



July 2026

Dear Parent/Carer

As we approach our Year 7 Residential trip next week, I would like to take this opportunity to remind you of a few important details to help ensure your child is fully prepared for what promises to be a fantastic few days.

Kit List

Please take a final look at the kit list and ensure your child has packed everything they need. In particular, please note the following:

- **Two pairs of trainers are essential.** One pair will be used for water-based activities and **will get wet**. As part of our risk assessment, students **must wear either water shoes or an old pair of trainers** during water sports. Bare feet, sandals, Crocs or flip-flops are not permitted for these activities.
- **Packed lunch for Day 1.** Students should bring a packed lunch with them for the first day of the trip. From dinner on the first day onwards, **all meals and snacks will be provided** by the residential centre.
- Students will need a re-fillable bottle for water, suncream and a sun hat as well as layers to put on in the evening when it gets cooler.

Water Sports

From **Wednesday to Friday**, students will go **straight to their water sports activity** after arriving. To make this run smoothly, please ensure your child:

- Has their **swimwear packed in their backpack**, or
- Wears their **swimwear underneath their clothes** before travelling.

This will help us maximise activity time and avoid unnecessary delays.

Mobile Phones

Students are welcome to bring a mobile phone with them; however, **all phones will be collected by staff each evening and returned to students the following morning**. This helps ensure everyone gets a good night's sleep and can fully enjoy the residential experience. Students will get free time throughout the day and in the evening to use their phones to contact home.

Homesickness

It is completely normal for some children, particularly those in Year 7, to experience feelings of homesickness whilst away from home. Our staff are experienced in supporting students through these moments and will do everything we can to reassure and encourage them so they can continue to enjoy the residential life.

We kindly ask that you place your trust in our staff team to support your child. If we feel that a student is particularly distressed or that it is appropriate to contact home, we will do so.

For safeguarding reasons, **parents and carers must not come to the residential site unless this has been discussed and agreed in advance with a member of staff**. Unexpected visits can cause unnecessary distress for other students and create safeguarding and supervision concerns. We appreciate your understanding and support in helping us provide a safe and positive experience for everyone.

Communication during the residential

If you have any concerns or need to contact us **during the school day**, please do so via the **school reception**, who will be able to pass messages on to the residential team.

School telephone: (01773) 716396

Out of hours mobile: 07974 296456. Please note that, due to our location, signal may be poor and we advise you contact the email address below.

For any urgent matters **outside of school hours**, please contact me via email at lhulland@heanorgatespencer.org.uk.

We are looking forward to an exciting week filled with new experiences, teamwork and plenty of fun - keep an eye out on our social media pages for updates. Thank you for your support in helping your child arrive fully prepared.

If you have any last-minute questions before departure, please do not hesitate to get in touch.

Thank you for your continued support.

Yours sincerely

A handwritten signature in dark ink, consisting of several loops and a long horizontal stroke at the bottom.

Mrs L Hulland
Year 7 Achievement Leader

Suggested Kit List

Clothing

- Old clothes for two days - please ensure these are old as students will get dirty and scuffed. This can be spare or old T-shirts/tracksuit bottoms/leggings/shorts and tops for 3 days
- Waterproofs- Coat and bottoms- It can still rain in July
- Warm jumper and bottoms for evening activities
- Swimming costumes/swim shorts for water sports
- 3 changes of underwear and socks
- Pyjamas

Footwear

- Two pairs of old trainers or watershoes/crocs for watersports. These must be closed toe due to risk assessments.
- Footwear-Old boots/trainers for trekking and Rock activities

Bags

- Rucksack or sports bag to carry day necessities including lunch and drink bottle
- Holdall to pack all the kit into

Additional items

- Suncream and hat
- Towel and wash kit including toothbrush, toothpaste, shampoo, bodywash and deodorant
- Sanitary products if needed (staff will also take some with us)
- Headtorch or torch
- Sleeping bag
- Reusable drink bottle
- Any snacks for the few days students want to bring
- Spending money for the tuck shop (no more than £15 as only small and on site)
- Cards for evening games
- Reading book if wanted
- Charger for phone/powerbank - we will not have spares. These are student's responsibility