



“Fantastic place packed full of adventures and fun. I could relax knowing my child was safe and making new friends.”

*Sharron Hopkins, Parent*

# Parents' welcome guide

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**Dear Parent,**

There is no better way to help a child than to inspire them, and an unforgettable school trip can do just that. It can offer a wonderful opportunity to open minds and nurture potential, to teach life skills, build confidence and create a better understanding of the world. Spending time away from home can also offer young people a chance to embrace adventure and take calculated risks, face new challenges, build self-esteem and make life-long friends along the way.

At Kingswood this is exactly what we do. Working closely alongside leading educational organisations, schools and teachers, we have developed an enriching Learning Outside the Classroom experience that supports young people's 'formal' education and helps them to develop and grow as individuals.

With a focus on accelerated learning by doing, our courses go beyond classroom teaching and textbooks. Aiming to both challenge and inspire, our range of educational activity programmes put theory into practice, promoting resilience and perseverance and encouraging young people to take pride in their achievements, both individually and as part of a team.

Combining educational modules, challenging adventure activities and fun evening entertainment (with the added camaraderie of overnight stays and an experience shared), we offer an unforgettable life-changing adventure in a safe, controlled and nurturing environment. With each of our 9 UK centres offering stunning locations, outstanding facilities and exceptional standards of care, safety and guidance from our friendly, highly trained team, we're confident that not only can we provide an amazing experience for your child, we can also offer complete peace of mind for you too.

With 30 years experience and over 130,000 students visiting us every year, we're proud to deliver experiential learning at its very best and we look forward to welcoming your child to Kingswood soon.

Yours sincerely,



**Matt Healey** MA (OEd), LPIOL, FRSA  
Head of Education

# Peace of mind



## Safety and staff

- All Kingswood staff are vetted, inducted and trained to the highest levels.
- All staff complete a comprehensive two week induction programme that includes NSPCC Safeguarding training and Health & Safety qualifications, as well as practical training in the fundamental skills of teaching and coaching young people.
- Throughout their employment with Kingswood all staff are monitored to ensure compliance with our health & safety procedures.
- All activities have rapid access to first aid trained staff and facilities.
- Instructors are trained to recognise each individual child's own capabilities & teach to his/her individual level & pace.
- All staff wear identification badges and uniforms at all times, with all visitors and teachers required to wear a security badge.

## Safety and standards

- Every Kingswood centre is independently inspected by the British Activity Providers Association (BAPA).
- We also conduct rigorous internal health and safety audits.
- We operate comprehensive risk assessments on all activities.
- We are fully responsible for all emergency procedures, safety systems and security arrangements at each centre.

## Safety and supervision

- For most activities children are placed into groups of no more than 15.
- Our strict supervision policy ensures that children are always accompanied by Kingswood instructors. Between 9.00 pm and 9.00 am and at meal and break times they are supervised by their teachers. Teachers are in loco parentis throughout the visit.
- Kingswood campuses have secure and clearly defined boundaries. Some centres have CCTV in operation.
- Teacher rooms are situated close to their students.
- The Kingswood Duty Manager and first-aiders are on call 24 hours a day.



# Kingswood modules

Modules comprise of a series of sessions scheduled throughout the programme. They can be mixed with various outdoor activity sessions to complement the overall Learning Outside the Classroom experience and target students' different learning styles. Further information on modules and activities can be found at [www.kingswood.co.uk/parents](http://www.kingswood.co.uk/parents)

## Adventure Choice

Combining adventure, high-energy and challenges at every turn, Adventure Choice is a popular, action-packed programme that encourages team building, promotes physical exercise and develops strong self-esteem.

## Adventure Choice (Watersports Module)

Exciting aqua adventures, new skills and plenty of team building along the way, this weekend of summer watersports action is the ideal way to build water confidence, practise teamwork and discover new hobbies with friends.

## Transition

With a focus on fresh starts, better teamwork and new friendships, this programme helps to accelerate the 'settling in' period as young people prepare to make the transition from primary to secondary school.

## Bushcraft

Combining practical outdoor skills and teamwork, Bushcraft helps young people to reconnect with the environment, gain a better understanding of nature and build their confidence in the great outdoors.

**"When asked to write down their best memories of school, 85% of the children have put Kingswood down as one of their happiest memories of school life. They're desperate to come back."**

*Kells Lane,  
Primary school*

## Environmental

Providing a valuable insight into the workings of the natural world, these modules offer the opportunity to study, collect, observe and present findings in a diverse and inspirational setting. They can also be linked to all major exam board curricula to aid coursework studies.

## ICT

By linking ICT and the use of technology to real-life situations, young people can explore the world around them, as well as developing new skills that will help them through school, in their communities and throughout their future lives.

## Interaction

Bringing together young people from different countries creates an exciting dynamic that allows both overseas and UK students to improve their language skills so they can communicate better with each other as they make new friends.

