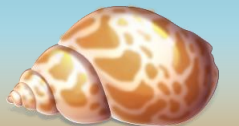




Monday 4<sup>th</sup> – Friday 8<sup>th</sup> March 2024

Hilltop Outdoor Centre





Set in 26 Acres of Woodlands on the North Norfolk coast overlooking the traditional seaside town of Sheringham.







# Hilltop



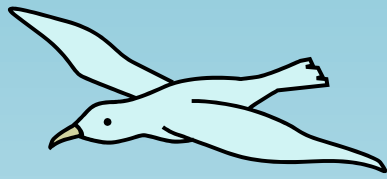




# Accommodation



# Key Information



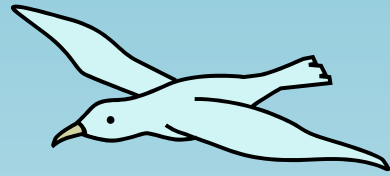
- Children in three groups (of 7/8), each with an accompanying adult

Adults attending:

- Mr Baker (Monday – Wednesday)
  - Mr Harrison (Wednesday – Friday)
  - Mrs Pledger
  - Miss Reynolds
  - Mrs Robinson
- 
- Hilltop leader will escort the group to the activity meeting points, arrange evening activities and help organise the children for the week.
- 
- All activities have qualified, experienced instructors. There is 24hr first aid provision available on site.
- 
- Hilltop takes safety very seriously.
- 
- Extensive risk assessments, comprehensive systems for procedures, maintenance, training and operating plans.



# Itinerary at Hilltop

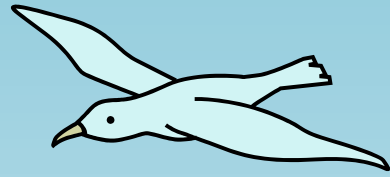


## **Activities may include:**

- Tree top trail
- Caving and woodland study
- Zip-wire
- High ropes course
- Power Fan
- Archery
- Team building activities
- Camp fire and forest walk in the evenings



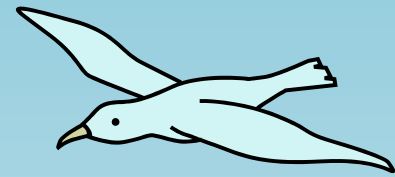
# Itinerary at Hilltop



- Challenge by choice – children are encouraged to challenge themselves and take the opportunities and risks provided.
- They are safe and supported and even if they don't take the challenge, they will still be a part of it all.
- The aim is for all children to leave feeling proud of themselves with a new confidence and sense of independence which hopefully they bring home!



# Meals at Hilltop



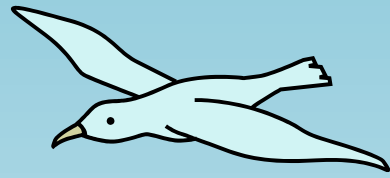
- Children will be provided with three meals per day, including a hot meal in the evening (see example menu below).

Breakfast	Lunch	Evening Meal
		BBQ Chicken with Jacket Wedges  Chocolate Sponge with Custard
Cereal & Toast Bacon, Scrambled Egg & Hashbrown	Jacket Potato with a Selection of Fillings & Salad Homemade Cake / Biscuit	Pasta Bolognese with Garlic Bread  Ice Cream
Cereal & Toast Sausage, Beans & Hashbrown	Margherita Pizza & Salad Homemade Cake / Biscuit	Cod and Chips  Apple Crumble with Custard
Cereal & Toast Continental Breakfast	Wrap with a Selection of Fillings and Salad Homemade Cake / Biscuit	Sweet & Sour Chicken with Rice  Chocolate Mousse
Cereal & Toast Bacon, Beans & Hashbrown	Sausage Roll & Salad Homemade Cake / Biscuit	





# Kit List



## HILLTOP KIT LIST

We advise not to pack any new or expensive items of clothing.  
Adventurous activity is likely to cause them wear and tear!

### Bedding:

- ☐ Sleeping bag OR
- ☐ Duvet with duvet cover and bottom sheet  
(Hilltop will provide pillows and pillowcases)

### Footwear:

- ☐ Indoor shoes or slippers (not slipper socks)
- ☐ Outdoor shoes/boots/trainers (2 pairs). No crocs or flipflops
- ☐ Wellies (optional)

### Clothing:

(make sure all items are named)

- ☐ Socks and underwear
- ☐ Nightwear
- ☐ T-shirts
- ☐ Long sleeved tops
- ☐ Fleece/jumpers
- ☐ Waterproof jacket
- ☐ Leggings or trousers
- ☐ Waterproof trousers
- ☐ Clothes for the evening

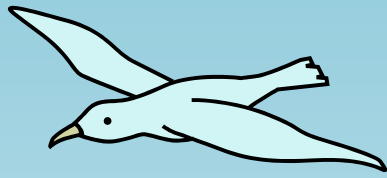
### Useful Items:

- ☐ A labelled bin bag for wet or dirty clothes
- ☐ Torch and spare batteries
- ☐ Re-useable water bottle
- ☐ Hair bands
- ☐ Tuck Shop money (no more than £10, ideally in change)



- At least two labelled bin bags for dirty clothes etc.
- Disposable camera if desired – please ensure it is named.
- Suncream/sun hats.

