

Parent Information Pack: Newquay 2022

Tuesday 13th Sept (7.30am) – Friday 16th Sept (approx. 7pm)



Newquay Kit List

The following items will be needed;

During the day activities:

| | |
|--|--|
| Waterproof coat/mac | T-shirts |
| Swim kit - 2 sets is useful | Shorts |
| 2 x Trainers – one old pair for water-based activities and one for evenings/general wear | Trousers/jogging bottoms (that are NOT jeans) |
| Backpack | Wet shoes (if not using an old pair of trainers) |
| Lunch box or similar to store lunch in so it doesn't get squashed in bags | Water bottle |

Evenings:

| | |
|----------------------------|--------|
| Jeans or jogging bottoms | Jumper |
| T-shirts | Coat |
| Pair of dry shoes/trainers | |

Wash kit/other:

| | |
|-------------------------------|--|
| Beach Towel Bathroom Towel | Shampoo Shower gel etc |
| Toothbrush Toothpaste | Suncream (fingers crossed!) After sun |
| Deodorant etc. | Watch |

Students can also take a small amount of money for buying things like ice creams; they will not need a lot as all meals are included (with the exception of lunch on the first day as we travel down).

Phones will be handed in when we arrive, and locked away securely, before being given back to students prior to our return. **(Remember to bring a charger!)**

I recommend a lockable bag for their main luggage (with a padlock) so that they can leave their belongings safely locked away in their rooms.

Activities your child will be doing:

| Day | Morning | Afternoon | Evening |
|---|--------------------------|--|---------------------------------|
| Tuesday 13 th September | Travel to Newquay | Body Boarding Surfing | Check in to hotel Town Trail |
| Wednesday 14 th September | Swanpool Elemental UK | Swanpool Elemental UK | Bowling |
| Thursday 15 th September | Swanpool Elemental UK | Swanpool Elemental UK | Fish and Chips Beach Games |
| Friday 16 th September | Body boarding Surfing | Leave around 12.30pm Travelling back | Home time 😊 |

Day Activities:

All activities are carried out by instructors who are fully qualified in their areas. There will also be Icknield members of staff supervising the activities.

There are first aiders available at all times.

Evening activities:

Students will be supervised in the evenings during their activities by Icknield staff members, as well as the reps from Elemental UK who will be with us at all times.

Contact Info:

School Mobile: 07960 011964

Email: matt.mures@icknield.oxon.sch.uk

We will be staying at Hotel Victoria/Berties, East Street, Newquay, TR7 1DB. Please only contact the hotel in an emergency when you can't get hold of a member of staff on the school phone.

Expectations of students/code of conduct:

As well as the school rules, which should be adhered to, we have the following expectations:

1. Be polite to ICC staff, all students, staff at the hotel and centres and other paying guests in the hotel
2. Follow instructions at all times
3. Be on time (this is really important, especially in the mornings!)
4. Listen carefully to whoever is speaking
5. Be prepared and organised
6. Try everything at least once - even if you don't think you can....try!
7. Stay in groups of a minimum of 3 if allowed to have remotely supervised times
8. No other people are allowed in your rooms - only the people signed up to be in there
9. Tidy up after yourself
10. Look after your belongings - lock them away if you're not sure

By following these we can then follow the most important rule.....

11. HAVE FUN!!!



Follow the trip on Social Media!

We will be posting regular updates and photos on the PE twitter and Instagram accounts (@icknield_PE)

Other Useful information:

Students need to pack the following things in their rucksack that they take on the coach with them;

- A beach towel
- Lunch (in a box is best), drinks and snacks
- A small amount of money (we stop at services on the way)
- A waterproof and warm clothing
- Swim kit and wet shoes/old trainers
- Suncream

This is because when we arrive we may have to simply drop our bags off at the hotel, leaving little time to unpack in advance of our first surfing session.

As this is an active trip, it is very important that pupils eat and drink plenty to ensure they have enough energy and don't fatigue. If you know your son/daughter might be a fussy eater then please encourage them to eat as much as they can (we will do our best too) – you could also pack them with (suitable!) snacks that could keep them going in the event they seriously dislike any of the food.

Medication

- Students will not be allowed to go without their medication
- Please inform me of the medication that will need to be taken, including quantities and timings
- Medication can remain with the students if preferred. Do let me know in advance if you intend to give any medication to me.

If there are any questions or concerns please do email me:

matt.mures@icknield.oxon.sch.uk

FAQs

Will students be able to use their phone during free time?

Phones will be allowed for the coach journey there and back. We ask that phones are handed in on arrival, and these are kept safely locked away at the hotel. It is a very active trip, with little free time. Students are always very resistant to this rule beforehand, but always look back afterwards and say it was a good thing!

Will wetsuits be supplied?

All wetsuits are provided by Elemental – these are long sleeved. Students will need to have an old pair of trainers that can be worn in the sea – these will be needed for coasteering at Swanpool.

How much spending money do you think is reasonable?

There aren't many spending opportunities. The main one is whether students would like to get a soft drink while at the bowling, or play on the arcade games there. Otherwise, money will only be needed should students wish to buy something at the services on the journey there/home. My opinion is that each student shouldn't need more than £15.

Do we need to provide a sleeping bag or bed linen?

No, all bedding is provided.

Who decides the roomings?

When we return after Summer Holiday, students will be asked to come to the drama studio one lunchtime where roomings will be sorted. Students can choose who they share with, and should come to this meeting with a clear idea as to who that would be. Rooms vary in sizes, with most accommodating for groups of 4-6. Please be open minded and flexible with this, as you may need to merge with another group to fill a bigger room.

Safety of Belongings

Students are only allowed in their own room. We urge you to minimise the number of expensive items that are brought along - they are not needed! We do recommend that for safety students bring a lock for their big bag and keep it locked to minimise chance of anything going missing.