## ASDAN

A fantastic hands-on experience that equips young people with skills for learning, skills for employment and skills for life – a qualification that counts as part credit towards ASDAN's Certificate of Personal Effectiveness.

## Arts & Culture

Developing expression and creativity through music, dance, art and drama sessions and helping to build young people's confidence in their ability to communicate with others.

## One-Hour Programmes

Additional educational learning opportunities – either teacher or Kingswood staff led – that can be seamlessly fitted around other structured sessions, mealtimes and unexpected weather restrictions.



## Sample timetable

		Session 1	Session 2	Session 3		Session 4	Session 5	Session 6		Evening
Example timings	7.30am	9.30am	10.50am	12.05pm	1.15pm	2.30pm	3.50pm	5.05pm	6.15pm	7.45pm
Sunday	Travel to Kingswood					Arrivals and Welcome tour		Fencing	Dinner	Scrapheap challenge
Monday	Breakfast	Flash dance 1	Quad biking	Create stack	Lunch	Flash dance 2	Climbing	Kayaking	Dinner	Campfire
Tuesday	Breakfast	Zipwire	Flash dance 3	Aeroball	Lunch	Leap of faith	Archery	Low ropes	Dinner	Mini Olympics
Wednesday	Breakfast	Alien survivor beach study with packed lunch				Caving	Canoe splash	Nightline	Dinner	Giant games
Thursday	Breakfast	Jacob's ladder	3G swing	Nightline	Lunch	Abseiling	Canoeing	Outdoor laser	Dinner	Club Kingswood
Friday	Breakfast	Problem solving	Team challenge	Lunch	Travel home					

# Questions and answers

## **Q: What experience does Kingswood have in working with schools?**

**A:** Kingswood has been delivering high-quality residential education programmes to schools for over three decades. Our teams currently reach over 130,000 young people from around 3,500 schools every year. All instruction is given by our team of professionally-qualified outdoor educators, supported by a strong centre management team. We constantly review our programmes so we can quickly respond to the changing educational needs of schools and their students.

## **Q: Will children need additional pocket money?**

**A:** All children's needs are catered for but every Kingswood centre does have a shop where children can buy postcards, limited refreshments, pencils and souvenirs so we recommend young people to bring £5 per night's stay.

## **Q: What are your accommodation arrangements like?**

**A:** Boys and girls sleep in bunk beds in separate warm and comfortable dorms of between 2 and 12 beds. Sheets, duvets and pillows are provided. Some rooms are en-suite but there are always separate toilet and shower facilities for girls and boys close to dormitories.

## **Q: Can parents telephone their children?**

**A:** In special circumstances, of course. However, it has been our experience that parents phoning their children just to talk often makes the children's time away from home harder, rather than easier.

## **Q: What care is available during the night?**

**A:** Teachers sleep nearby to students so are never too far away. Every centre has a night duty team on call throughout the night.

## **Q: What is included in the booking price?**

**A:** Your booking price covers: fully supervised centre-based programmes and evening entertainment, comfortable accommodation and freshly prepared, healthy meals.

## **Q: When is bedtime?**

**A:** Our evening activities typically end around 9pm when students enjoy a refreshment before returning to their dorms. We suggest a lights-out policy of 10pm but this may vary depending on the age of the group and their teachers' preferences.

## **Q: Can you arrange insurance?**

**A:** All visitors to Kingswood are covered by our standard £5 million public liability insurance while on site. Some schools also prefer our additional comprehensive group travel insurance at £3 per individual. This covers children and party leaders from the time of booking your Kingswood visit to your return to school.

## **Q: Will my child cope?**

**A:** All Kingswood staff are trained to take responsibility for the well-being of the children who are in their care. We have found that the best way to help children cope with being away from home is to keep them busy. As such, we create a warm, supportive environment for students so they quickly feel at home. Our activities are progressive, allowing students to join in at whatever level they're comfortable with. For obvious reasons some activities are age restricted and/or subject to the correct fitting of equipment.

## **Q: What about children with special needs?**

**A:** Kingswood is committed to an inclusive approach and values the involvement of all young people. We can support special needs students with many of their requirements as long as teachers make us aware of them at the time of booking. We're happy to provide extra support to those who are used to taking part in activities with the rest of their classmates – but if we think it won't prove a positive experience for them, that it might prove overwhelming, or that we're not equipped to cope with a specific situation, we'll let you know.

## **Q: What's the food like?**

**A:** Our new breakfast, lunch and dinner menus are all created to boost energy, with health in mind and meet government recommendations on school nutrition. Menus vary day-to-day according to the season but there is always a choice of hot and cold dishes, vegetarian options and fresh salad bars, with meals served in communal dining areas. We're happy to cater for special faith or dietary requirements if we are informed well in advance.

