

## INFORMATION SHEET FOR KINGSWOOD TRIP

### JOURNEY BAG (with shoulder strap)

- Named and labelled with both West Runton and home address
- Packed lunch and **small packet** of sweets for journey
- Two drinks for the journey
- Tissues
- Books, puzzle book, playing cards for journey
- Labelled disposable camera
- Waterproof coat with hood

### CASE

- Large holdall or small case – no more than 15kg (to be carried by child)
- Old comfortable clothes for activity sessions – long-sleeved tops, sweaters, long trousers (jeans, jogging bottoms, tracksuit) and closed-toe shoes (e.g. old trainers) are required for nearly all sessions so bring plenty
- Some comfortable clothes (thin jumpers, thick jumper, sweaters, t-shirts, jeans, joggers, leggings) to wear for the evening entertainment, including appropriate clothes for the evening disco
- Waterproof jacket (and trousers if you have them)
- Sturdy shoes or wellingtons
- Changes of underwear and socks
- Pyjamas or nightie (and dressing gown) No onesies
- A bath towel
- Washbag containing toiletries and tissues (please note deodorants must be roll on, no aerosols)
- Slippers for indoor use
- Swimwear and swimming towel (no bikinis but tankinis are OK)
- Hairdryer if required – hair straighteners are not allowed
- Large plastic bag/black bin bag for dirty clothes
- Sunglasses, sun cream and hat (we do get warmer weather in September)
- Lip balm/Vaseline
- A named water bottle (essential).
- Books, playing cards and other quiet activities
- Torch
- Plug in night light, if needed
- Blank postcards/writing paper with stamped addressed envelopes for your child to send letters

**\*Please note that most activities require long sleeves**

### GENERAL INFORMATION

- Kingswood - West Runton, Cromer Road, West Runton, Cromer, Norfolk, NR27 9NF
- Please put your child's name and Sunnymede Junior School, followed by the West Runton address when sending post
- Good breakfast before leaving home
- Take travel sickness tablets (if needed)
- All travel and other medicines required during the trip should be sent into school by Friday 16<sup>th</sup> September

### IMPORTANT DO'S & DON'T'S

- Mobile phones are **NOT** allowed
- Hair straighteners are **NOT** allowed
- Electronic items (e.g. MP3 players, iPods, games consoles, tablets) are not allowed
- Please label clothing either by writing or stitching your child's name on the inside where it can be easily seen.
- All items your child brings are the responsibility of your child
- Sweets and other snacks, other than those for the journey, are **NOT** allowed and will be confiscated and returned when back home

### DIETARY REQUIREMENTS

- Special arrangements can only be made in the case of confirmed medical conditions. It is not possible to cater for individual likes and dislikes. However, no child has ever gone hungry in the past