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Year 6 Medical Form Walesby  
October 14th-16th 2024





## About and History

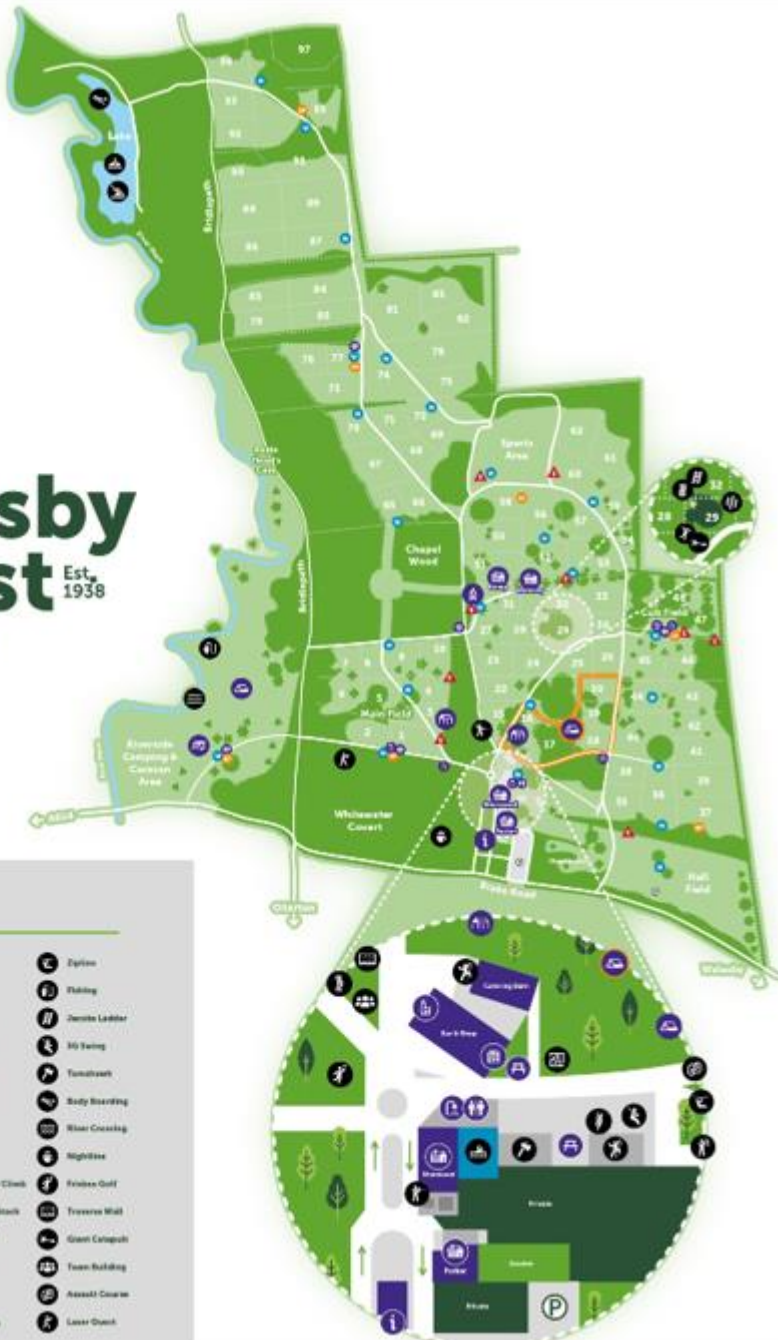
With over 80 years in the game, we're confident we know our stuff.

- Long established young people.
- Well-trained, staff instructors to safely activities
- 250 acres in the Sherwood Forest
- Activities that focus on personal development and fun!

