

Y3 & 4 Residential

30th June – 2nd July 2025



Dates and times

Monday 30th June

Meet at Cobnor Activities Centre @ 10:30am

Meet in car park and register.

Quick farewell.

Bags into store, then our day begins.

Wednesday 2nd July

Meet at Cobnor @ 1:30pm

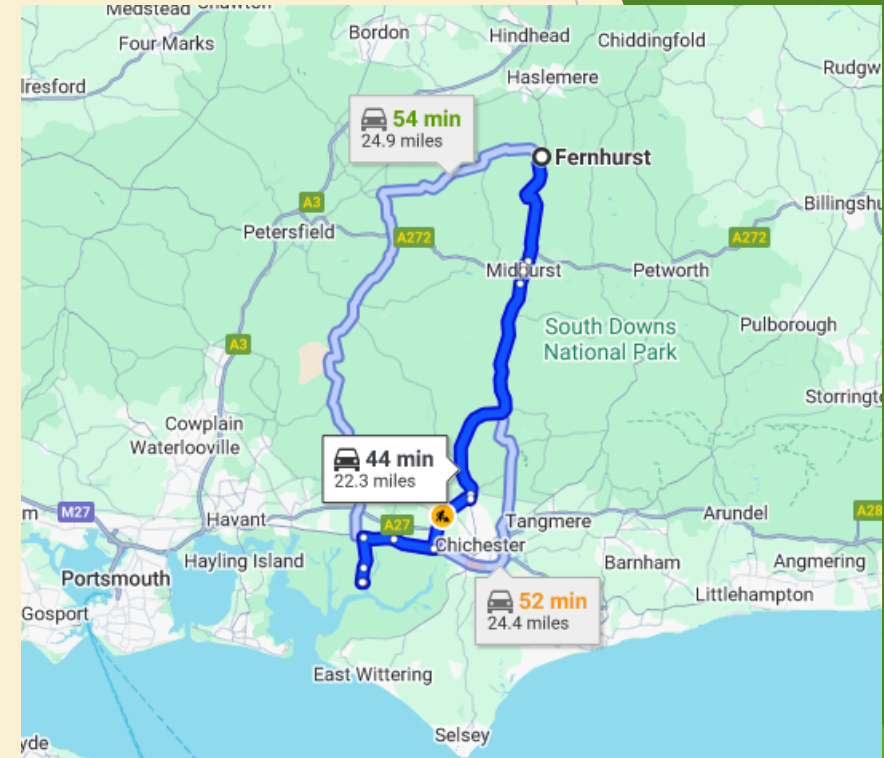
Staff will meet in car park and register.



Where are we going?

