
Adventurous:	<input checked="" type="checkbox"/>
Adventurous (led by establishment staff):	
None of the Above:	
Dates:	13/07/2022 - 15/07/2022 (3 days)
EVC:	Charlotte Murdy

Staffing & Participants

Leader Name:	Craig Warburton - Male ()
Attendee Group:	Year 4: (8-9 yrs.)
Attendees on Reg:	0
Intended Attendees:	46(M=23 F=23) 
Staff (Employees):	Katie Moffet , Lisa Pickard , Alice Reilly , Ewelina Sapor , Olivia Taylor ,
Volunteers:	
Staffing:	6 Employees + 0 Volunteers = 6 Staff 

External Providers & Destination

Provider/Venue:	External Provider: PGL Ford Castle (03333212116)
Venue/Accommodation address:	PGL Ford Castle (TD15 2PX)

Travel Arrangements

Travel Method:	Hired Coach/Minibus with Driver
Travel Company:	Travelsure (01665 720955)

Purpose & Activities

Primary Purpose:	Adventure
Secondary Purpose:	PSHE
Intended Outcomes:	1. Participation and experience of adventure-based activities 2. Development of team work and communication skills 3. Development of self-confidence and resilience 4. Development of problem solving skills
Adventurous Activities:	Archery @ PGL Ford Castle High/Low level ropes courses @ PGL Ford Castle Orienteering @ PGL Ford Castle Multi-Activities (Ext Provider) @ PGL Ford Castle Shelter Building/Bivouacking @ PGL Ford Castle

HEALTH AND SAFETY



PGL, Ford Castle holds the Quality Badge awarded by the Council for Learning Outside the Classroom and are a full member of BAPA (British Activity Providers Association)

A range of adventure activities are offered on site and children are encouraged to challenge themselves every day.



WHERE WILL WE BE SLEEPING?

We sleep in dormitories inside the castle.

Everyone will be with at least one chosen friend.

There are adjacent bathroom facilities.

Teachers' dorms are nearby, usually right next door.



Dorm Room

WHERE WILL WE BE SLEEPING?

Ford Castle Residential

Friendship Groups

Please choose **four** friends that you would like to share a room with and return this form to school as soon as possible. Please note that activity groups will be different from dormitory groups; you will be mixing with different people over the course of the three days.

You will share a room with at least **one** of your friends.

My name: _____

My friends' names: _____



WHAT WILL WE BE EATING?

There is always a vegetarian option available, allergies are catered for and staff are very accommodating.

THURSDAY

Baked Beans (ve) (51kcal)

Hash Browns (ve) (174kcal)

Fresh Mushrooms (ve) (55kcal)

Bacon (82kcal)

or

QuornTM Vegan

Cumberland (ve) (214kcal)

FRIDAY

Baked Beans (ve) (51kcal)

Hash Browns (ve) (174kcal)

Fresh Mushrooms (ve) (55kcal)

Bacon (82kcal)

or

QuornTM Vegan

Cumberland (ve) (214kcal)

Available every day: porridge, cereal, yoghurt, toast and spreads (jam etc.)

WHAT WILL WE BE EATING?

WEDNESDAY

Battered Chicken
Chunks (207kcal)

Vegetable Nuggets (ve)
(293kcal)

Served with: Potato Wedges (ve)
(256kcal), Garden Peas (ve) (77kcal),
Sweetcorn (ve) (55kcal), Sweet Chilli
Sauce (ve) (77kcal)

THURSDAY

Homemade Beef
Bolognese (453kcal)

Homemade Vegetable
Ratatouille (ve) (105kcal)

Served with: Penne Pasta (ve)
(308kcal), Garlic Bread (v) (162kcal),
Grated mild cheddar (v) (245kcal)

FRIDAY

Battered Fish (214kcal)

Jumbo Sausage (603kcal)

Quorn™ Fishless Fingers
(ve) (172cal)

Served with: Skinny Fries (ve)
(354kcal), Garden Peas (ve) (77kcal)

Nothing you fancy? Sandwiches (ham, tuna, cheese or chicken) and homemade soup (ve) with a bread roll are available each day.