# Walesby Forest

Est. 1938

## Site Map



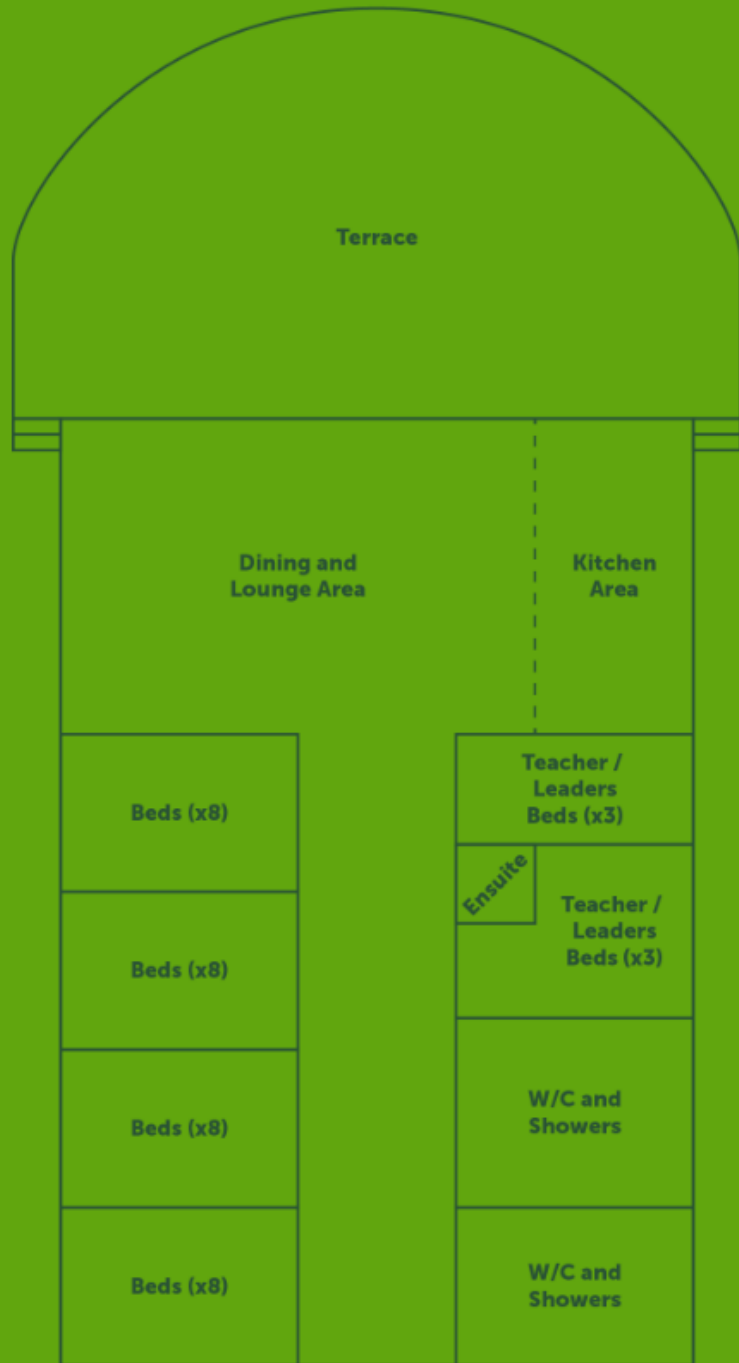
### Key

- |                   |                   |                |
|-------------------|-------------------|----------------|
| Office            | Camping           | Eggs           |
| Tented Village    | Pool              | Fishing        |
| Camping Area      | Bikes             | Jacuzzi Ladder |
| Horses            | Knitting/Crochet  | 10 Swing       |
| Lodge             | Rafting           | Tombstone      |
| Cinema Area       | Climbing          | Body Boarding  |
| Shower            | Aubrey            | Egg Croquet    |
| Tub               | Fencing           | Nightmare      |
| Pitch Area        | Whirlie Polo Club | Hidden Golf    |
| Shop              | Giant Crane Stack | Trompe Mall    |
| Bar               | Crane Stack       | Giant Catapult |
| Waste & Recycling | Lone Slaps        | Team Building  |
| Water Point       | Cook House        | Assault Course |
| Egg Point         | Loop of Faith     | Laser Quest    |



