

THRIFTWOOD 2023

**Thursday 13th July –
Friday 14th July**



Where



Orchard Ave,
Brentwood CM13 2DP

How we'll get there

Bromley-By-Bow to Mile End (Underground)

Mile End to Stratford (Underground)

Stratford to Brentwood (TFL Rail)

Walk from Brentwood Station to Thriftwood Camp site

Journey time approximate 1 and a half hours

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 wellbeing
- FUN!

Sleeping arrangements

Tent village (with tents provided and set up by Thriftwood) and is on a secure site. Has a block of toilets near to the tents easy for children to access if needed.

Separate Girls and Boys tents.

Staff in separate sleeping tent.

Children bring their own bedding (sleeping bag and pillow).





Toilet block
next to the tents.

Meal Times



All food is Halal food.

Breakfast

Lunch provided by the school
(school packed lunch)

Pizza in the evening.

Evening snack
(Hot chocolate & biscuit)

Children can bring some
healthy snacks (of an
appropriate amount)

Activities Like...

<http://www.thriftwood.org.uk/activities/>





Climbing Wall

Zip Lining



Ladder Climb



Soft Archery



Cresta Run



Obstacle Course





Water Rolling



Demolition



Orienteering



Camp Fire



Kit List



With them (rucksack)

- ☐ Underwear x 2
- ☐ Socks x 2
- ☐ Sun hat
- ☐ Tracksuit bottoms or Jeans x 1
- ☐ T-Shirt x 1
- ☐ Fleece or Jumper x 1
- ☐ Light waterproof jacket
- ☐ Sensible footwear (trainers) x 1 (on them)
- ☐ Water bottle
- ☐ Rucksack or Backpack
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Medication for Asthma/Eczema or Allergies in a labelled bag.

Small Bag which will travel separately. (No larger than a carry on size!)

- ☐ Towel
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Comb or Brush
- ☐ Bin bag for washing
- ☐ Flipflops
- ☐ Night wear
- ☐ Sleeping bag
- ☐ Pillow and Pillow case

Other bits

- ☐ Flash light with batteries
- ☐ 1 pack of crisps, biscuits and sweets **MAX**

Total cost of trip is approximately £55-60 per child, however after school contribution it will cost about £30.

To secure your child's place

1. Email admin@oldpalace.towerhamlets.sch.uk to register your interest and secure your child's place. There are only 30 places available.
2. You will then receive an email to confirm your place and will be asked to pay a non-refundable deposit of **£10** (First come/ first serve basis) within 24 hours using the online payment system.

Total payments will be due in by June 16th 2023