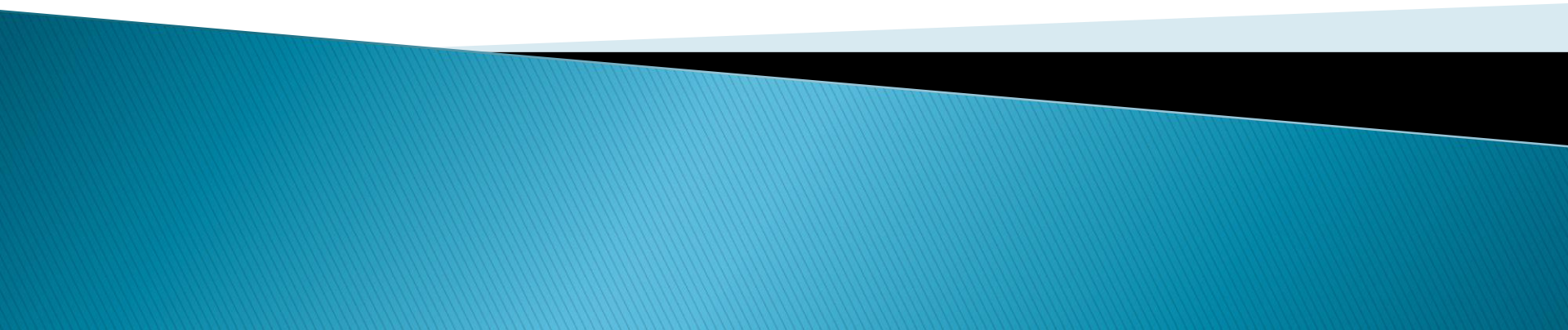


Hilltop Residential

Monday 25th November to Friday 29th November 2019

Mr Abrahams, Mr Liddle, Mr Harrison, Mr Kruse, Mrs Walker
and Miss Dalby



Kit List

Packed Lunch

The first meal provided by Hilltop will be the evening meal. If arrival at Hilltop is before lunchtime, your child will need to bring a packed lunch – Please send the packed lunch in a disposable bag or box.

Bedding

Your child will need to bring a sleeping bag OR a duvet and a bottom sheet. Pillows and pillowcases will be provided by Hilltop.

Personal Kit

Waterproof jacket and trousers

Outdoor shoes/boots/trainers (2 pairs)

Wellingtons (optional)

Indoor shoes or slippers (not slipper socks)

Sets of old clothes (warm for winter)

Hat & gloves

Shorts (May to September)

Long trousers (at least 1 pair) for certain activities

Personal wash items, towel & toiletries bag

Indoor clothes for meals and evenings

Torch and spare batteries

Please do not send Fitbits, smart watches or any other valuable watches with the children. There is the high chance of losing them around the building or breaking them during an activity.

Swimming kit

All groups please bring swimming kit even if it is not programmed on your timetable as in very poor weather a nearby local indoor pool maybe a substitute for an outdoor activity

Make sure the child is able to move and pack their bag themselves.

Kit List

No electronic devices are allowed.

Please do not pack any sweets in the children's bag as the only chance to sneakily eat them in their rooms will be bedtime and they need to get maximum rest ready for the next action-packed day rather than get a sugar buzz!

Water Bottles

Children should bring their own refillable water bottles to Hilltop. There is always drinking water readily available to refill from water fountains.

The letter from Hilltop that was handed out did mention about letters; however, we have decided that we will not share any letters with the children. This is because we do not want to make them homesick and then possibly not enjoy the rest of the trip.

Lost Property

We will hold lost property for two weeks after the course. Please ensure all items are named to help 'repatriation'.

Tuck shop

Children may bring up to £10 - they don't have to bring the full amount - to spend in the tuck shop. If possible, change would be best. We hope to open the tuck shop each night after the evening meal - there will be a small selection of sweets, crisps, chocolate and small gifts such as Souvenirs, key rings and pencils.

Please have the money either in a purse/wallet or a named envelope, and get your child to hand it to Miss Dalby the morning we depart to keep it safe. We will double check the amount before we put it away. If the money is not handed in, we will not be held responsible if the child loses it.

Food

All dietary requirements that were submitted have been passed on to the Hilltop staff.

If children with special dietary needs have a specific bread, yoghurt, drink, dessert or biscuit etc they like please bring items in a clear lunch box labelled with the child's name.

Providing A Balanced Diet

- Water, Fresh Fruit & Bread are freely available
- No economy burgers or sausages are served
- Chips served a maximum of twice during a 5-day visit
- No fizzy drinks, sweets or crisps to be sold during mealtimes





BREAKFAST

(Normally served between 7.30am-8.30am)

Orange juice, Selection of Cereals & Toast followed by hot option such as bacon, egg & hash brown or Sausage, Mushroom & Potato Waffle.