# Itinerary

- Arrive at school for 8.50am
- Leave school by coach at 10am
- Arrive at Rufford Country Park to go for a walk, eat packed lunch and play.
- Coach to drop us off at Walesby at 1pm to unpack, then we have an afternoon activity and an evening activity
- Full day of activities on Tuesday
- Breakfast and morning activity on Wednesday
- Coach collects us from Walesby at 1pm
- Arrive back at school between 1:30 - 2pm (children can be collected from 2pm)



- Newly built
- Centrally heated
- Bedding provided  
(can bring own pillow / blankets if special ones needed)





## Canadian Canoes

1 Hour | 12 people max | Ages:  
8+



## Rafting

2 Hours | 20 people max | Ages:  
5+



## Giant Crate Stack

1 Hour | 12 people max | Ages:  
10+



## Outdoor Climbing

1 Hour | 12 people max | Ages:  
5+



## Archery

1 Hour | 12 people max | Ages:  
7+



## Jacob's Ladder

1 Hour | 12 people max | Ages:  
5+



## Nightline

1 Hour | 20+ people max | Ages:  
5+



## Team Building

1 Hour | 12 people max | Ages:  
8+

## Walesby Forest Centre - Activity Programme

**Organisation Name:** Holly Hill Primary School | **Number Of Groups:** 2 | **Nights:** 2 | **Arrival Date:** 14:00, 14 Oct 2024 | **Departure Date:** 14:00, 16 Oct 2024

Session	Time	Holly Hill Primary S 1	Holly Hill Primary S 2
<b>Monday 14 Oct</b>			
Mon	14:00 - 16:30	Lake	Lake
Session	Time	Holly Hill Primary S 1	Holly Hill Primary S 2
<b>Tuesday 15 Oct</b>			
Tue	09:30 - 10:45	25ft Climbing 1	Crate Stack 1
Tue	11:00 - 12:15	Crate Stack 1	25ft Climbing 1
Tue	14:00 - 15:15	Archery 1	Jacobs Ladder 1
Tue	15:30 - 16:45	Jacobs Ladder 1	Archery 1
Session	Time	Holly Hill Primary S 1	Holly Hill Primary S 2
<b>Wednesday 16 Oct</b>			
Wed	09:30 - 10:00	Night Line SL	Team Building 2
Wed	10:00 - 11:00	Traverse Wall SL	Team Building 2
Wed	11:15 - 11:45	Team Building 2	Night Line SL
Wed	11:45 - 12:15	Team Building 2	Traverse Wall SL



## Catering

A comprehensive range of freshly cooked meals with all diets catered for, is readily available; please note advance notice is required. Our inclusive package includes breakfast, lunch and dinner; packed lunches are available on request. Meals are eaten in the Catering Barn. Alternatively, you can make your own meals in the fully equipped lodge kitchens.

- We have a full catered package.
- Cooked breakfast plus cereal options
- Packed lunches with their choice of sandwich filling.
- Hot evening meal. Child-friendly menu e.g. chicken burger, pasta etc..
- Canteen style, so can choose which elements of the meal they want.
- Please put dietary requirements on the medical form.

## **Clothing**

- Waterproof jacket (waterproof trousers if wanted)
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Comfy trousers (not jeans)
- 2 pairs of shoes - trainers or hiking boots
- Indoor shoes or slippers
- Pyjamas
- Hat and gloves
- In total, at least 3-4 changes of clothing.

## **Other**

- Insect repellent (A MUST for woodland/water)
- Reusable water bottle
- Prescribed medication
- Money for souvenirs
- Small backpack

## **Toiletries**

- Shampoo
- Soap
- Hairbrush
- Toothbrush & paste
- Towel

## **Lake activities**

- A pair of trainers or water shoes (that can get wet)
- Clothes that don't mind getting wet/dirty
- Spare towel/ dry robe
- Change of clothes for after activity
- Plastic bag/bin liner for wet clothes

As the lake is our first activity, children should arrive at school on Monday with the clothes they will wear in the lake.

Towel for the lake should be easily accessible from their luggage.