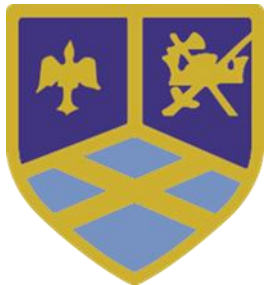


Whitemoor Lakes Residential

3rd March- 4th March 2026



Following in the footsteps
of Jesus we love, live and
learn together.





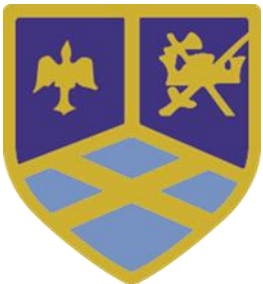
Dear Lord,

As we prepare for our special time away, we ask for Your courage and love as we go on an exciting new adventure. Help us to build on our friendships and kindness towards each other. Give us strength and bravery to step out of our comfort zone so that we can achieve new things.

Amen.

Our School Rules

- Be ready
- Be respectful
- Be Safe





Staff accompanying the trip:

Miss Doherty

Miss Price

Mrs McKinney

Mrs Jones

Mr Steadman

WHAT SKILLS CAN MY GROUP DEVELOP?



Communication



Independent Thinking



Knowledge



Leadership



Numeracy



Physical



Resilience



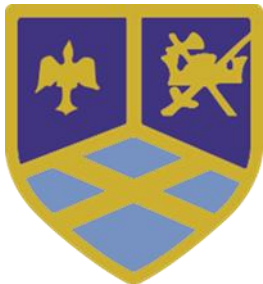
Social



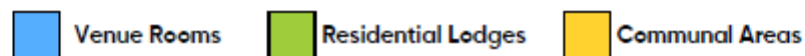
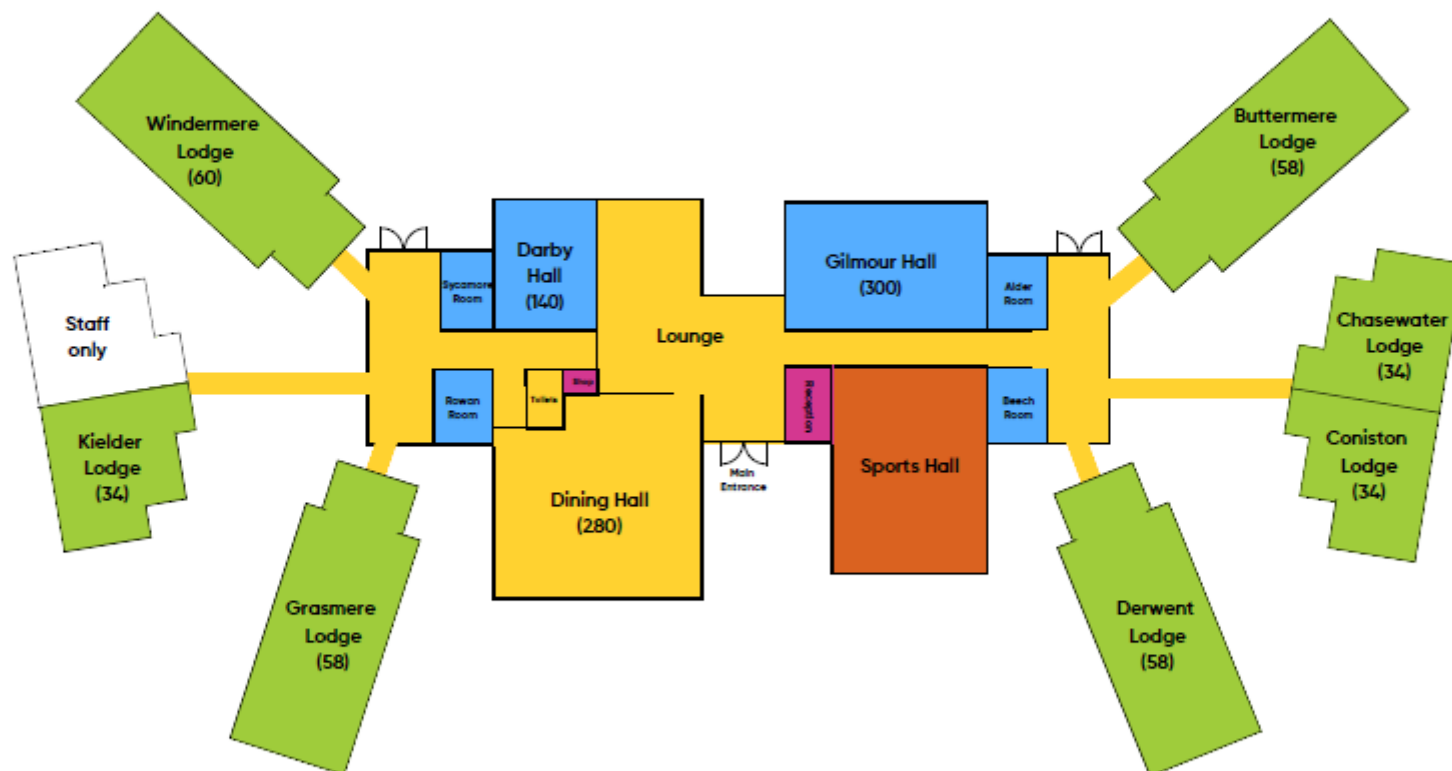
Teamwork