## **Q: Will our school mix with other schools?**

**A:** Our centres usually have several schools staying at any one time, but classmates stay together throughout the day. The only time groups can meet is in the evenings as part of our Social Sundown unless participating in the Interaction module. Students from different schools never share the same dorms.

# Other information

## Q: What does my child need to bring?

**A:** Clothing and shoes worn outside during activities will inevitably get dirty – so old clothes are best! We try to help children look after their things, but items regularly get lost or left behind. We therefore strongly recommend that you name all items of clothing – and provide your child with a packing list, so that he/she can check items back into their bag. See our example opposite.

## Q: How secure are the centres?

**A:** Security is paramount to Kingswood. Every centre keep clearly-defined boundaries with perimeter fencing, night patrols, electronic gates and CCTV where needed. We maintain the highest security standards at all times and all visitors wear name badges when on site.

## Q: What should parents do regarding illness?

**A:** We ask parents to be vigilant before their child's trip to Kingswood. If your child shows symptoms of illness they should inform their teacher or trip leader who can contact us directly for information.

## Sample menu

**Breakfast:** Rice Crispies, Corn flakes, or Weetabix, semi-skimmed milk, orange squash, fresh orange segments, selection of fruit yogurts, white & brown toast, grilled bacon, grilled tomato & spaghetti hoops.

**Lunch:** Freshly baked sausage rolls, spicy cajun chicken, cheese and onion pasty, freshly baked jacket potatoes, baked beans, grated cheese, chipped potatoes, sweetcorn, garden peas.

**Dinner:** Homemade lasagne, toad in the hole, macaroni cheese, saute potatoes, sliced green beans, cauliflower, syrup sponge and custard.



## Packing list:

Please use the following checklist to help pack bags: (please put your child's name on all items of clothing)

- One swimming towel and costume (where required)
- One bath towel
- Toilet bag containing: toothbrush, toothpaste, soap, hairbrush etc
- Night clothes
- Socks and underwear
- Four t-shirts, shirts, blouses (at least one with long-sleeves), sweatshirt (two in winter)
- One thick sweater plus one light sweater
- Three pairs of trousers and/or jeans and/or tracksuit bottoms
- Clothes for the Social Sundown (evening entertainment)
- Waterproof jacket (and trousers if you have them)
- Sturdy shoes or wellingtons (even in summer)
- Two pairs of trainers (one old pair)
- Large plastic bag for dirty clothes
- Gloves, hat, scarf (in winter)
- Water bottle
- Hat and sunscreen (in spring and summer)
- Rucksack for off site studies (if applicable)

\*Please note that most activities require long sleeves.

## Please note:

Do not bring: Mobile phones, expensive cameras, electronic games, iPods or MP3 players, expensive or much cherished jewellery, expensive favourite clothing or shoes. Kingswood can't accept liability for the loss, theft or damage of any personal property your child may bring.

**DHW****Dukeshouse Wood**

**Location:** Hexham, Northumberland.  
**Easy access to:** Newcastle, Leeds, Scotland.  
**Nearest airports:** Newcastle, Edinburgh, Glasgow

**PV****Peak Venture**

**Location:** South Yorkshire.  
**Easy access to:** Sheffield, Leeds, York, Manchester.  
**Nearest airports:** Manchester, Leeds, East Midlands

**DV****Dearne Valley**

**Location:** Doncaster, South Yorkshire.  
**Easy access to:** Sheffield, Leeds, York, Manchester.  
**Nearest airports:** Manchester, Leeds, East Midlands

**C****Colomendy**

**Location:** Denbighshire, Wales.  
**Easy access to:** Liverpool, Manchester.  
**Nearest airport:** Liverpool John Lennon Airport

**ST****Staffordshire**

**Location:** Wolverhampton.  
**Easy access to:** Liverpool, Manchester.  
**Nearest airport:** Liverpool John Lennon Airport

**WR****West Runton**

**Location:** Cromer, Norfolk.  
**Easy access to:** Norwich, Great Yarmouth, Cambridge.  
**Nearest airport:** London Stansted

**OS****Overstrand Hall**

**Location:** Nr. Cromer, Norfolk.  
**Easy access to:** Norwich, Great Yarmouth, Cambridge.  
**Nearest airport:** London Stansted

**GH****Grosvenor Hall**

**Location:** Ashford, Kent.  
**Easy access to:** London, Canterbury, Brighton.  
**Nearest airports:** All London Airports

**IOW****Isle of Wight**

**Location:** Bembridge, Isle of Wight.  
**Easy access to:** Portsmouth, Brighton.  
**Nearest airports:** London Heathrow, London Gatwick

**CC****Château de Chantereine**

**Location:** Criel-sur-Mer, nr Dieppe, Normandy.  
**Easy access to:** Dieppe, Amiens, Rouen, Paris.  
**Nearest airport:** Paris





