

**Robinwood
Barhaugh Hall Alston**

Monday 20th – Wednesday 22nd April

Packing for Robinwood

(This list includes what you'll wear to Robinwood)



3 x T-Shirts
(No vests or crop tops please)



3 x Long Sleeve Tops
(Jumpers/Hoodies etc)



3 x Trousers
(Ideally not jeans)



2 x Pair of shorts (knee length)
(or leggings that can get wet)



5 x Pairs of underwear



6 x Pairs of socks



2 x Pairs of trainers



1 x Hat
(in warm weather)



1 x spare Head Scarf
(if you wear one)



1 x Coat - ideally waterproof
(For walking to centre)



1 x Set of pyjamas



2 x Towels



1 x Bag of toiletries
(No aerosols please)



Water Bottle



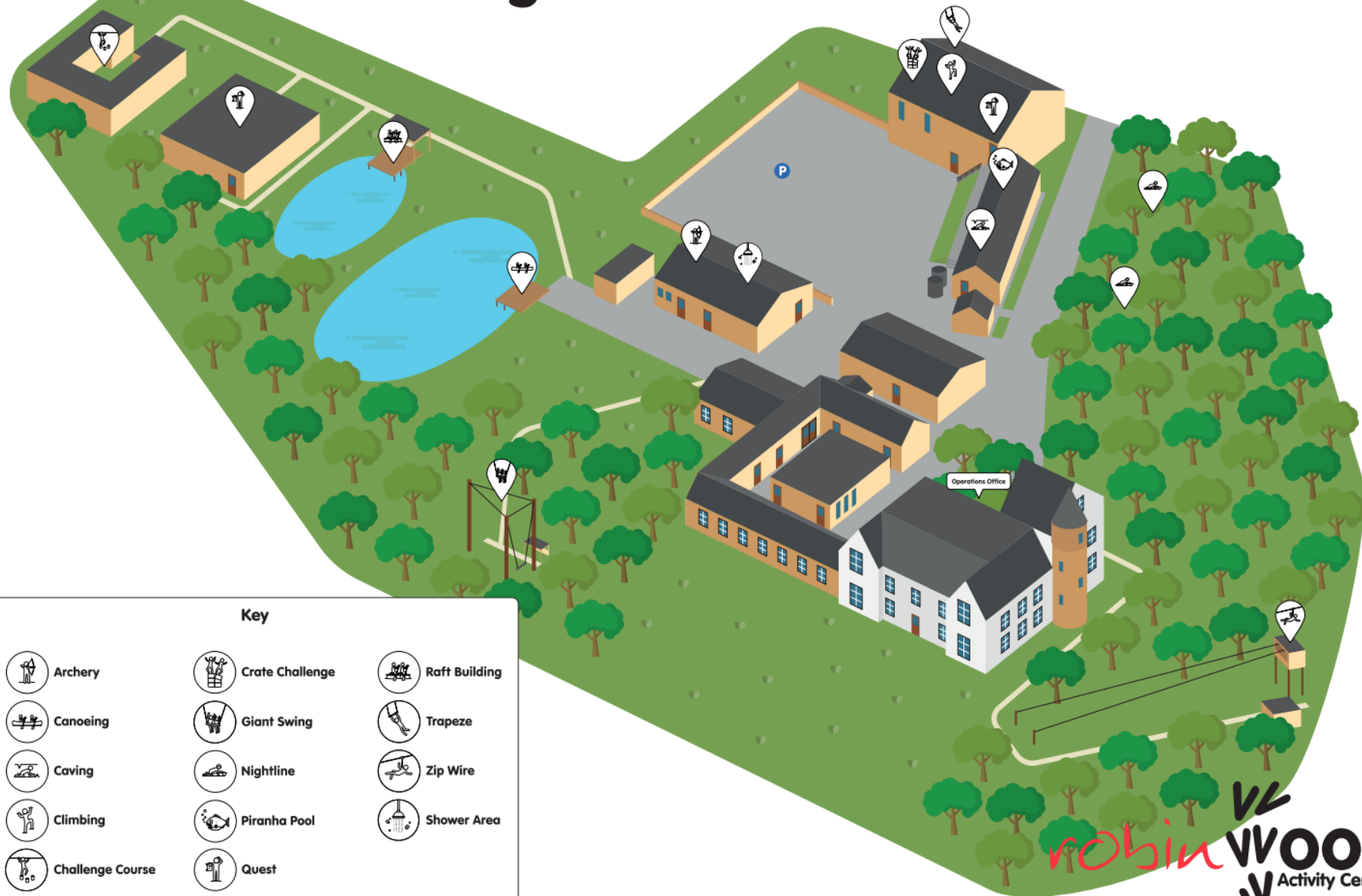
1 x Cuddly Toy
(Optional)















Please do not bring any
phones, cameras
or other electrical devices



Children can pack their things into a suitcase or a bag - they will need to be able to carry this themselves for short distances

Welcome to Barhaugh Hall



Key		
 Archery	 Crate Challenge	 Raft Building
 Canoeing	 Giant Swing	 Trapeze
 Caving	 Nightline	 Zip Wire
 Climbing	 Piranha Pool	 Shower Area
 Challenge Course	 Quest	

Fruit & Snacks

Break time snacks are provided and fruit is always available.

Dietary & Allergens

There is always a vegetarian option and we regularly cater for special diets such as coeliac disease (gluten free), lactose free, dairy free and halal.

A carb count breakdown is available on our schools dashboard.

Please let us know in advance of any dietary needs.