LUNCH

(Normally Served between 12pm-1.30pm)

Chicken & Tomato Pasta bake or Vegetable Soup with bread roll or Peperoni Pizza with a salad followed by homemade biscuit or cake such as a Flapjack or Cookie.

DINNER

(Normally Served between 5-6.30pm)

Group leaders pre select one whole group option for each night from a menu including: Homemade Lasagne with Salad & garlic bread, Roast Chicken, Sausages & Mash with Baked Beans or BBQ Chicken with Coleslaw and Wedges.

Followed by a homemade dessert such as Chocolate Sponge with Custard, Treacle Tart with Ice Cream or Fruit Cheesecake with Cream.

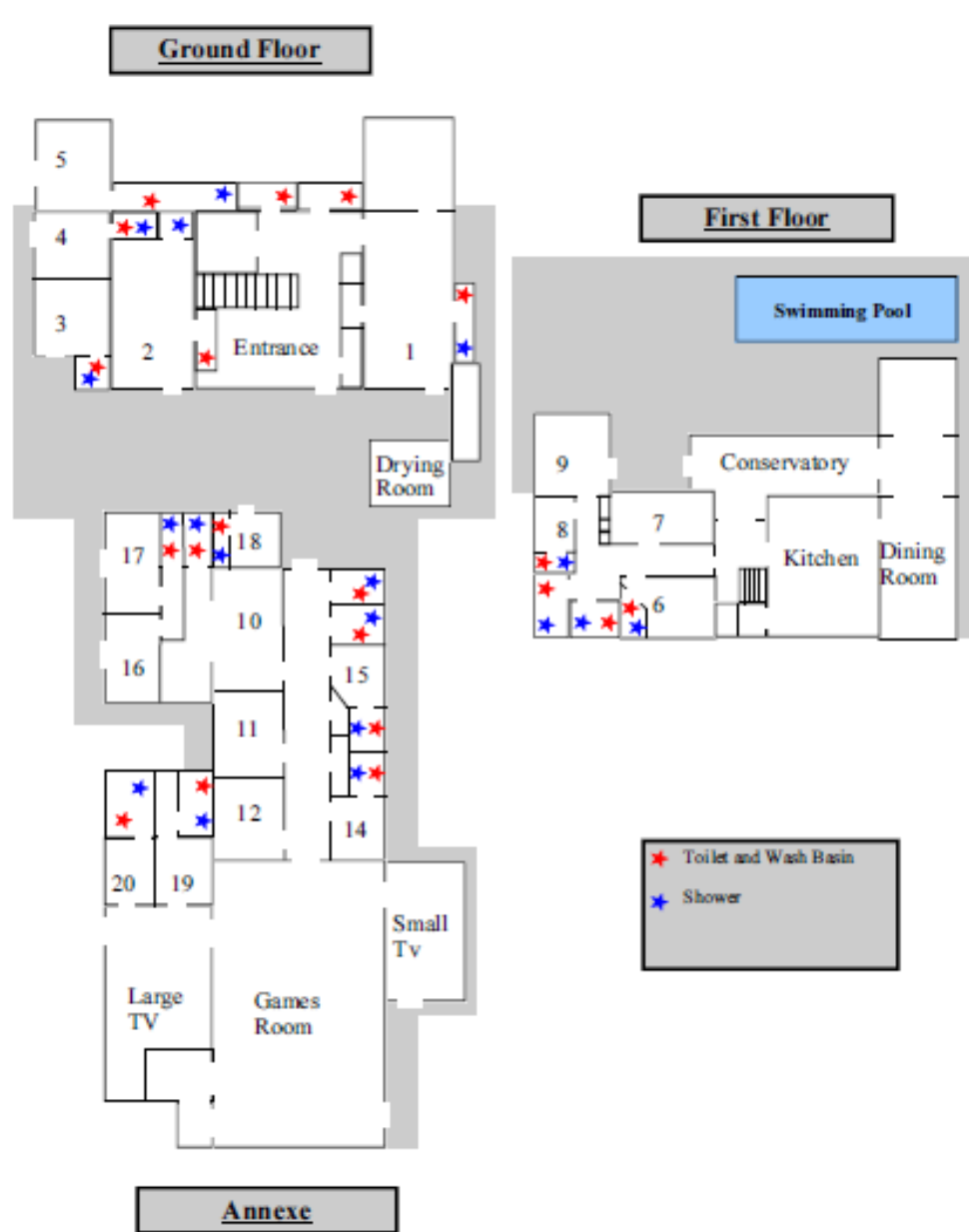


Bedroom layout

Children will write down 5/6 friends that they would like to share a room with - across both classes.

