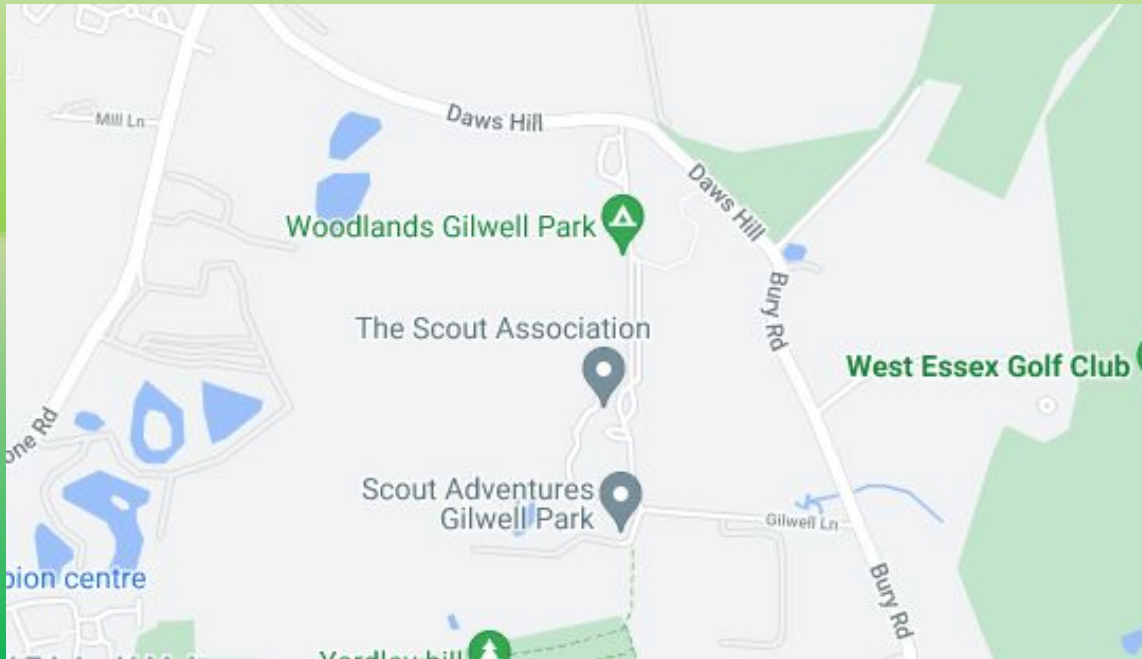




# **Gilwell Park**

**Year 4 - Wednesday 3rd May – Friday 5<sup>th</sup> May**

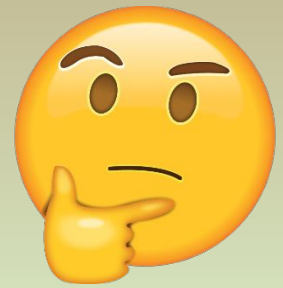
# Where?



Waltham  
Abbey, London,

Approx. 30 min  
drive from Old  
Palace

# Why?



- Key part of the national curriculum – children can participate in activities that can't otherwise be done on school grounds.  
*'take part in outdoor and adventurous activity challenges both individually and within a team'*
- Builds character and independence
- Gives children new and shared experiences
- Activities provide meaningful adventures
- Potential to bring out talents
- Helps to promote teamwork/sharing skills
- Builds self esteem and confidence
- Helps to improve emotional/physical health and well being
- FUN!

# Sleeping Arrangements



En-suite rooms

Separate boys and girls wings

We will give the children some option in who they share a room with or complete the activities with.

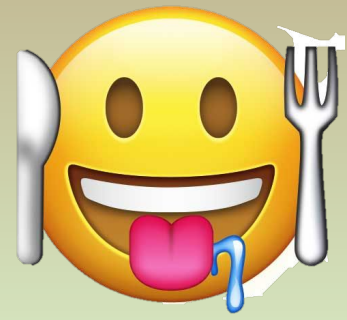


Children to bring their own sleeping bag and pillow



All food is Halal food.

# Meal Times



Cooked breakfast

Lunch (sandwiches)

Cooked evening meal

Evening snack (Hot chocolate & biscuit)

Children can bring healthy snacks (of an appropriate amount)



# Example Menu

BBQ chicken and vegetables, or cheesy broccoli bake and vegetables. Dinner rolls and salad available. Magnum ice creams.

# Activities



3G Swing

Archery

Fire lighting

Hike

Grass Sledging

Leap of Faith

Climbing Wall

Crate Stacking

Raft Building

Campfire























# Kit List

## Suitcase

- ☐ Underwear x 5
- ☐ Socks x 5
- ☐ Swimwear x 1
- ☐ Sun hat
- ☐ Tracksuit bottoms / Jeans x 4
- ☐ T-Shirt x 5
- ☐ Fleece / Jumper x 3
- ☐ Light waterproof jacket
- ☐ Sensible footwear (trainers) x 2
- ☐ Slippers / Sandals
- ☐ Night wear
- ☐ Sleeping bag
- ☐ Pillow and Pillow case
- ☐ Rucksack / Backpack

## Wash bag

- ☐ Water bottle
- ☐ Towel x 2
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Shower gel
- ☐ Sun cream
- ☐ Comb / Brush
- ☐ Bin bag for washing
- ☐ A couple of plastic bags

## Other bits

- ☐ Pocket money up to £ 5.00
- ☐ Flashlight with batteries
- ☐ Medication for Asthma/Eczema or Allergies in a labelled bag.

Total cost of trip £246 (inc. coach), however after school contribution, it will cost **£95**.

To secure your child's place

1. Email [admin@oldpalace.towerhamlets.sch.uk](mailto:admin@oldpalace.towerhamlets.sch.uk) to register your interest and secure your place.
1. You will then receive an email to confirm your place and will be asked to pay a non-refundable deposit of **£35** (First come/ first serve basis) using the online payment system.

## Total 3 Payments

YEAR 4

£35 deposit by 17th March

£30 by 31st March (Friday)

£30 by 28th April (Friday)