Cobnor Activies Centre

Cobnor Point,
Chidham,
Chichester,
PO18 8TE



Accommodation

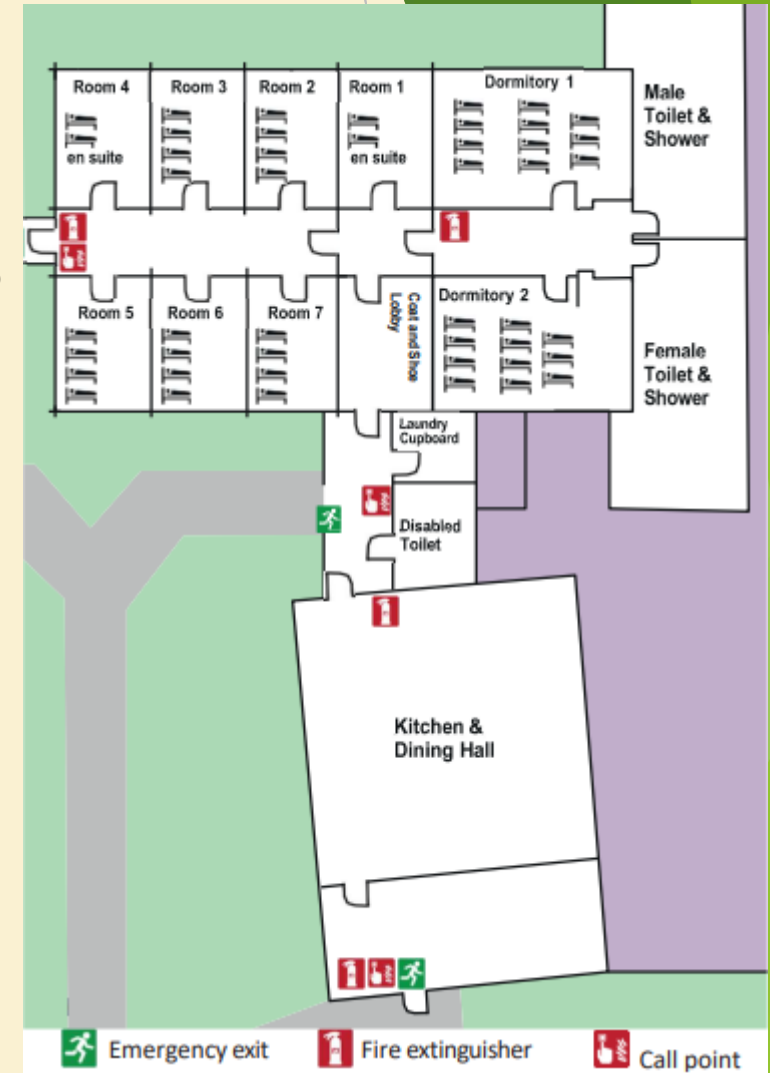
We will be sleeping in 'The Log Cabin', which we will have exclusive use of and will be self-contained and secure.

Within the building there are toilet and shower facilities, a full commercial kitchen and a dining hall. The rooms are divided into girls and boys dormitories with staff sleeping at either end of the corridor.

Children's requests for who to share with will be taken in to consideration when planning rooms. Room allocations will be confirmed on first day.

A sheet, duvet and pillow is provided, please bring own pillow case and single duvet cover.

Teacher rooms at each end of the corridor.



Accommodation



Safety and Medication

- **Fully risk assessed site and activities**
- All activities led by specifically trained centre staff
- **Each group will have a school staff leader**
- Allocated Group Leader assigned from centre staff
- **All equipment rigorously checked**
- Fire drills
- **On-site first aid + Mrs Harper**
- All staff wear uniforms.

Any medication must be prescribed and have a medical form completed.

If your child has an inhaler we will take school inhalers with us.



Meal times

We will eat our meals in the dining room of our accommodation block.

You will have pre-ordered your child's meals for the duration of the trip.

We have a list of each child's meal choice in case they forget!



Activity Schedule

All activities are run by experienced instructors, who will go through safety rules and explain how to undertake the activities before the children take part.

School staff stay with their group to supervise and encourage.

We will encourage children to attempt all activities – personal goal setting.

No forcing anyone to go beyond their comfort zone.

On Monday morning arrive wearing trainers and clothes to get straight into activities. **You will need a packed lunch for our first day.** Please pack this in disposable containers as we will throw any rubbish away so that there is no food taken back to rooms.

Activity Schedule

Monday

10:30am arrival

Induction by centre staff
Settle into rooms

Lunch (own packed lunch)

2 afternoon sessions

Dinner

Evening session

Tuesday

Breakfast

Morning sessions

Lunch at the centre

Afternoon sessions

Dinner

Evening session

Wednesday

Breakfast

2 morning sessions

Lunch at the centre

Depart 1:30pm

Activity Schedule





Keelboat Sailing

- Spare old trainers, or similar, to get wet (not crocs, flip flops or open toe sandals)
- Fleece or jumper
- Long trousers e.g. tracksuit bottoms (not jeans)



Canoeing and Kayaking

- Swimwear
- Towel
- Spare old trainers, or similar, to get wet (not crocs, flip flops or open toe sandals)
- Fleece or jumper (optional)
- Spare old t-shirt to be worn under a wetsuit



Orienteering

- Long loose trousers, leggings or shorts that cover the knees
- Comfortable shoes



Aeroball

- Long loose trousers or leggings
- Long sleeves or jumper
- Spare socks



Archery

- Long sleeved top
- Long loose trousers or leggings (shorts that cover the knees may be worn)
- Comfortable shoes

What to bring

NAME EVERYTHING

Clothes stickers are brilliant.

