



Spring Bank Primary School

Ingleborough Hall Residential
Meeting 2024
May 20th – 24th 2024

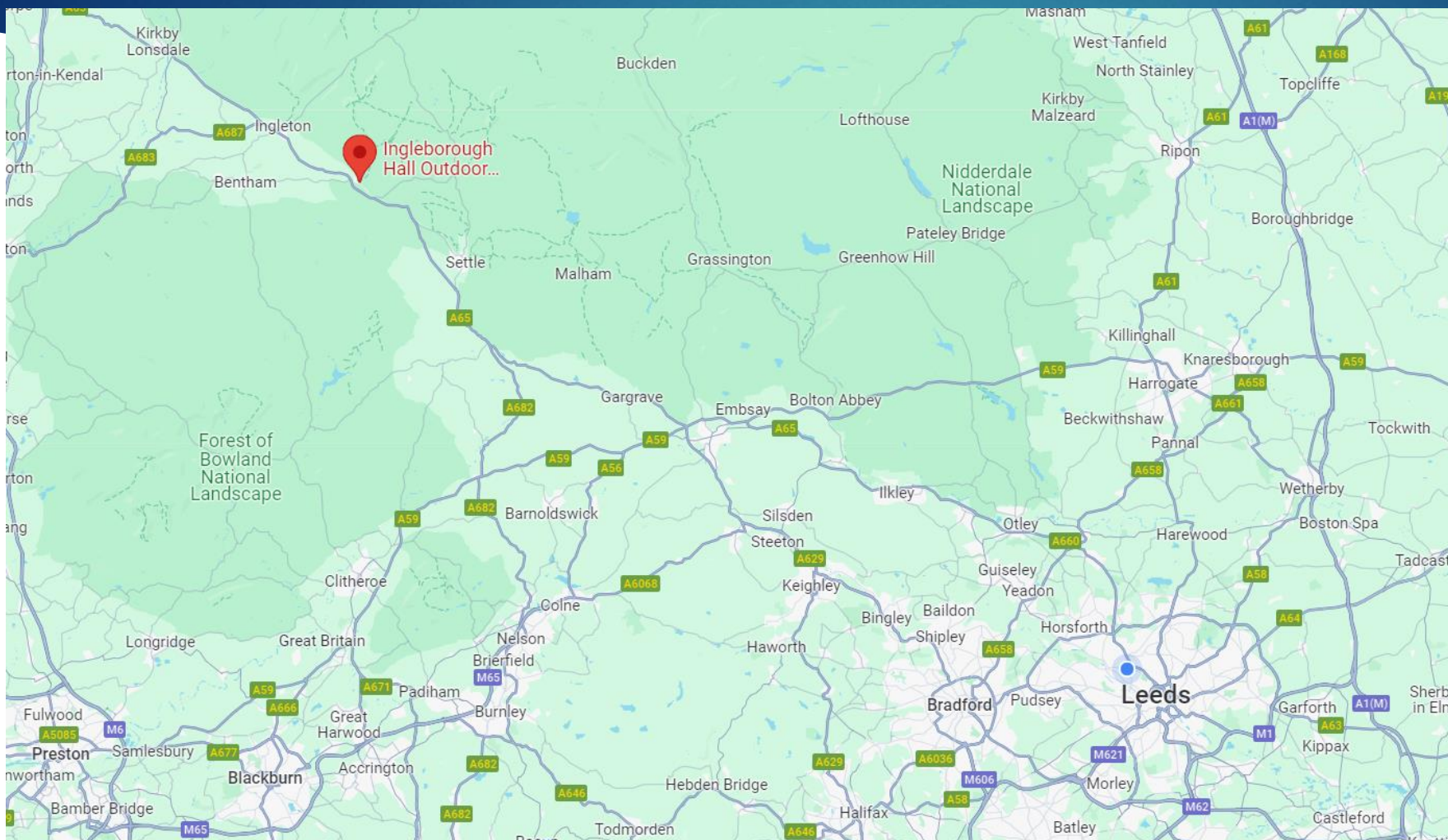
Spring Bank
Primary School

Staff Attending

- ▶ Mrs. Baruah
- ▶ Mr. Wrankmore
- ▶ Miss. Maloney-Young
- ▶ Mrs. Ward (Monday – Wednesday)
- ▶ Mr. License (Wednesday – Friday)



Where is Ingleborough Hall?



Clapham, North
Yorkshire.
About 1hr 30 minutes
traffic dependent.



Spring Bank Primary School

Ingleborough Hall



Activities

- ▶ Walking
- ▶ Tree climbing
- ▶ Gorge scrambling
- ▶ Caving
- ▶ Bouldering
- ▶ Orienteering
- ▶ Bat spotting
- ▶ And much more!



The schedule

Please find a readable version in your pack!



