

Brilliant residential



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It's time to get excited about your trip!

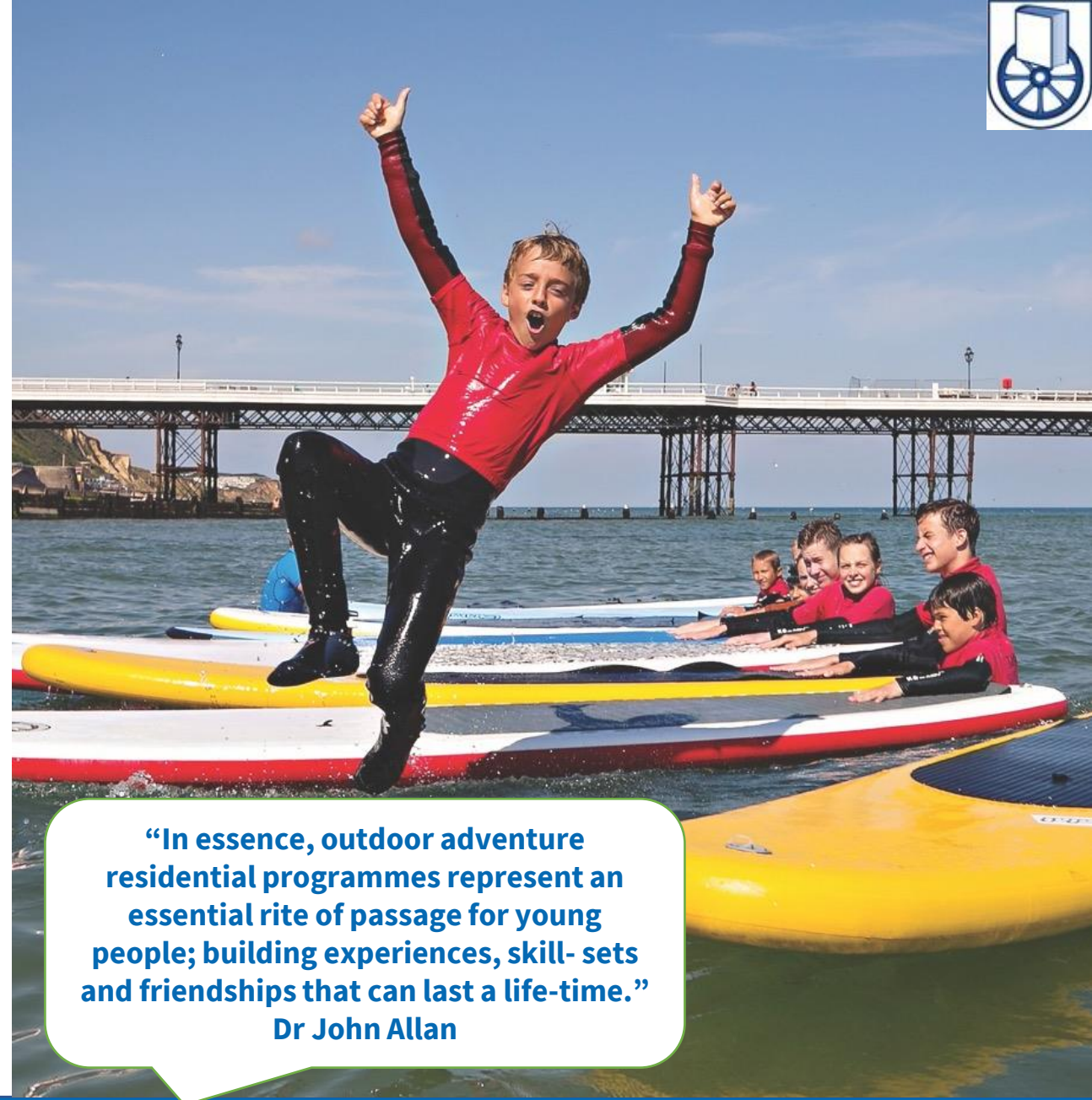
Agenda

- The benefits of a residential trip
- Why Kingswood?
- Grosvenor Hall
- Activities
- Health and Safety
- Example programme
- Accommodation and sleeping arrangements
- Food glorious food!
- Questions?



Why is a residential so important?

