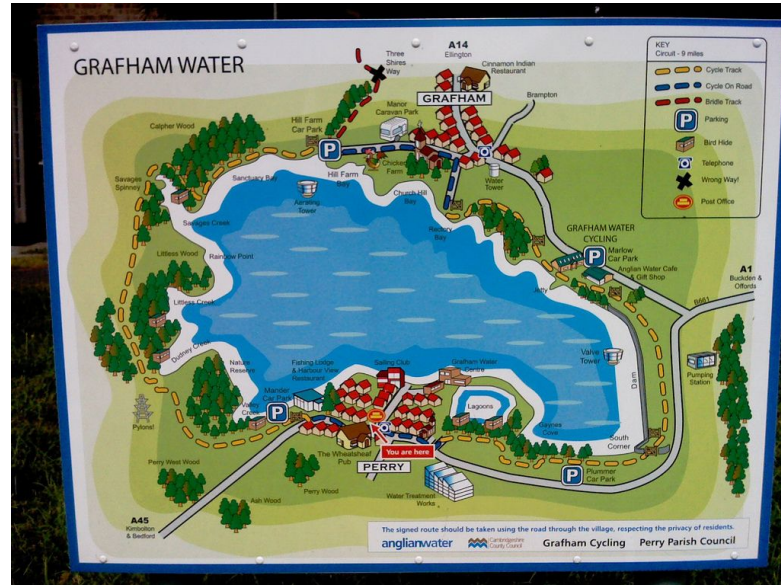


Grafham Water 2022

Monday 23rd May - Wednesday 25th May



Residential stays at *GWC* aim to develop the following skills:

- Working with others, developing teamwork, communication and respect for others
- Improving own performance, self awareness, confidence, taking responsibility
- Problem solving, planning, leadership, creativity
- Developing Outdoor Activity skills
- Supporting other subjects in the National Curriculum

Arrive at school as normal

10:30 - Arrive at Grafham

16:00 - 16:30 - Leave Grafham

17:30 (approximately) - Arrive back at school

Children will need a packed lunch for the first day.

They will also need a water bottle.

Grafham Water Centre Centre - Activity Programme

Organisation Name: Stapleford Community Primary School | **Number Of Groups:** 3 | **Nights:** 2 | **Arrival Date:** 10:30, 23 May 2022 | **Departure Date:** 16:30, 25 May 2022

Session	Time	Stapleford Community 1	Stapleford Community 2	Stapleford Community 3
Monday 23 May				
Mon	11:00 - 12:30	Arrivals	Arrivals	Arrivals
Mon	14:00 - 15:30	Climbing 1	Kayaking Sit On Top Set 1	Raft Building 1
Mon	15:30 - 17:00	High Ropes - Crate Stack	Kayaking Sit On Top Set 1	Raft Building 1
Mon	18:30 - 20:30	Grafham Challenge 1	Grafham Challenge 1	Grafham Challenge 1
Session	Time	Stapleford Community 1	Stapleford Community 2	Stapleford Community 3
Tuesday 24 May				
Tue	09:30 - 11:00	Mountain Biking 1	Climbing 1	Kayaking Sit On Top Set 1
Tue	11:00 - 12:30	Mountain Biking 1	High Ropes - Crate Stack	Kayaking Sit On Top Set 1
Tue	14:00 - 15:30	Raft Building 1	Mountain Biking 1	Climbing 1
Tue	15:30 - 17:00	Raft Building 1	Mountain Biking 1	High Ropes - Crate Stack
Session	Time	Stapleford Community 1	Stapleford Community 2	Stapleford Community 3
Wednesday 25 May				
Wed	09:30 - 12:30	Kayaking Sit On Top Set 1	Raft Building 1	Mountain Biking 1
Wed	14:00 - 15:30	Departures	Departures	Departures

This could change up until the visits starts

+ Mountain Biking

Grafham is in a perfect location for mountain biking with a 9 mile cycle track that navigates around the reservoir. Our off-road bikes will aid you up even the steepest of slopes around the reservoir.

We can also offer our very own bike track on site which is a great adventure for those wanting something different with the ability to jump over humps and do other tricks.

Kayaking

Kayaking is a popular activity for all ages and abilities. This activity focuses on personal challenges and adventure. This takes place on our reservoir or on the local river Ouse.



Raft Building

If you want to really test your groups teamwork and planning skills then raft building should definitely be included in your activity programme. Each group is issued with ropes, poles and barrels in order to build a floating craft which will stay afloat with every group member on board.

This activity can involve lots of wet people, some interesting designs and lots of fun!



Grafham Challenge

Initiative and communication exercises; At GWC we have a large range of different team building and problem solving challenges. Each activity requires particular skills such as problem solving, communication, leadership, trust, cooperation and support to solve the challenge. Review take place after each activity to highlight the learning and improve the teams performance before moving onto the next challenge.

Evening activities (dependent on weather)

Monday evening

- Grafham Challenge
- Film and popcorn (part 1)

Tuesday evening

- Rounders/ capture the flag and low ropes
- Film and popcorn (part 2)

The hour before dinner will be free time. Children can shower and then go to the common area. If there are enough adults able to supervise, they can also play outside.

Board games, paper and colouring equipment will be provided.

We will decide in class about a DVD for the evening.

Suggested Kit list *(Please ensure all clothing is named)*

- T-shirts (2 or 3)
- Sweaters/Fleeces (1 or 2)
- Rash vests (if you have) for wearing underneath the wetsuits if it cold (not cotton)
- 1/2 Warm Trousers (NOT JEANS)
- Shorts (1)
- Underwear: pants, socks, vests
- Nightwear
- Swimsuit
- Bath and Hand Towel
- Wash Kit (Please include soap as it is not provided in the bathrooms)
- Shoes:
 - Slippers (indoor shoes)
 - Outdoor Shoes(e.g trainers)
 - Rubber Soled Shoes (for wet activities)
 - Wellingtons (not for the water)
- Waterproof Coat/ Jacket/Anorak
- Gloves (for cycling and wet activities if possible)
- Sun hat
- Bin Liner for wet clothes
- Sun Cream

Children can bring a toy/book/game/colouring pencils and a notepad if they wish

Please ensure no electronic devices are brought (such as phones)

Please **don't** bring any additional snacks. We will provide some for the evenings. If your child has any additional dietary needs, please speak to me.

We would advise against bringing smartwatches incase they get lost.

Rooms - Ground Floor
Boy's floor
Miss Street and Mrs Pugh

Endeavor Ground Floor



Rooms - First Floor
Girl's floor
Mrs French

Endeavor First Floor



Any questions?