Children's Menu

Barhaugh Hall

Lunch

Pizza
Cheese or Ham Sandwich
Crisps
Biscuit
Orange Slices
Carrot & Cucumber Sticks

Dinner

Baked Potato (with choice of fillings)
Pasta Bolognese
Tomato Pasta
Garlic Bread
Salad
Cookie

Hot Chocolate and a biscuit in the evening



Breakfast

Sausage
Mini Potato Waffles
Beans
Toast
Choice of Cereals
Fruit

Lunch

Jumbo Hot Dog
Chicken Burger
Sandwich (cheese, ham or jam)
Yogurt & Crisps
Orange Slices
Carrot & Cucumber Sticks

Dinner

Fish Fingers with Chips (with peas & sweetcorn)
Chicken Curry with Chips (with naan & salad)
Chocolate Brownie

Hot Chocolate and a biscuit in the evening



Breakfast

Sausage
Mini Potato Waffles
Beans
Toast
Choice of Cereals
Fruit

Lunch

Sausage Roll
Cheese & Onion Slice
Sandwich (cheese, ham or jam)
Crisps & Flapjack
Carrot & Cucumber Sticks
Orange Slices



Water and juice are provided at meal times and water points can be found across the centre to refill water bottles.



Medical & Dietary Information

Important Reminders

Medical/Dietary Needs:

Please sign up for a **5-minute meeting with Miss Moyle** if your child has any medical or dietary needs that we need to discuss.

Medication:

All prescribed medication must be brought to school on the **morning of Monday 20th April**.

Please note: **We are unable to administer any medication that is not prescribed.**

Food Policy:

Children **must not pack any food** in their bags under any circumstances.

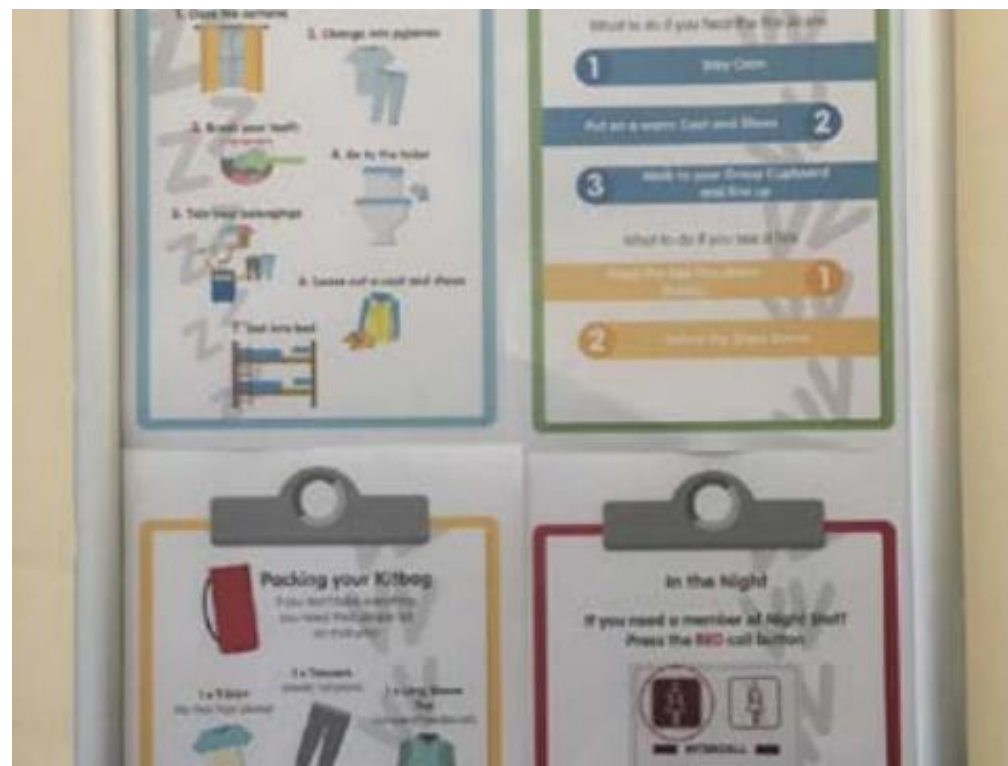
Robinwood has very strict rules around this, and we also have several allergies within our group.

Any specific dietary requirements have already been passed on to Robinwood, and **they will cater for all dietary needs.**













I can borrow waterproofs and fleeces when I need them for water activities or if it's raining or cold.



When I have finished with my wet clothes, after a shower I leave them in the group bins to be washed.

Lots of fun activities – children are encouraged to participate in all activities by teachers and leaders at Robinwood.



Challenge Course

Challenge Courses typically run through wooded areas of the grounds and incorporate many different challenges for the group.



Climbing

Purpose built indoor climbing walls create the safest possible environment for young people to be introduced to climbing.



Crate Challenge

Crate Challenge is a high activity with the emphasis on teamwork. Groups are given the challenge of building a crate tower together.



Dungeon

The group need to escape from the Dungeon; a room full of cobwebs, spooky noises, skeletons and other horrors. They can only do this through excellent teamwork.



Giant Swing

Adventure and teamwork combine on the Giant Swing. Two children wearing harnesses go on the swing together, and swing through the air!



Nightline

With blindfold in place the children put one foot on the rope and then follow it wherever it goes. It goes to all sorts of interesting places.



Piranha Pool

This session involves different 'crystal maze' type challenges, going back and forth across our 'Piranha Pool', without falling in.



Quest

There are a series of problems for each activity for the group to overcome and if they can manage to do this the Quest is achieved.



Raft Building

A great activity for teamwork combined with watersports fun. We provide a range of items which could be used to make a raft, with various items.







Handouts...

Suggested Clothing List

Parents Booklet

Souvenir Form (return by
Friday 27th March with money)

Children's menu



Any
Questions?