- Builds lasting relationships (between children and with teachers) which foster a sense of pride and belonging
- Boosts self-confidence and creativity which supports academic learning
- Creates resilience – the capability to deal with set-backs, “bounce-back ability” and adapt to new challenges, “bounce-beyond ability”
- Health-giving benefits, physical fitness and psychological wellbeing
- Allows cross-curricular opportunities – builds bridges between real life experiences in the outdoors to learning subjects in the classroom
- Challenges are matched to abilities which create a real sense of personal accomplishment
- Experience greenspaces and nature, appreciation and care for the environment



“In essence, outdoor adventure residential programmes represent an essential rite of passage for young people; building experiences, skill- sets and friendships that can last a life-time.”
Dr John Allan



Learning Outcomes

Our programmes are designed to specifically meet your needs and link back to the core curriculum as well as developing environmental awareness and improve both mental and physical wellbeing.



We use...

Play
Discovery

Exploring
Challenging

Adrenaline
Reflection

...to deliver...

Mental & Physical
Wellbeing

Environmental
Awareness

Curriculum Links

Improved Attainment

...and achieve
our learning outcomes.

CONFIDENCE! **LIFE SKILLS** **RESILIENCE**



Why Kingswood?

- **We're experienced** – providing life changing adventures for 40 years!
- **We're specialists** - we've run over 1 million confidence-building activity sessions in the last year!
- **We're award winning** – 'The Best Residential Experience' at the School Travel Organiser Awards' two years running!
- **We're innovative** – our brand new Confidence Tracker will help track the outcomes of your trip!
- **We're safe** – we're founding members of the British Activity Providers Association (BAPA), holders of the Council for Learning Outside the Classroom Quality Badge and many more
- **We care** – our mission is to provide life changing experiences and we are really proud of our hugely passionate and committed team who will make sure you have the best residential yet!



Welcome to Grosvenor Hall

Kennington, Ashford, TN25 4AJ





Your centre

A complete indoor and outdoor education facility set in the grounds of a former manor house in Ashford, Kent. One of our largest centres, Grosvenor Hall has 50 acres of adventure and recreational facilities.

From the moment you enter the gates, you are immersed in the high-adrenaline excitement of the centre as you pass the adventure park and our lake that offers a high range of water activities such as canoeing and raft building! As you explore the centre our guests continue to discover everything Grosvenor Hall has to offer including a 25,000 sq. ft sports hall which caters for a wide range of indoor activities.



Highlights of Grosvenor Hall



3G SWING



ARCHERY



BUGGY BUILDING



Highlights of Grosvenor Hall



CLIMBING



LASER



NIGHTLINE





Safety first

We know how daunting it can be letting your child go on a residential visit, so we do everything we can to make it a safe and enjoyable experience for everyone.

Our **policies and procedures** ensure that the highest safety standards are maintained at all times including:

- Ongoing **safety and first aid training** for all our teams
- **Equipment checks** before every session
- **Qualified first-aiders** on centre 24/7
- All our staff are **fully DBS checked**

We create a warm, supportive environment so children quickly feel at home. **All of our activities are progressive**, allowing them to join in at whatever level they're comfortable with.

We've found the best way to help children cope with being away from home is to keep them busy, having fun from dawn 'til dusk!





Risk assessment & emergency procedures

Kingswood carries out comprehensive risk assessments for each activity and site. You can view and download these at kingswood.co.uk/plan-your-trip/risk-assessments.

Special educational needs

For information about S.E.N. please visit kingswood.co.uk/party-leaders/special-education-needs-and-disabilities

Emergency procedure

We have trained first aiders on site and procedures in place just in case an emergency should occur. Where appropriate and required emergency services would be contacted, however please ensure that you have sufficient cash with you on site in the event you need to take any member of your party to hospital by taxi. William Harvey Hospital - Please speak to Reception to get an estimated cost for the taxi return.

Fire safety

We'll take all groups through a fire drill on arrival day, or within 24 hours of arriving on site so everyone knows exactly what to do in the event of an emergency. If the fire alarm sounds, our priority is to evacuate the building and account for every occupant as soon as possible.

To do this, we'll need your help. When we send your dormitory allocations and agree your provisional programme, we'll ask you to split your students into activity groups of no more than 15. If there's a fire alarm students will line up in front of their allocated activity group number or letter to be counted. Before arrival, you'll need to compile a list of the pupils in each activity group, along with the room they're staying in.

Please also nominate at least one adult to each group. This adult won't have to stay with the group for all activities but will be responsible for counting heads and reporting to our Fire Marshall. Included is a blank form which you can photocopy and use for your group lists. Please note, nominated adults should give us a copy of their group's list on arrival so we have a spare and they'll need to keep a copy with them at all times. If there are more adults than activity groups in your party, please add additional adults to the fire lists so we can account for them.



