

Year 6 Residential



CAMP KERNOW 23RD-25TH JUNE

Who is going?



- Mrs Furber
 - Mr Hunt
 - Mrs Paul
 - Mrs Baxter
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- We will leave school around 9:30 on the 23rd June and return by end of school day on the 25th June
 - Thanks to the PTFA for contributing and therefore keeping the cost of the trip down 😊
 - We will be staying at Camp Kernow in Truro

What is Camp Kernow?



- <https://www.campkernow.org.uk/residential-school-camp-cornwall>



Itinerary



St Stephens Community Academy Environmental Adventure 28 Year 6 children



23rd June

When	What	Details
10:00-10:30	Arrival & walk to camp	The group will be met at the drop-off point (see map in info pack) by the Camp Kernow team who will transfer the group's luggage and lead them on a short hike up to camp.
10:30-11:30	Welcome briefing & tour of camp	Children will take a tour of camp to discover how Camp Kernow harnesses nature's energy and employs sustainable systems such as reed-beds, composting toilets and solar energy. They'll learn how we can live off-grid and have a health and safety briefing before commencing activities.
11:30-12:00	Moving in	Children will discover which structure will be their home and have the opportunity to unpack, settle in and make themselves at home.
12:00-13:00	Lunch	On day one this is a packed lunch which children should bring.
13:00-15:00	Natural Dyeing /Wild Food Foraging	Look closely at the the natural world and witness a spectrum of colour. For thousands of years people have been using nature as sources for paint, stains, dyes and ink. You too can learn more about the plants around us and use them to create your own masterpiece.
15:00-17:00	Natural Dyeing/Wild Food Foraging	Discover the edible treasures hidden in the hedgerows at Camp Kernow with a wild food expert. When we've identified and harvested our ingredients we'll cook up something wild and delicious in the field kitchen.
17:00-18:00	Community tasks & free time	During their stay, children are members of the Camp Kernow family and must work together as a team to carry out daily activities on site including tending to the food garden, energy and resource monitoring and harvesting/preparation of food.
18:00-19:00	Dinner	Children enjoy delicious home cooked food made from ingredients harvested from our own thriving food garden or from local producers. Children are responsible for getting the food from field to fork, harvesting fruit and vegetables to be prepared by them in the field kitchen. Dinner on the first night is usually a BBQ with homemade burgers, coleslaw, salad and potato salad followed by dessert.
19:00-19:45	Community tasks & free time	A washing up team will get to work on the dishes in the camp kitchen!
19:45>	Wild Wood Walk	

Itinerary



24th June

When	What	Details
07:00-08:15	Community tasks	Tasks in the morning include harvesting fruit from the garden e.g. strawberries for 'make your own museli', collecting and preparing salad for sandwich fillings and carrying out energy and water checks.
08:15-09:45	Breakfast and community tasks	We kick off the day with a hearty breakfast which begins with children's choice of cereal or make your own muesli followed by a hot option which could be blueberry pancakes or french toast. Fruit juice and a choice of fruit is also available.
09:45-12:00	Climbing /Archery/Firelighting	An introductory session to climbing on our purpose built outdoor wall. There are a range of routes to suit all abilities and ages from easy to technically challenging (for those who have climbed before!).
12:00-12:50	Lunch	We'll pause activities to fuel up on a delicious lunch. This is usually sandwiches or wraps with fillings such as egg & cress, cheese, humous and salad from the garden accompanied by a choice of fruit and a home-made sweet treat.
12:50-15:00	Climbing/ Archery /Firelighting	Children will have the chance to try their hand at the ancient sport of archery - a skill used by our ancestors to source their meat pre-supermarket! They'll learn the skills and technique required to hit the target every time!
15:00-17:00	Climbing/Archery/ Firelighting	Bushcraft and survival expert Ross Burt has worked with the legend himself Ray Mears and now brings his passion for the outdoors to camp. Children will discover the six sources of ignition, try their hand at fire by friction and learn how to forage for firewood.
17:00-18:15	Community tasks	As previous day.
18:15-19:30	Dinner	A harvesting and cooking team will get to work in the kitchen preparing a delicious spaghetti bolognese followed by dessert.
19:30-20:00	Community tasks & free time	As previous day.
20:00>	Show & Campfire	Hot chocolate or toasted marshmallows round the campfire- a chance to star-gaze and sing some campfire songs before bedtime.