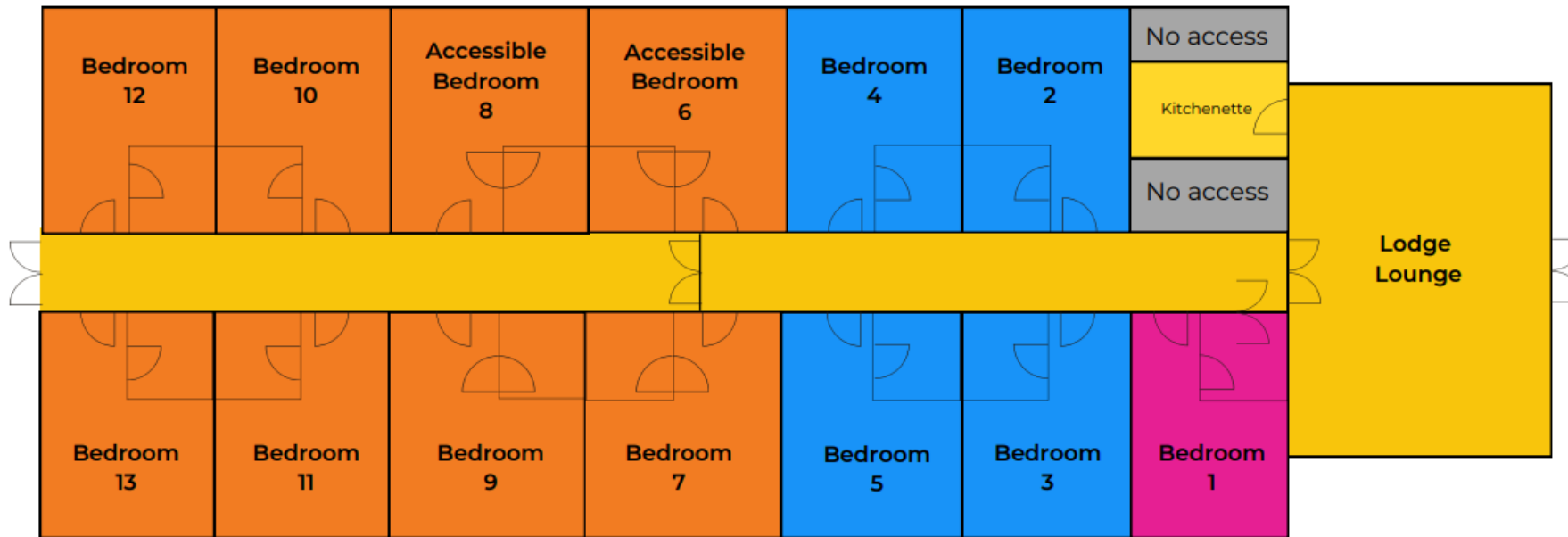
Time Management



Site Map



Buttermere Lodge



2 Single Beds

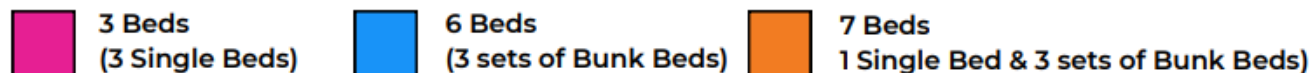


4 Beds
(2 Single Beds & 1 Bunk Bed)



5 Beds
(1 Single Bed & 2 sets of Bunk Beds)

Chasewater Lodge



St Albans Primary School

1 Night Action Plus Activity Programme

Tuesday 3rd - Wednesday 4th March 2026

	Tuesday				Wednesday		
	11.30	2.00-3.30	4.00-5.30	7.00-8.00	9.30-11.00	11.30-1.00	2.00
Group 1	Arrival and Welcome	Traverse 2	Fencing 1	Extreme Teams 1	Climbing 2	Challenge Course 1	Goodbyes and depart
Group 2		Challenge Course 2	Traverse 2		Fencing 1	Climbing 1	
Group 3		Climbing 3	Challenge Course 1		Traverse 2	Fencing 1	
Group 4		Fencing 1	Abseiling 1		Challenge Course 1	Traverse 2	
Group 5		Leap of Faith 1	Fencing 2		Challenge Course 2	Climbing 2	