# What not to bring!





**No Chewing gum**

**No Hairdryers**

**No Mobile phones**

**No iPads**

A 3D illustration of an orange suitcase with silver latches and a handle. A red 'X' is drawn over the front, and the text 'Please don't pack these!' is written in black across the center. A small tag with 'HILLTOP' is attached to the handle.

**No Games consoles**

**No Aerosols / Aerosol deodorant**

**No nuts or nut products**

**No electronic gadgets**

# Medical Issues

- Travel Sickness.
- Other than medicines required to be with the child at all times, medication will be kept by the adult accompanying the group along with the medical form.
- Please could all medication be handed to Miss Reynolds on the Monday morning.
- **ALL MEDICATION NEEDS TO BE CLEARLY LABELLED WITH CHILD'S NAME AND EXACT DOSAGE INSTRUCTIONS.**
- If you wish to discuss any medical issues please get in touch. Don't leave it until Monday morning!





# Pastoral Issues

- All children will be in rooms of 4 or 5.
- Children will have a minimum of one friend with them in their room.
- St. Andrew's and Hilltop staff are available at all times, day and night, to reassure our pupils.
- The aim is for your child to be independent and to learn to look after themselves. Of course, all the staff will be diligent in ensuring that this happens.
- It is imperative that mobile telephones are LEFT AT HOME. Children caught with a mobile phone WILL be sent home.



# Pastoral Issues

**In the event of persistent unacceptable behaviour the following procedure will be followed:**

- **The offending child will be given a verbal warning.**
- **A second offence will result in a written warning, which you will receive via email.**
- **A third offence will result in a phone call home for the child to be collected from Hilltop Centre.**
- **All official warnings given will be witnessed by another member of staff.**
- **Mobile Phone - immediate dismissal.**

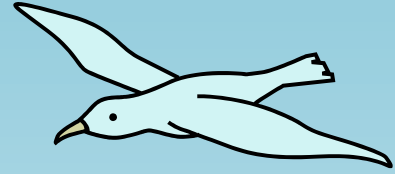


## A few tips...

- It is essential that you label all clothing and footwear with your child's name. You don't need fancy tags – just a sharpie on the label will do.
- Waterproof trousers are brilliant!
- Be prepared for all weathers – March can be snowy and cold or sunny!
- Please send them with 2 bin bags – one for dry, dirty clothes and 1 for wet dirty clothes.
- A puzzle/activity book, reading book and a pencil or two are very welcome!



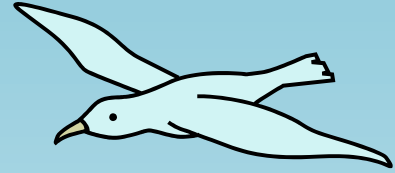
# Summary



- Drop off at normal school time in the hall with ONE main suitcase, sleeping bag and ONE rucksack (day-bag) containing:
  - Packed lunch in plastic bag (no sweets, glass bottles, cans, fizzy drinks or products containing nuts)
  - Refillable water bottle
  - Suncream and sun hat
  - Water proof jacket
  - Disposable camera (if desired)
  - A book/small game for the journey (if desired).
- 
- Spending money – please bring a maximum of £10 in change where possible. Please ensure it is in a named wallet/purse. These will be handed in to adults on the Monday morning.



# Departure and Arrival back at School



- Medication reminder
- Children to bring suitcases to the hall at 8:45am. Parents – say goodbyes before the children come into the hall, please don't enter the hall with them. You are welcome to wait outside school and wave us off!
- The coach will depart at 9:15am – ALL children need to be here on time!
- Our return home: we are due to arrive back to school at approx. 3:45pm. The children will have had lunch at Hilltop.
- ETA will be shared on X/Twitter.



- Please involve the children when packing bags – it really helps when we leave. We will help them but they are always so proud when they've packed their own cases. It also helps them to know what belongs to them – especially if they have some new things.
- We will post updates, when possible, via Twitter (X).
- £10 voluntary contribution for the coach.
- Any emergencies call school as normal, and they will contact Hilltop directly.
- You will almost certainly be more worried and nervous than they will.





Please see the Hilltop Website for further information:

<https://www.hilltopoutdoorcentre.co.uk/>

## Risks by Janet Rand

To laugh is to risk appearing the fool  
To weep is to risk being called sentimental  
To reach out to another is to risk involvement  
To expose feelings is to risk showing your true self  
To place your ideas and your dreams before the crowd  
Is to risk being called naive  
To love is to risk not being loved in return  
To live is to risk dying  
To hope is to risk despair  
To try is to risk failure

But risks must be taken, because the  
greatest risk in life is to risk nothing  
The person who risks nothing, does nothing  
Has nothing, is nothing and becomes nothing  
He may avoid suffering and sorrow  
but he simply cannot  
Learn, feel, change, grow or love  
Chained by his certitude, he is a slave  
He has forfeited his freedom

**Only the person who truly risks, is truly free.**