	GROUP 1 Spring Bank	GROUP 2 Spring Bank	GROUP 3 Spring Bank
Monday	Arrive 1100 Kit issue	Arrive 1100 Kit issue	Arrive 1100 Kit issue
20 May 2024	Show cave # 1400	Show cave # 1400	Show cave # 1400
	FD 1630 Problem solve / BATZ	FD 1630 Problem solve / BATZ	FD 1630 Problem solve / BATZ
Tuesday	Ingleboro' Hill walk	Rockabout	Cave
21 May 2024		Village study	Rockabout
	Orienteer / Geo-cache	Orienteer / Geo-cache	Orienteer / Geo-cache
Wednesday	Village study	Ingleboro' Hill walk	Village study
22 May 2024	Gorge scramble		Tree climb / Orienteer
	Dancing # 1930	Dancing # 1930	Dancing # 1930
Thursday	Rockabout	Cave	Ingleboro' Hill walk
23 May 2024	Cave	Gorge scramble	
	Campfire	Campfire	Campfire
Friday	Tree climb / Orienteer	Tree climb / Orienteer	Gorge scramble
24 May 2024	Kit return Depart 1330	Kit return Depart 1330	Kit return Depart 1330

Outdoor Activities in bold will be led by Ingleborough Hill instructors



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Food

- ▶ Breakfast – cereal, toast and a cooked option daily.
- ▶ Lunch – a selection of sandwiches, crisps, fruit, cake and biscuits.
- ▶ Dinner – two choices daily, meat or vegetarian with a dessert or fruit.
- ▶ Supper – snack and choice of cold drink or hot chocolate.
- ▶ **Please note that all food allergies and dietary needs can be catered for, but the chef needs to know as soon as possible so that they can plan alternative meals. Please complete the information on your form and return them as soon as possible.**



Structure of the day

- ▶ Bell rings for breakfast at 7:30am
- ▶ Breakfast 8:00am
- ▶ Ready for activities by 9:15am
- ▶ Lunch is usually between 12pm and 12:30pm depending on the activity.
- ▶ Dinner 5:00pm
- ▶ Supper is after evening activities.



Dorms and Groups

- ▶ We aim for the children to be in dorms with at least one good friend. Dorms and groups are discussed at length by school staff to create the best balance. The children will be told their dorms on the Friday before we leave on the Monday.
- ▶ There are dorms for boys and two for girls. Staff have separate rooms
- ▶ The children are only allowed to go into their own dorms.
- ▶ Most dorms have showering facilities in pods, like an ensuite bathroom.
- ▶ There are other washing facilities along the corridors.
- ▶ Children will be positively encouraged to use these facilities!

Dorms and Groups

- ▶ As groups can't be any larger than 10 children, there will be three groups.
- ▶ Each group will be supported by a member of staff from school.
- ▶ Again, school staff spend time ensuring that they have the balance right within the groups for the activities.



What to bring

- ▶ Your pack contains a kit list provided by Ingleborough Hall.
- ▶ **A packed lunch for Monday.**
- ▶ Clothes will get dirty and wet, the more the children have the better really. Thin layers rather than thick heavy ones.
- ▶ There is a drying room but it's not ideal.
- ▶ Bin bag is vital – dirty clothes go straight in!
- ▶ They can bring a teddy and a book.
- ▶ Spending money – there is a tuck shop and one shop we usually visit in the village. (No more than £10, change is better than notes.)
- ▶ **We do not allow mobile phones to be taken.**



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What to bring

to be considered essential all year round – even shorts and swimsuits etc.

OUTDOOR:

Socks	Several pairs, preferably thick ones, to be worn with boots and Wellingtons. Wool / nylon loop stitch are ideal. 'Trainer' socks to be avoided!
Trousers	Preferably several pairs of thick close woven fabric rather than denim jeans. Track suit bottoms are ideal.
Swimsuit	Great as underwear for wet activities.
Shorts	Nylon 'football-type' shorts are excellent.
Headwear	Woollen / fleece hat, or balaclava for warmth, plus a sun hat that offers protection to ears and back of the neck.
Gloves	Woollen, or synthetic 'ski-type', are best.
Jumpers	Several warm ones; fleece, fibre-pile, or wool, are ideal.
Sun protection	High factor sunscreen for use on sunny days, plus a light long sleeved top.
Midge repellent	Can be useful during the April – October period.



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What to bring

INDOOR:

Shoes	Indoor footwear. e.g. shoes, slippers, trainers etc.
Clothing	Casual and comfortable.
Night-clothes	Whatever is normally worn at home.
Toiletries	Soap, towel, comb / brush, toothbrush and paste.

ODDS AND ENDS:

Bin liner (poly bag)	To put wet, muddy and dirty clothes in to take home.
Name tags	Essential on all clothes, especially when using the drying rooms.
Drinks bottle	There will be opportunity to wash and re-fill bottles during the stay



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What to bring

Please note:

Children must not wear rings or earrings for any of the activities to avoid any injuries.

Please can these be left at home.



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Equipment

- ▶ All specialist kit is provided by Ingleborough Hall – walking boots, wellies, waterproof coat and trousers, rucksack etc. However, if the children do have their own, they can bring them too.
- ▶ All safety equipment is provided by Ingleborough Hall.
- ▶ All bedding is provided. They will have to make their own beds – this is usually hilarious!



Medication

- ▶ Any prescribed medication that your child needs to take will be administered by school staff.
- ▶ All medication must be brought in the clearly labelled container or bag and handed to a member of staff on the Monday morning.
- ▶ You must also provide clear instructions on how and when it should be administered.
- ▶ This includes any asthma inhalers your child uses.
- ▶ Forms will be provided for you to complete.



Admin

- ▶ Please complete all of the forms that you have been given as soon as possible and return them to school.
- ▶ If you find you have any queries please do not hesitate to contact school.
- ▶ Payments can be made up to the end of the school year, if necessary.
- ▶ If you need to have a quiet chat with staff about anything, then please contact us to arrange a meeting.



Any questions?

Reminders
will be sent
out the week
before the
trip.