Whitemoor Lakes
Barley Green Lane,
Lichfield,
WS13 8QT



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St Albans Primary School

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Group 2		Challenge Course 2	Traverse 2		Fencing 1	Climbing 1	
Group 3		Climbing 3	Challenge Course 1		Traverse 2	Fencing 1	
Group 4		Fencing 1	Abseiling 1		Challenge Course 1	Traverse 2	
Group 5		Leap of Faith 1	Fencing 2		Challenge Course 2	Climbing 2	

Challenge Course

The session features a series of challenging obstacles within our purpose-built course. Your group will make their way through the course, either as a team challenge, individual challenge, or as a race against another group member. Your instructor will guide the group through a variety of games and tasks, designed to test their teamwork, perseverance, and to encourage bonding amongst your participants. This activity is a highly enjoyable and rewarding physical challenge.

Skills



Teamwork



Communication



Balance



**Hand-Eye
Coordination**

Challenge Course **B**

On our purpose build courses, groups compete individually, in teams, or work together as a whole group to complete tasks around the various apparatus. Challenge course is a highly enjoyable and rewarding physical challenge.



TEAMWORK



PHYSICAL



DEVELOPMENT



LEADERSHIP



INITIATIVE



SOCIAL



Fencing



Want to try out a physically challenging and exciting sport? Fencing is all of that and more. Pupils will start by learning the basics from instructors with nationally recognised qualifications, before moving on to try it out in a safe environment against their peers through a variety of duels and challenges. This session allows all pupils to succeed and have a sense of achievement by having learnt new skills. Though fencing is a form of sword play, protective safety equipment will be worn by all participants to cushion any potential impacts, and safe techniques will be taught and enforced by your instructor.

Fencing

B

Fencing offers the chance to try out a new and exciting sport. Despite its competitive nature, fencing sessions can be tailored to provide a sense of achievement for everyone, either by winning duels or through the acquisition of new skills.



TEAMWORK



PHYSICAL



DEVELOPMENT



LEADERSHIP



INITIATIVE



SOCIAL



Skills



Active



Independence



Resilience



Self-Confidence



Achievement



**Hand-Eye
Coordination**

Abseiling



Abseiling gives you the opportunity to take over control of your descent as you make your way down the height of our tower. Learning to manage your own ropes and speed can be a daunting task at first, but each step is broken down into easily digestible bits of information and the process is taken at the individual's pace. This session offers the perfect environment to conquer your fears and encourage team bonding as your group celebrates each step down the tower. Our instructor will provide a full demonstration presenting the steps required to manage their own ropes, before guiding each participant through the process of connecting to the ropes, setting up their harness, and descending from the tower. For those with lowered mobility/wheelchair users we offer a specialized winch to allow access to the abseil, meaning fun for everyone!

Skills



Perseverance



Teamwork



Resilience



Independence

Abseiling

B

Abseiling allows participants the opportunity to take control of their descent as they travel down the height of our towers. While being responsible for their descent speed, each step is taken at their own pace with the encouragement of the rest of their group.



TEAMWORK



PHYSICAL



DEVELOPMENT



LEADERSHIP



INITIATIVE



SOCIAL



Traverse

Working your way back and forth, this challenge will take you high into the air balancing on a variety of obstacles designed to improve your confidence, balance, and hand-eye coordination. This challenge begins with a balancing log positioned approximately 2.5 metres above the ground, then moves higher onto a high wire, before climbing to the maximum height for the final Tarzan ropes challenge. This challenge is attempted by a single participant at any given time, their team assisting by encouraging and guiding their potentially nervous steps throughout the course.

Skills



Self Confidence



Encouragement



Resilience



Independence



Communication



Balance

Traverse

B

An individual challenge testing balance and confidence. Participants will work their way across three balancing obstacles at different heights until they reach the maximum height. This is a fantastic way to face fears as the height increases gradually and steps are taken at the participant's own pace.



