



Kingswood

Monday 25th February

–

Friday 1st March



What does the site look like?



Ruskin House

Accommodation

The Isle of Wight has standard dormitory style accommodation. Rooms range from 4 to 12 bed dormitories, with gender-separated bathroom and shower facilities and party leader rooms close by. Adventure Lodges are also available for the ultimate adventure experience. Sheets, duvets and pillows are provided for all guests.



A typical menu

Sample menu



Breakfast

- Pork sausage/ vegetarian sausage, baked beans, scrambled eggs and fresh tomatoes
- Toast with jams and marmalade
- Selection of cereals
- Natural yoghurt and fruit compote
- Seasonal fruit segments



Lunch

- Home made vegetable soup with croutons
- Cheese and tomato or pepperoni pizza
- Sweetcorn and seasoned potato wedges
- Salad bar
- Apples, pears and oranges
- **Salad bar (available at lunch and dinner)**
includes: sliced lettuce, tomatoes and cucumber, homemade coleslaw, diced beetroot, five bean salad, tuna pasta salad, potato salad, selection of sauces and dips



Dinner

- Lasagne and vegetable lasagne
- Roast chicken breast marinated in cajun spices
- New potatoes and peas
- Garlic bread slices
- Salad bar
- Chocolate brownie

Day One

- Monday 25th February – Inset Day
 - Arrive from 10:30 at reception – register and medicine
 - We will put a film on while we wait for the coach to arrive 11:30
 - Arrive in Portsmouth
 - Ferry to IoW 13:00. You need lunch in a carrier bag.
 - Coach to Kingswood to arrive at 14:30.
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- Welcome tour
 - Activity 1
 - Dinner 18:15
 - Evening activity

Tuesday, Wednesday, Thursday

- Activity 1: 09:30 – 10:40
- Activity 2: 10:50 – 12:00
- Activity 3: 12:05 – 13:15
- Lunch – 13:15 – 14:25
- Activity 4: 14:30 – 15:40
- Activity 5: 15:50 – 17:00
- Activity 6: 17:05 – 18:15
- Dinner: 18:15 – 19:25
- Evening activity: 19:45 – 21:00

Activities Include...

- 3G Swing
- Problem Solving
- Orienteering
- Team Tech
- Jacobs Ladder
- Field Games
- Nightline
- Scrapheap challenge
- Archery
- Aeroball
- Low Ropes
- Bottle Rockets
- Culver Walk
- Rock Pooling
- Campfire
- Fencing
- Environmental Art
- Buggy Build
- Indoor Climbing

Friday

- Activities 09:30 – 12:00
- Lunch
- Pick up at 12:30
- Ferry 14:00
- Arrive back at school around 16:00

Staff

- Mrs Holyoak
- Miss Bristow
- Mrs Beckett
- Miss Knight
- Mrs Wotton
- Mrs Hackett
- Miss Gover
- Mrs Townsend

Kit list

Sturdy outside walking boots/shoes – these will get dirty!
Full length warm joggers/trousers for each day
Layered clothing/long sleeved tops
Warm jumpers
Waterproof jacket and trousers
Warm coat
Gloves
Hat
Scarf
Inside trainers
Slippers – optional
Warm Socks (please pack an extra few pairs!)
Underwear
Night Clothes
Toiletries/toothbrush and paste (no spray cans if you are taking deodorant!)
2 Towels (1 shower and 1 for hair)
Disco clothes!

Water bottle
Teddy bear!
Torch
Small book – optional
Small day rucksack
Dustbin liner for dirty washing!

Bedding will be provided by the centre