Itinerary



25th June

When	What	Details
07:00-08:15	Community tasks & packing	Children's luggage will be packed up and loaded into the van ready for transfer back to the bus/coach.
08:15-09:15	Breakfast	As previous day.
09:15-09:45	Community tasks	As previous day.
09:45-12:00	Shelter Building	We'll head down to the ancient woodland where we will design and build shelters in small groups using the natural materials around us. We'll work as small teams to choose a location, decide on a design and get busy building before finally testing the structures to see how they stand up against the elements!
12:00-12:30	Lunch	A packed picnic lunch.
12:30	Departure	Pick up is from the public carpark adjacent to the cricket club - the same location as the drop off.



Kit List: Please label!



What to bring:

A suggested kit list for children is as follows:

Equipment

Sleeping bag

Blanket

Pillow

Small towel

Torch

Small daypack/rucksack

Refillable water bottle

2 x large plastic/reusable bags for wet/dirty clothes

Lunchbox with packed lunch (for 1st day)

Sunglasses

Toiletries

Personal toiletries inc. toothbrush & toothpaste

Any personal medication needed

Suncream

Kit List

Clothing

Please bring sufficient clothing for the duration of your stay bearing in mind you will be outdoors and the Cornish Spring/Summer can be unpredictable! Suggested clothing includes:

T-shirts

Sweatshirts/fleeces/jumpers

Trousers/tracksuits/shorts

Underwear

Socks

Nightwear

Outer layers

Warm jacket

Waterproof jacket

Waterproof trousers

Hat & gloves (for night-time outdoor activities)

Sun hat/cap

Footwear

Walking boots/old trainers

Wellies

Trainers (for general life around camp and climbing activity).



- **Items prohibited: Mobile phones, iPads, Laptops or large tablets, pocket knives, expensive cameras and aerosols. (If brought, these will be kept by an adult until we return to school)**
- No Money is required

Monday 23rd June



- Please ensure children have their daypack containing their packed lunch, water/juice, sunscreen and waterproofs. This should be separate from their main baggage and should not be in the luggage hold of the coach as it will get loaded up for delivery to camp and will not be accessible until much later in the morning.
- We advise that children wear wellies or walking boots for the walk up to camp as, even if it has been dry weather, there can be a heavy dew on the grass and trainers will get soaked through.
- If it is raining or forecast to rain please ensure children are wearing their waterproofs when they board the coach/minibus.

Sleeping





Code of Conduct



6. Code of conduct:

Please make children aware of Camp Kernow's Code of Conduct below prior to their arrival. They will have the opportunity to revisit this and make additions during their induction.

- Adherence to the Countryside Code to help respect, protect and enjoy the beautiful, natural surroundings of Camp Kernow. Requirements include keeping gates closed, not littering and respecting all plants and animals.

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- To look after Camp Kernow's equipment, structures and general property and treat with respect and care.
 - To use facilities for example the compost toilets as instructed to ensure they are able to function correctly.
 - To listen to, follow instruction from and show respect for Camp Kernow staff and visiting practitioners/instructors.
 - To not engage in any anti-social behaviour e.g. bullying, vandalism.
 - To act responsibly and adhere to health and safety regulations for activities which will be addressed in a health and safety briefing at the beginning of each activity and reiterated during the activity.
 - To stay within boundaries allocated and not leave the site/activity locations unless accompanied by adult members of the group.
 - It is at the group leader's discretion if the children are permitted to bring sweets/snacks with them but we ask that no food is consumed inside the tents as any spillages/crumbs could attract unwanted visitors. Camp is also a chewing gum free zone!

Reminders



- Medical, Contact and Permission forms ASAP 😊