We will do our best to support children to keep track of their belongings **but are not responsible for this.**

DO NOT SEND ANYTHING YOU WOULD BE SAD ABOUT GETTING LOST OR RUINED.

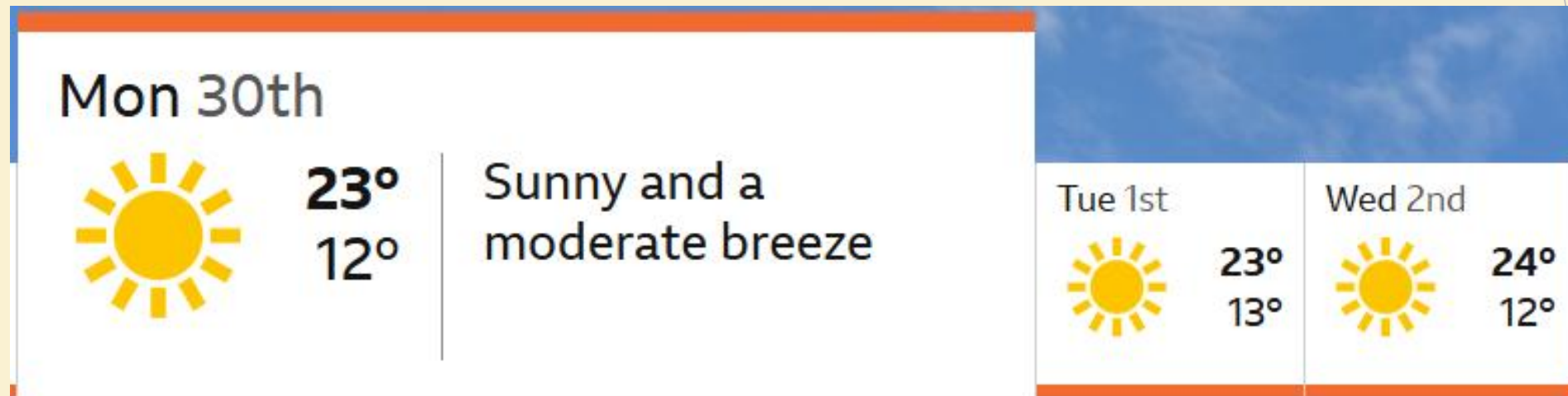
No snacks / sweets or electrical items.

Sturdy named bag for wet / dirty kit.

Pack of cards / book / torch

Day 2 will be the water activities day

The weather forecast.....at the moment!



| Everyday kit list: | Packed? |
|---|---------|
| Change of warm clothes | ✓ |
| Water bottle | |
| Sun cream and hat or gloves and hat – weather dependent | |
| Swimming costume and T-shirt | |
| Towel | |
| Spare old trainers or similar, to get wet (not crocs, flip flops or open toe sandals) | |
| Any logbook or qualifications you have gained | |
| Personal medical supplies (please ensure these are detailed on your consent form) | |
| Long-sleeved tops (see 'What to wear for what') | |
| Comfortable trousers (e.g. tracksuit bottoms - not jeans) or shorts to the knees | |
| Packed lunch | |
| Waterproof coat and trousers | |
| If you are coming on a residential trip, you will also need: | Packed? |
| Packed lunch for your first day | |
| Enough changes of clothes for the duration of the visit and spares with comfortable trousers and jumpers | |
| Accommodation Blocks: A single duvet cover and a pillow case – CACT will provide, duvet, pillows and bottom sheet | |
| Camping : Camp matt, sleeping bag and pillow | |
| Spare underwear | |
| Night wear and wash bag (don't forget your toothbrush!) | |
| Two towels | |
| Bin bag for wet/muddy clothes | |
| Torch | |
| Books and playing cards etc. | |
| Waterproof coat and trousers | |

Questions?

Parent Guide

<https://www.cobnor.com/wp-content/uploads/2024/11/A-Parents-Guide-to-a-CACT-residential-2025.pdf>

