



NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

4 June 2024

Dear Parent/Carer,

Year 8 Residential Trip to Eleven Acres Scout Camp, Downe – 16-17 July 2024

I am sure you are excited to find out more about the Newstead Wood School summer 'Bushcraft and Survival' camp at Eleven Acres campsite. Please find details below.

Drop off:

Students in 8W should be dropped off at the Memorial Library and Pool Car Park, Church Road, Biggin Hill, Westerham TN16 3LB at 8.45am on Tuesday 16 July. **Parents are requested to share lifts to minimise traffic.**

Pick up:

Students in 8W should be picked up from Memorial Library and Pool Car Park, Church Road, Biggin Hill, Westerham TN16 3LB at 2.15pm on Wednesday 17 July. Parents are requested to share lifts to minimise traffic.

Itinerary: Students will be grouped by their form and the itinerary for each day is below.

Day 1

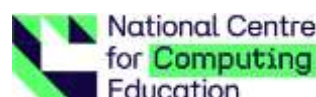
| Timing of activities | Fire craft | Shelter building lessons | Spear throwing games | Forage in the woods | Bannock Bread making class Or Bow Drill | Knife Craft Basic |
|----------------------|--|--------------------------|----------------------|---------------------|---|-------------------|
| Arrival – drop off | | | | | | |
| 10.30 – 1200 | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 |
| 12.00 – 12.30 | Lunch 30 mins | | | | | |
| 12.30 – 2.00 | Group 6 | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 |
| 2.00 – 3.30 | Group 5 | Group 6 | Group 1 | Group 2 | Group 3 | Group 4 |
| 3.30 – 5.00 | Group 4 | Group 5 | Group 6 | Group 1 | Group 2 | Group 3 |
| 5.00 – 7.30 | All students set up tents and shelters for camp and have dinner. Polaris Staff cook and serve dinner. | | | | | |
| 8pm – 9pm | Night games in the woods | | | | | |
| 9pm | Bedtime | | | | | |

Headteacher: Mr Alan Blount, MA, BSc, QTS

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Day 2

| Timing of activities | Fire craft | Shelter building lessons | Spear throwing activities | Forage in the woods | Bannock Bread making class or Bow Drill | Knife Craft Basic |
|--|---|--------------------------|---------------------------|---------------------|---|-------------------|
| Up at 7.00 Breakfast and pack down tents/Shelters. Activities start at 9am | | | | | | |
| 9.00 – 10.30 | Group 3 | Group 4 | Group 5 | Group 6 | Group 1 | Group 2 |
| 10.30 – 12.00 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 | Group 1 |
| 12.00 – 12.30 | Lunch | | | | | |
| 12.30 – 1.15 | All groups Olympic games and prizes. | | | | | |
| 1.30 – 3pm | Pack away and departure | | | | | |

Menu:

The menu will be adapted according to dietary requirements of the group. Most meals will be “deconstructed” so students can have the parts they want; this also helps us cater for dietary needs. For example, the vegetable stir-fry and the noodles will be cooked separately, and the chicken and sauces will be added after by the participants, so they can choose what they want on it.

Students should bring their own packed lunch for both days.

The site is in nearby Downe, Orpington, BR6 7JT. This two-day, one night camping trip is a fantastic opportunity for students to learn camping skills and outdoor education in a safe and nearby setting. The site has a fully plumbed toilet block with toilets, running water and showers.

The students will come away with a deeper understanding of their own abilities outside the classroom, and they will learn to control themselves and think on their feet when placed outside their comfort zones.

Some of the valuable skills taught include shelter building, first aid and personal responsibility. They will also learn fire craft and knife craft – learning how to use a knife as a tool, not as a toy or a weapon. Lessons on the law are included. Students will be shown proper use and good practice with a knife, and all knives will be given out and taken in by staff for the duration of the camp.

Students will become skilled and responsible with these activities during their stay. They also learn search and rescue techniques, outdoor cooking, wild food foraging, primitive weapon construction and use, animal tracking, teamwork and leadership skills. The idea is to have lots of fun whilst learning essential skills.

The provider company for this is Polaris Outdoor Ltd. They are an LOTC certified company, which provides the highest level of safety and competency in the UK, certified by UK governing bodies. This is the link to their website: [Expeditions, Travel, Bushcraft, Survival Training - Polaris Outdoor](#)

It is important that staff have up to date contact information for your daughter, should we need to contact you during the trip (or at any time during school hours). We also require all relevant medical information. To ensure trip safety, we take all emergency contact and medical information from the school database. **Please check the Arbor app** and update the school with any changes, as a priority.

If you require any additional information regarding this trip, please contact me.

Thank you for your continued support.

Yours sincerely,



Mr M Bournat
Assistant Head Teacher

KIT LIST

Equipment:

Students must prepare for this trip by having a sleeping bag, sleeping mat, waterproof clothing, a warm hat and a torch, preferably a head torch. Please see the kit list below.

- Sleeping Bag and pillow
- Overnight Bag / Rucksack (No suitcases, please!)
- Toiletries, personal hygiene items and towels
- Torch (head or hand)
- Mug, knife, fork and spoon.
- Boots and a change of appropriate footwear (no flipflops / crocs)
- Appropriate clothing for two days (check the weather forecast!)
- Reading material if required

Please note: do not bring mobile phones or any other electrical equipment. Newstead Wood School will accept no responsibility any loss or damage to personal equipment during this trip.