Example programme – Adventure



Kingswood: Adventure Programme Sample Itinerary

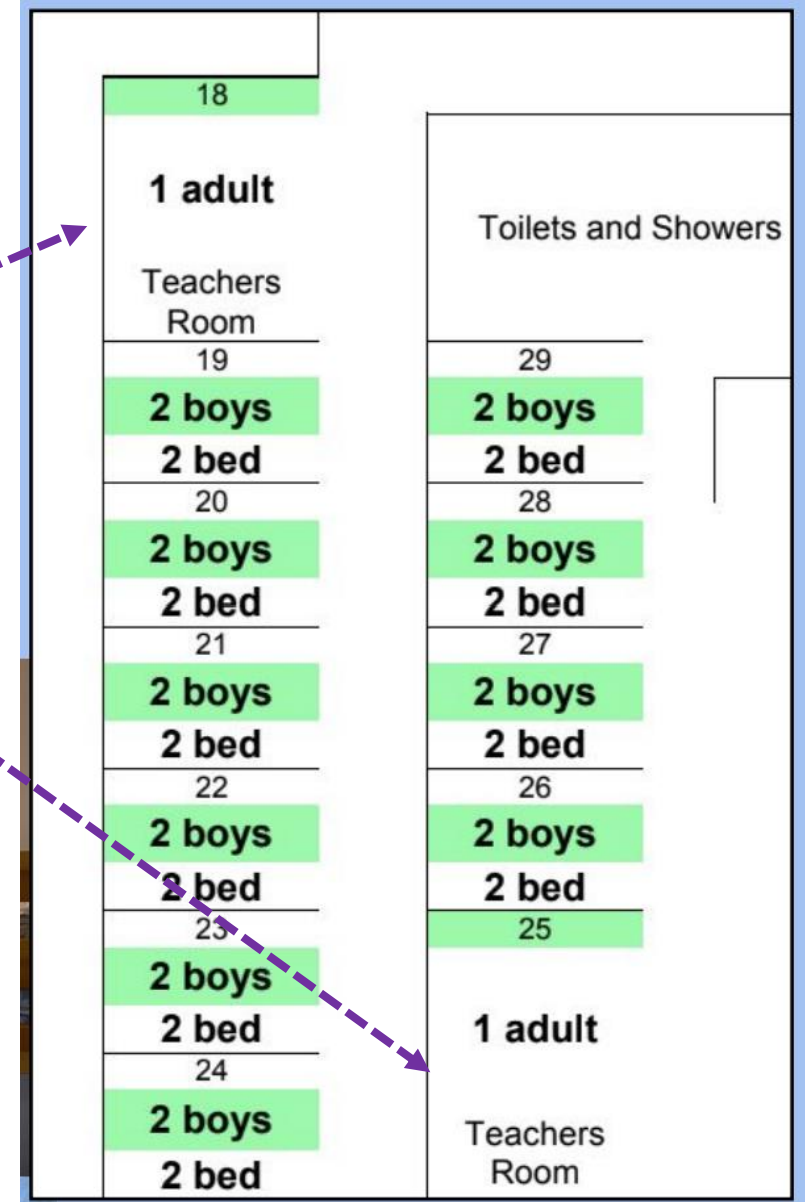


| 3 Days | | Session 1 | Session 2 | | Session 3 | Session 4 | | Evening |
|--------|-----------|---------------|-----------------|----------------|---------------------------------|-----------|--------|-------------|
| Day 1 | | | | | Arrival/Settle in & Safety Talk | Aero Ball | Dinner | Movie Night |
| Day 2 | Breakfast | Zipwire | Obstacle Course | Lunch | Leap of Faith | Bushcraft | Dinner | Campfire |
| Day 3 | Breakfast | Jacobs Ladder | Archery | Lunch & Depart | | | | |



Sleeping

- Standard dormitory style accommodation
- Rooms of up to 8.
- Some have en-suite facilities.
- Gender separated bedrooms/ bathrooms/ shower facilities.
- Duvets and pillows are provided.
- Adult rooms are placed at the end of each corridor.





Food Glorious Food

Tasty healthy meals

We have spent time reviewing, discussing and tasting our menus to ensure they give a balanced variety of nutritious dishes and have a wide appeal for hungry tummies.

To keep our young adventurers going during their packed itinerary, we serve three freshly prepared, healthy, buffet-style meals each day, with plenty of variety available - including hot and cold meals, a salad bar and plenty of water available at all times.

We can also cater for most faith and dietary requirements, which we'll ask party organisers about before your child arrives on the centre.



- Children will be provided with breakfast, lunch and dinner throughout their stay.
- Canteen style model – similar to what we have in school.
- Vegetarians, Vegans and other dietary requirements are catered for.