TEAMWORK



PHYSICAL



DEVELOPMENT



LEADERSHIP



INITIATIVE



SOCIAL



Leap of Faith

This true test of bravery begins with each participant taking turns climbing to the highest level and standing up on a platform. Once they are ready to brave the jump, the instructor will provide them with a countdown before they leap from the platform and attempt to grab hold of a trapeze bar hanging high above the group, between one and three metres away from the platform. Throughout the process, their teammates will be cheering them on and encouraging each small step towards their goal. Participants can opt to stop their attempt at any point, and each stage is taken at their own pace to encourage them to build confidence and overcome fears.

Skills



Self Confidence



Encouragement



Resilience



Independence



Bravery



Achievement

Leap of Faith

B

A superb way to face a fear of heights and feel the buzz of achievement. Participants will climb their way up to a main platform (positioned high above the ground) and leap for the trapeze bar. The bar can be positioned based on the confidence and skill level of your group.



TEAMWORK



PHYSICAL



DEVELOPMENT



LEADERSHIP



INITIATIVE



SOCIAL



Climbing

This is a great team building activity, and an introduction to the Olympic sport of rock climbing, where groups support one another through 'group belaying' as they climb one of our soaring towers. This session allows participants to build confidence as they take on the challenge at their own pace, from the first few steps off the ground to races and challenges to build coordination and bravery. The session will begin with a warm-up activity to help stretch and prepare the participant's bodies for the task ahead, before receiving a safety briefing and guidance from their instructor. Participants will then attempt to complete a single, or multiple, climbing route – ranging in difficulty from easy to challenging.

Climbing

B

An exciting introduction to the Olympic sport of rock climbing. Groups support one another as they climb the tower and belay them under close supervision. This session is tailored to suit everyone's goals, from the first few steps off the floor to races and competitions.



TEAMWORK



PHYSICAL



DEVELOPMENT



LEADERSHIP



INITIATIVE



SOCIAL



Skills



Resilience



Encouragement



Active



Self confidence



Teamwork



Kit List

Suggested Kit List

Outdoor Activities

	One set of clothes per day
	Warm layers
	Trainers or outdoor shoes
	Waterproof jacket
	Sun hat or woolly hat and gloves
	Hair bobbles for long hair

Indoor Activities

	Indoor Shoes
--	--------------

Optional Items

	Waterproof trousers
	Wellington boots
	Torch

General Items

	Pocket money (we recommend no more than £5/£10 in small change)
	Packed Lunch (if you are arriving at the centre in the morning)
	Towel
	Wash kit (toothbrush, tooth paste, soap, flannel, shampoo, roll on deodorants only)
	Sun cream
	Insect repellent/hay fever medication if necessary
	Nightware/Pyjamas
	Enough underwear and socks for your stay, plus spares in case you get wet
	Water bottle
	Optional: books, teddy, quiet games such as cards or board games
	Small plastic bag for dirty clothes

- **Please make sure all the items on the list are clearly labelled. The idea of the list is to keep you comfortable during your stay. If you don't have something, try and borrow it. You don't have to buy everything new just because it is on the list.**
- **It is recommended that you travel in clothes suitable for your first activity session.**
- **Please note, jeans, 'short' shorts and crop tops are not suitable for activities, we advise tracksuit bottoms. Open-toed shoes are not suitable footwear for activities.**
- **All bed linen is provided.**

A few things to remember:

- **Your clothes may get dirty, so don't bring your best clothes.**
- **No aerosols please (our fire detectors in the bedrooms are extremely sensitive and will be triggered by spray deodorants)**

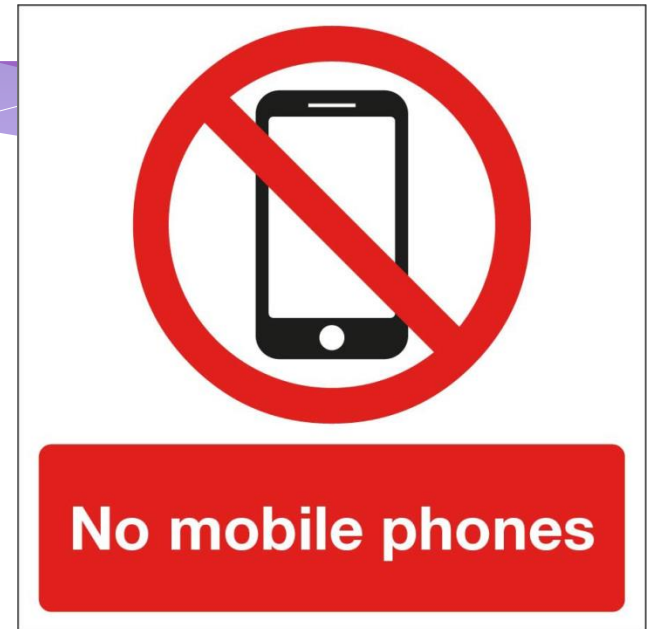
Packing

- **Children should pack their own bag**
- **Travel bag or rucksack**
- **Size? Children have to carry their own bags**
- **List in their bag of packed items**
- **Luggage labelled with child's name**



Please do not bring:

- **Mobile phones**
- **Smart watches**
- **IPads**
- **Electrical equipment**



**Staff will take photographs
and share via Instagram**

Food

For breakfast; a cooked breakfast, cereals, toast and fruit juice.