WEDNESDAY

Chicken Curry (434kcal)

Baked Cheesy Meatballs
(354kcal)

Vegetable Curry (ve) (329kcal)

Sides: Rice (ve) (243kcal), Penne Pasta
(ve) (308kcal), Mixed Vegetables (ve)
(45kcal)

Jam Doughnuts (v) (228kcal)

THURSDAY

PGL's Sausage Pasta
Bake (499kcal)

Chicken Kiev** (275kcal)

Homemade Sausage &
Bean Casserole (ve) (341kcal)

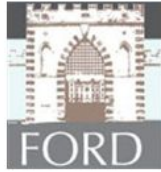
Sides: Mashed Potato (v) (274kcal),
Fresh Broccoli (ve) (43kcal), Baby
Carrots (ve) (28kcal)

Homebaked Chocolate
Sponge (v) & Chocolate
Custard (v) (204kcal)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese is available each day.



WHAT WILL I NEED?



Ford Castle - Kit List

Essential Items

- 1 bath towel
- Toilet bag containing toothbrush, toothpaste, facewash, hairbrush / comb, soap, shampoo etc.*
- Pyjamas
- Several pairs of socks and underwear
- 4 t-shirts, shirts or blouses, at least 2 with long sleeves
- 2 sweatshirts, 1 thick and 1 light
- 3 pairs of trousers and/or tracksuit bottoms
- Waterproof jacket & trousers (**These are a MUST**)
- 2 pairs of trainers (1 old pair for activities, as they will undoubtedly get caked in mud!)
- 1 pair of indoor shoes (e.g. Crocs)
- Large plastic bag for dirty clothes
- Small backpack for during the day
- Sun hat
- Sun lotion
- Water bottle
- Disposable camera
- Book
- Teddy
- £10 pocket money



As delightful as the smell of room full of people covering themselves in Lynx Africa with an undertone of sweaty socks is, the smoke detectors are very sensitive so we ask children to bring roll-on deodorant rather than a spray!

WHAT WILL I NEED?

- We **WILL** get extremely muddy so please send old clothes, NOT your child's newest outfits and the latest fashions!
- Please name all clothing and put a packing list in the bag. Please also pack the bag with your child so that they know what they have and where it is!
- Remember that your child will have to carry their own bag to and from the bus.
- Long hair must be tied back for all activities.
- No electronics (mobile phones, computer games, mp3 players, iPads etc.)
- No sweets, food or drinks. There will be plenty of food, your child will not go hungry! Drinks are provided regularly during the day.

BY MONDAY 12TH JUNE

PARENTAL CONSENT FORM

CONFIDENTIAL

(To be distributed with full details of the visits)

CONSENT FOR PARTICIPATION IN THE OFF-SITE VISIT:

Visit to:

..... Ford Castle - Year 4 Residential

Date/Time: From ... Wednesday 12th July 2023 To Friday 14th July 2023

I agree to my son/daughter (name) taking part in the above visit. I

have received and read details of the above visit, and agree to his/her participation in any or all of the activities outlined in the letter to parents apart from (see 1.1 below). I acknowledge the need for obedience and responsible behaviour on his or her part. I understand that as part of the planned transport arrangements, and in an emergency, it may be necessary for young people to be transported in staff vehicles.

1.1. If there are any activities, in which your child cannot participate, please give details:

If water activities are involved, is your child confident in water? Yes ☐ No ☐ N/A ☐

MEDICAL INFORMATION, DECLARATION AND CONSENT:

In your child's interest, it is important that the school should know whether he or she has any illness or medical condition.

2.1 Son/daughter's date of birth:/...../.....

2.2 Does your child suffer from any conditions of which the teacher leading the visit should be aware?

Ford Castle Residential

Friendship Groups

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You will share a room with at least **one** of your friends.

My name: _____

My friends' names: _____

Please also make sure that you have let the office know what size hoodie you would like for your child.

DON'T WORRY, THERE ISN'T A TEST



Swansfield Park Primary School
Children's learning at the heart of our community



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DON'T WORRY, THERE ISN'T A TEST