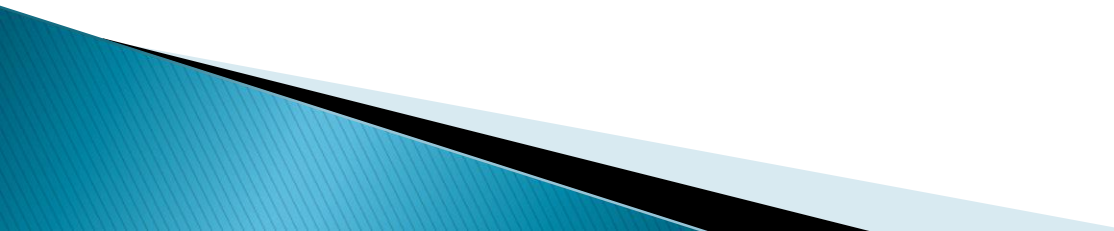
Everyone will have at least one friend from their list in their room.

No-one will be told their room until we arrive there. This allows for any last-minute switches that the adults might feel necessary.

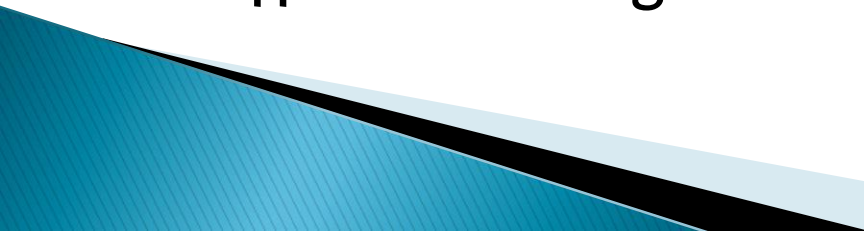


- Room 1: 8 boys
- Room 2: 6 girls
- Room 3: Miss Dalby
- Room 4: 4 boys
- Room 6: 5 girls
- Room 7: 5 girls
- Room 8: Mrs Walker
- Room 9: 5 girls
- Room 10: 8 boys
- Room 11: 4 boys
- Room 12: 6 boys
- Room 14: Mr Liddle
- Room 15: Mr Abrahams
- Room 16: 4 boys
- Room 17: 4 boys
- Room 18: Mr Harrison
- Room 19: Mr Kruse

Photos

- ▶ The aim is to collate any photos/videos during rest time and then upload onto the website in the evening (wi-fi dependant) – cannot guarantee that it will be each day.
 - ▶ We will post a couple of photos onto Seesaw – these will be more group photos rather than individual.
 - ▶ We will send a message on Seesaw when the website has been updated and when we have arrived.
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Monday morning

- ▶ Please take the children's bags to the studio– make sure the door is not blocked though. Please fill up from the back. These will then be loaded onto the coach once it arrives.
 - ▶ If your child has medication, please hand it to Mrs Walker with the completed medication form.
 - ▶ Please hand any spending money to Miss Dalby to keep safe. We will double check the amount.
 - ▶ The children will come upstairs and wait in the classroom once you've said goodbye.
 - ▶ Parents are welcome to wait outside and see the bus off – we can't guarantee a departure time.
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Monday 25th November 2019


Group Name & Details	Morning Activities	Lunch	Afternoon Activities	Evening Meal	Evening Activity
* Accommodated at Seaview House *					
Market Deeping Arrive: 1100 Numbers: 59+6 Age: 10-11	Arrive 1100 Intro & Tour	Own Packed Lunch	Ice Breakers Rope Skills Trust	1700	Enchanted Forest

Hilltop staff will organise different activities for the children to complete that will help break the ice for them in the new environment.

There will also be activities to introduce them to some of the rope skills that they might need as well as trusting each other.


Enchanted Forest (On Site)	Search the woodland with your team – first group back to base wins
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Tuesday 26th November 2019