Salad Bar



Self Service Area



Sample Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--------------------------------------|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| grilled back bacon | | grilled back bacon | | grilled back bacon |
| | grilled herb pork sausages | | grilled herb pork sausages | |
| | | | | |
| Vegan/Vegetable Sausages | Vegan/Vegetable Sausages | Vegan/Vegetable Sausages | Vegan/Vegetable Sausages | Vegan/Vegetable Sausages |
| baked beans | baked beans | baked beans | baked beans | baked beans |
| hash browns | hash browns | hash browns | hash browns | hash browns |
| scrambled | scrambled | scrambled | scrambled | scrambled |
| mixed fruit yogurt | mixed fruit yogurt | mixed fruit yogurt | mixed fruit yogurt | mixed fruit yogurt |
| assorted cereal | assorted cereal | assorted cereal | assorted cereal | assorted cereal |
| fruit Basket | fruit Basket | fruit Basket | fruit Basket | fruit Basket |
| Jams & Spreads | Jams & Spreads | Jams & Spreads | Jams & Spreads | Jams & Spreads |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| | | | | |
| Beef Bolognaise | Pork Hot Dogs | Chicken bites | Jacket potato Day | Sausage Rolls |
| Spagetti Pasta | Fried Onions | G/F FISH | beef Chilli | |
| Garlic Bread | Hot Dog Roll + G/F Rolls | peas/beans | coleslaw | CHEESEY PIZZA |
| Macaroni and Cheese | | Seasoned Wedges | Baked Beans | Baked Beans |
| Grated Cheese | G/F Wedges | | Tomato Meatballs | Steamed Peas |
| Tomato Sauce | Popcorn Chicken | | penne pasta | Thick cut Chips |
| | Sweet Chilli Sauce | | saute pots | |
| | Grated Chesse | | | |
| | | | | |
| vegan Bolognaise | Vegan sausages | Vegan Sausage Rolls | | Vegan Burgers |
| | | | Vegan Meatball Pasta | |
| Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | | Jacket Potatoes |
| Beans/Cheese | Beans/Cheese | Beans/Cheese | Beans/Cheese | Beans/Cheese |
| Dinner | Dinner | Dinner | Dinner | Dinner |
| | | | | |
| Beef Burgers | tomato n herb chicken | Sweet n Sour Pork | Italian Chicken | Oriental Chicken |
| Burger Buns | Sauté Potatoes | Steamed Rice | roasted Peppers | Steamed Vegetable Rice |
| Chicken Quarter Pounder | Steamed Peas | Oriental Veg | Wedges | Steamed Peas |
| Sliced Burger Cheese | Cauliflower | Green Beans | Ratatouille | Corn on the Cob |
| Steamed Peas | Sweet Chilli Beef | Amarican Chicken Steak | Cottage Pie | Cumbeland Sausage |
| Thick cut Chips | Vegetable rice | Diced potatoes | Gravy | Mash Pots |
| | | | | Gravy |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| BBQ vegan Fillet | | | | Vegetable / Vegan Cottage Pie |
| | Sweet Chilli Vegetables | Vegan Buttermilk Fillet | Vegetable Ratatouille | |
| | | | | |
| | | | | |



Staffing & Contact

- A member of **SLT** will attend.
- A mix of teachers and Teaching Assistants
 - Depend on the amount of children that go.
- An SLT member will have the school phone on them at all times.
- This will be used to contact parents, if necessary.
- Parents will also be given the mobile number.



Packing Checklist



Please use the following checklist to help pack bags:

- ☐ One swimming towel and costume (where required)
- ☐ One bath towel
- ☐ Toiletries 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 evening activities
- ☐ 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)
- ☐ We recommend advising your young people to bring some money with them (no more than £10) in case they would like to make a purchase in our centre shop. Our shops sell snacks and drinks, as well as postcards, souvenirs, games and mementos.

*Please note that most activities require long sleeves.



Please 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.



Costings

- Early bird price = **£269** (the same as this year)
 - X2 nights (Monday & Tuesday night, Wednesday morning)
 - Accommodation
 - Breakfast, lunch and dinner
 - Trained instructors
- **Payment Plan**
 - £70 – due by 1st July 2024
 - £70 – due by 1st November 2024
 - £129 – due 1st April 2025
 - **£269**
- You can **pay incrementally**, as long as the payments are made by each date.
- All payments are non-refundable.
- The first payment **will secure your child's place on the trip**
- After this date, children wishing to attend will need to be agreed by Mr Lang to ensure that sufficient places are available.
- All payments are payable via the **School Money App**.



Discover more

Visit our website at
www.kingswood.co.uk

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 [kingswoodcentres](https://www.facebook.com/kingswoodcentres)

 [@kingswoodcentres](https://www.instagram.com/@kingswoodcentres)

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Questions?