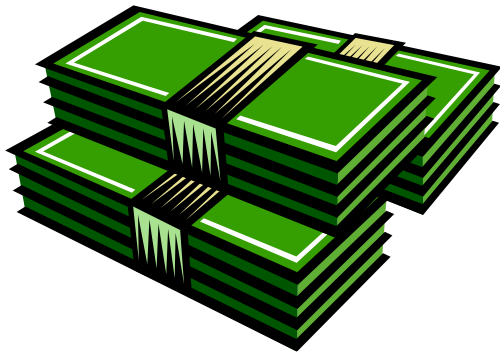
For lunch and dinner; two courses that are accompanied by our varied salad bar.



Pocket Money

**Only used in the shop
(sweets/drinks/pencils/rubbers/souvenirs)**

Between £5 and £10 in change



Medication and Diet

- **Consent form must be returned to school by Monday 23rd February 2026**
- **Diet requirements/Medical problems**
- **Doctor's details**
- **Emergency contact details**

- **Additional Medicines**
Parental letter giving permission for staff to administer the medication with details of dosage and timings
- **All medication must be labelled with child's name**

Pupil Agreement

My Adventure Promise

Whitemoor Lakes Residential Trip

Year 3 and 4

Dear Year 3 and Year 4 Adventurer,

We are so excited for our adventure to Whitemoor Lakes! To make sure everyone has an amazing, fun and SAFE time, we need everyone to follow our Adventure Promise.

Please read this carefully with your grown-up and tick each promise below.

★ My Safety Promises

- ✓ I will always stay with my group and NEVER wander off on my own
- ✓ I will listen carefully to all adults and follow instructions straight away
- ✓ I will tell an adult immediately if I feel unwell, hurt, worried or unsafe
- ✓ I will wear my helmet and safety equipment properly during all activities
- ✓ I will stay away from the water unless an adult is with me
- ✓ I will walk carefully around the site (no running inside!)

★ My Behaviour Promises

- ✓ I will be kind, respectful and helpful to everyone
- ✓ I will use my inside voice in buildings and listen when others are speaking
- ✓ I will look after all equipment and keep my bedroom tidy
- ✓ I will try my best at all activities, even if they feel a bit scary
- ✓ I will be a good friend and include everyone in our adventures

★ My Bedtime Promises

- ✓ I will stay in my own bed all night
- ✓ I will be quiet after lights out so everyone can sleep
- ✓ I will tell an adult immediately if I feel unwell, hurt, worried or unsafe
- ✓ I will tell an adult if I need help during the night

I understand that:

- ✓ If I don't follow these promises, I might miss out on activities or have to call my family to collect me
- ✓ These rules are to keep me safe and help everyone have the best time possible.

Pupil's Name: _____	Pupil's Signature: _____
Parent/Guardian Name: _____	Parent/Guardian Signature: _____
Date: _____	

Let's make amazing memories together!

Departure Details

- Children should to come to school in their own clothes
- **Leave school: 10am**

(The children will need a packed lunch)

Please place the luggage at the back of the hall.
Come in by the main entrance and a member of staff will be there to assist pupils.

- We will be travelling with Hollywood Coach Company.

Return

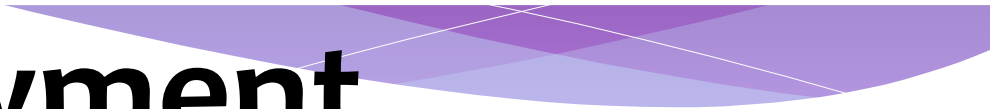
Return to school on Wednesday at approximately 3:30pm. We will keep you updated with our arrival time via the school app

Please help unload all the luggage onto the school site.

Children will then be dismissed from the KS1 playground.



Payment



Deposit: £40 15th December 2025

Remaining payment 1 £40 30th
January 2026

Remaining payment 2 £40 27th
February 2026

**We look forward to a fun time
making memories to cherish!**