Group Name & Details	Morning Activities	Lunch	Afternoon Activities	Evening Meal	Evening Activity
* Accommodated at Seaview House *					
Market Deeping Breakfast: 0745 Numbers: 59+6 Age: 10-11	1. Coastal Erosion 2. Vertical Challenge, Assault Course & Agility Course 3. Bushcraft & Shelter Building	1200	1. Big Zipper & Archery 2. Coastal Erosion 3. Vertical Challenge, Assault Course & Agility Course	1700	A) Darkwalk & Campfire B) Night Orienteering
Coastal Erosion (Off Site) 		<p>Your group will be getting sand in their boots and clay on their hands at Overstrand Beach. This is a very visual activity, where the group construct their own cliff (in the form of a dam). Watch it erode with the help of groundwater flowing from the cliff and explore the natural processes along the north Norfolk coast. This study can also focus on Climate Change.</p>			
Vertical Challenge (On Site)		<p>Working individually the children will climb up nets, tyres and ladders to reach the top of the vertically challenging assault course. The vertical challenge activity is based in the same arena as high ropes and 3D maze and encourages self-confidence, trust and to support one another.</p>			
Assault Course (On Site)		<p>Get Muddy completing our woodland team assault course. You will be swinging on ropes, over water and clambering up log walls throughout our thrilling assault course. A Great teambuilding activity!</p>			
Agility Course (On Site)		<p>Work in pairs to safely negotiate our low-level agility & obstacle course. This encourages communication and co-operation. Every element is different and requires the team to complete a series of ropes, bridges, balance beams and wire walks. Great as an introduction to the High Ropes Course.</p>			
Bush Craft & Shelter Building (On Site)		<p>We learn about all the natural materials it takes to make shelters, fires and keep warm in the woodland environment. Assembling shelters to survive a rain (or bucket of water!) encounter and build fires hot enough to cook on all without the use of matches. Enjoy a warming treat inside a shelter at the end of the session!</p>			
Dark Walk & Camp Fire (On Site)		<p>Experience the woodland and grounds in the dark stargazing and listening to the sounds of the night followed by a group camp fire.</p>			
Night Orienteering (On Site)		<p>Learn basic skills and navigate around the grounds in the dark with torches.</p>			

Wednesday 27th November 2019

Group Name & Details	Morning Activities	Lunch	Afternoon Activities	Evening Meal	Evening Activity
* Accommodated at Seaview House *					
Market Deeping Breakfast: 0745 Numbers: 59+6 Age: 10-11	1. Bushcraft & Shelter Building 2. Tree Top Trail 3. Coastal Erosion	1200	1. Tree Top Trail 2. Climbing & Powerfan 3. Big Zipper & Archery	1700	A) Night Orienteering B) Darkwalk & Campfire

Tree Top Trail (On Site)	 <p>Taking responsibility to attach yourself to safety wires under the guidance of the instructors. Gradually increasing in height, you will encounter a variety of bridges, walkways and obstacles of up to 10m high dependent on age. Minimum age of 8 (Under 10's to access lower height section of trail only)</p>
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Climbing Wall (On Site)	<p>Our 15m purpose built Climbing wall provides an excellent opportunity for children to develop skills and confidence. With 8 different climbs on the two sides of the climbing wall, each climb increasing in difficulty.</p>
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Power Fan (On Site)	<p>An adrenaline rush surges the body as you step closer to the edge of the platform about to make your descent down to the ground. The nearer to the ground you get, the slower you will move. This enables you to be superman all the way down then land on your feet.</p>
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The Big Zippers (On Site)	<p>Your group will gain confidence as they whizz through the trees on our 130m zip wire. A fun and exhilarating activity which helps managing risk taking and expresses self-confidence. Many of our visitors have said our zip wire is the closest thing to flying!</p>
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Archery (On Site)	<p>Grab a bow and arrow, shoot and aim at the targets! This activity is perfect for developing control as well as learning new skills and technique - see how many balloons you can hit!</p>
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Thursday 28th November 2019

Group Name & Details	Morning Activities	Lunch	Afternoon Activities	Evening Meal	Evening Activity
* Accommodated at Seaview House *					
Market Deeping Breakfast: 0745 Numbers: 59+6 Age: 10-11	1. Climbing & Powerfan 2. Airjump & Orienteering 3. Tree Top Trail	1200	1. Airjump & Orienteering 2. Bushcraft & Shelter Building 3. Climbing & Powerfan	1700	Disco
Air Jump (On Site) *A 1st of it's kind in England!!* 		Air Jump is a 52ft jumping tower with various height platforms for your group to individually jump off before free falling into a giant air bag. Air Jump has several different height levels to choose from. Two are fun level platforms at 4 metres & 5 metres, three high adrenaline jumps at 7 meters, 8 metres and 10 metres. Each level of Air Jump is reachable by an upright wooden ladder. Over 8's only (Under 9's - 8 metre Platform MAX)			
Orienteering (On Site)		As part of a team, grab a compass and a map and make your way around the Hilltop grounds. Develop navigational skills and learn how to use compasses on our uneven terrain from point to point.			
Hilltop Disco (On Site)		Throw some shapes on the Hilltop dance floor, dancing to cheesy pop tunes under the disco lights			

Friday 23rd November 2018

Group Name & Details	Morning Activities	Lunch	Afternoon Activities	Evening Meal	Evening Activity
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* Accommodated at Seaview House *

Market Deeping Breakfast: 0745 Numbers: 59+6 Age: 10-11
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| 1. Vertical Challenge, Assault Course & Agility Course

2. Big Zipper & Archery

3. Airjump & Orienteering |
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1200

Final Review Depart 1330

We will let the school know when we depart. Hopefully, we will return as close as possible to 3:25pm.

Please ensure the children have an easy weekend to allow them to recover ready for school again the following Monday.

Thank you for attending the meeting.

Please speak to us if you have any questions.

