

Primrose Hill Primary School

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Tuesday 21st June 2022

Kit List & Medical Form for Y5 Mill Trip

Dear Parents and Carers,

We are all looking forward to our trip to The Mill (13th - 15th July 2022) and as you know we require certain essential information from you so that we can be prepared.

Parent Information Meeting

We will have a parent meeting at **3:45pm on Thursday 30th June** to discuss arrangements for the trip. We will talk through the kit list and answer any questions you may have.

Medical Information

Please sign & return the medical form - the link will be emailed and texted to you. Please complete by Friday 1st July.

Please indicate on the form if there is any medical condition your child is being treated for. We also need to know of any allergic reactions your child may show.

Please ensure that you send **sufficient supplies of any required medication for the full duration of the stay, this can be handed in to the office.**

Medication should be provided in a tupperware box **clearly labelled** with your child's name, the time and size of the dose to be administered. All medication will be kept safely by us. We will always check that children who use inhalers are carrying them at the start of every activity.

Please make sure that if your child requires a **travel sickness tablet** you have included enough for the return journey and place this with his/her other medication.

Dietary Information

In order for the catering team to plan sufficient menu options, please indicate any specific needs your child requires. Please include vegetarian options, religious dietary needs as well as specific food allergies.

Trip Timings

Departure: Wednesday 13th July

- Please bring your child to school at the normal time of 8.45am on Wednesday 13th July. We are aiming to leave by 9:30am.
- The children will need a healthy packed lunch for that day, which they will eat when we arrive. Please include a water bottle that can be used for the duration of the trip.

Arrival back to school: Friday 15th July

- We aim to be arriving back at school at around 11.30am on **Friday 15th July, but we will send a text when we are on our way with a more accurate time of arrival.** Please make arrangements for your child to be collected at that time. The children will NOT have had lunch.

Kind Regards,

The Year 5 Team

The Mill Residential Kit List

Please make sure you have packed the items on the list. **All children will need to carry their own bags from the coach, so please don't over pack.** We recommend packing items in a holdall that can be carried - if they have a small suitcase it will be dragged on the ground and will get muddy.

Please ensure all clothes, toiletries and bags are labelled with your child's full name. We recommend also packing a few black bin-bags or plastic bags for dirty or wet clothes.

Please do not buy or pack new clothes, as they will get dirty and muddy. Warm, comfortable clothes and with lots of options for layers are the best way to go - we will be outside rain or shine! **Tight clothes, jeans, jewellery and sandals are NOT suitable.**

Tick once you have packed these items:

Item	Tick
A sleeping bag and <u>one</u> pillow case	
<i>Clothes and shoes you don't mind getting dirty:</i>	
Waterproof light jacket - it could rain, it's England!	
Wellington boots (if you have them)	
2-3 pairs of underwear	
2-3 pairs of socks (not trainer socks- they need to be long)	
Two complete changes of clothes (2 pairs trousers, 2 t-shirts and 2 sweatshirts/jumpers)	
2 pairs of trainers (older pairs are better as they will get muddy)	
A towel and toiletries (toothbrush, toothpaste, soap etc)	
Suitable nightwear - this should be warm as it may get cold overnight e.g. leggings or a hoodie	
Sunscreen and hat - we don't want children getting sunburnt.	
<i>To be handed to class teachers before the trip:</i>	
Medicines and medical requirements (to be clearly labelled and secure in a tupperware container, then handed to class teacher with both written and verbal instructions)	
Travel sickness pills (<i>to be taken before or handed to the group leader</i>).	
<i>For the bus:</i>	
A small backpack / rucksack with a healthy packed lunch and water bottle (which can be used throughout the week).	
<i>Optional items:</i>	
Plastic bags to put wet or muddy clothes in	
A book and/or small non-electrical travel game	
A torch	

An extra tip: Labelling 2 plastic bags with Day 1 / Day 2 containing their clothes for the day will help the children to get ready quickly each morning.

Please make sure that NO VALUABLES are packed (mobile phones / electronic games / money etc is packed).

Please do not pack any extra food / snacks for the children and absolutely NO NUTS at all.