

# Alton Castle meeting 20<sup>th</sup> September 2021



<http://www.kenelmeyouthtrust.org.uk/altoncastle.html>

- Established as a residential youth centre by the Archdiocese of Birmingham, Alton Castle opened in September 1996. It has had a highly successful first 20 years with over 8,000 children visiting the Castle each year, mostly on residential retreats but an increasing number now coming on day retreats.

The mission of the Castle: to promote the personal, spiritual and social development of all children and visitors, its employees and volunteers, through prayer and activity in such a way that they may live life to the full and become fully alive in God.

# Date of visit

Monday 18<sup>th</sup> to Wednesday 20<sup>th</sup> October 2021.

The children will leave school at 2:00pm on Monday and will return to school at approximately 3:40pm on Wednesday.

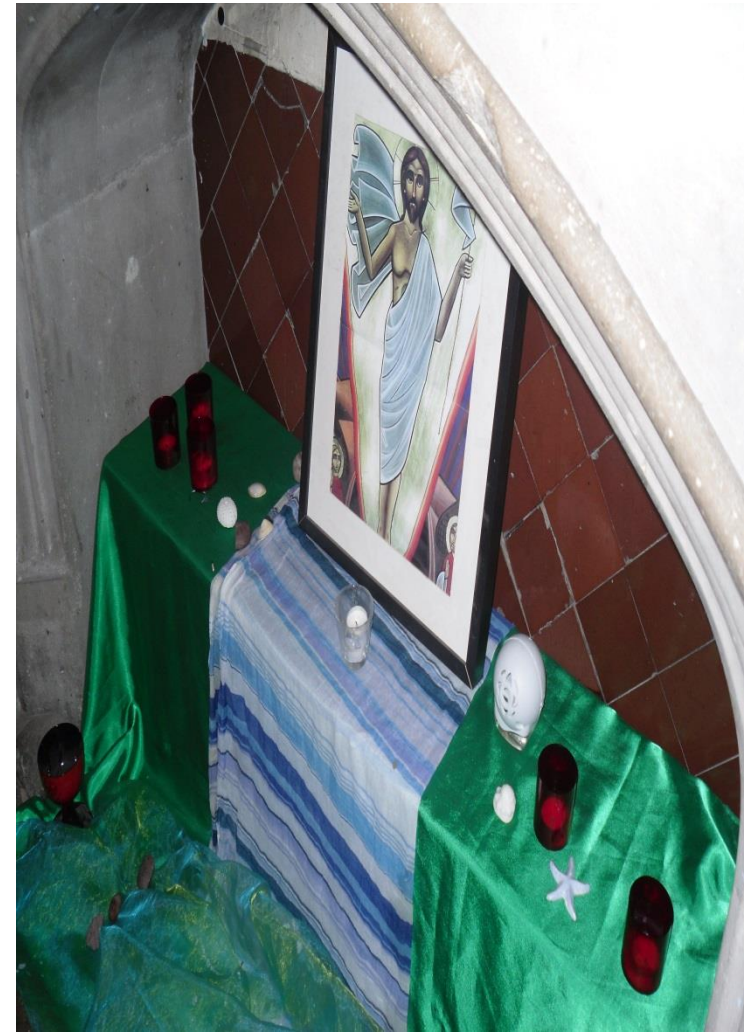
The cost of the trip is £135.00. We are asking that a deposit of £35.00 is paid to secure your child's place at Alton Castle.

The children participate in a variety of activities during their stay including

- mountain biking, (let us know if your child cannot ride a bike)
- trekking,
- archery,
- survival
- adventure course
- rock climbing.

Each activity includes an element of reflection and prayer and it is through these activities that each child is challenged and encouraged to find hidden strength, learn new skills, and experience achievement as part of a team and as an individual.

Not all children will do all activities; each group will do three.



The activities are delivered by a team of young people (aged from 18 years to 22 years old) who are predominantly staying for one year before going on to university. They live and work as part of the Alton Castle Community because they have been inspired to share their faith with younger people.

This team brings the castle and the programme to life, and they act as wonderfully enthusiastic role models for the children on retreat, both from a spiritual point of view and through the energy and enthusiasm they have for life.



# A typical Retreat Programme

## Day One

- 4.00 Arrivals & Rooms
- 4.45 Group welcome
- 5.00 Supper
- 5.30 Tuck Shop
- 6.30 Small groups
- 9.15 Night Prayer
- 9.30 Bed time

- **Day Two**
- **8.30 Breakfast**
- **9.00 Morning Prayer**
- **9.30 FIRST ACTIVITY**
- **12.30 LUNCH**
- **1.30 SECOND ACTIVITY**
- **5.30 Supper**
- **6.00 Tuck Shop**
- **6.30 Music Practice**
- **7.15 Mass**
- **8.30 Entertainments**
- **9.45 Night prayers**
- **10.00 Bed time**

- **Day Three**
- **7.55 Team Morning Prayer**
- *(Bags, Bins and Beds need to be sorted)*
- **8.30 Breakfast**
- **9.00 Morning Prayer**
- **9.15 THIRD ACTIVITY**
- **12.15 LUNCH**
- **12.45 Teacher and Young Peoples' Evaluations**
- **1.30 Thank you service**
- **2.00 Goodbyes**

# MEDICAL FORM

- 1. Medical Form – fill in and return to school – this week please EVEN IF THERE ARE NO MEDICAL ISSUES.
- If you will be sending medication with your child, please come and have a conversation about it AS WELL AS filling in and returning the form. (Medicines includes tablets, creams, powders, inhalers whether they are ‘regular’ or ‘just in case of need’.)
- Send medication in on the day of departure in a separate bag, clearly **labelled with your child’s name**. Mrs Taggart will put them in a separate bag and take care of them.
- You will find the form in the files section of the year 6 team.

### MEDICATION

The school will not give your child medicine unless you complete and sign this form, and the Headteacher has agreed that school staff can administer the medication

#### DETAILS OF PUPIL

Surname \_\_\_\_\_ Forename \_\_\_\_\_

Address \_\_\_\_\_

Male / Female \_\_\_\_\_ Date of Birth \_\_\_\_\_

Class \_\_\_\_\_

Condition or illness \_\_\_\_\_

### MEDICATION

Name / type of medication (as described on the container) \_\_\_\_\_

Date dispensed \_\_\_\_\_

#### FULL DIRECTIONS FOR USE:

Dosage and method \_\_\_\_\_

Timing \_\_\_\_\_

Special precautions \_\_\_\_\_

Side effects \_\_\_\_\_

Self-administration \_\_\_\_\_

Procedures to take in an emergency \_\_\_\_\_

Is your son / daughter allergic to any medication? Yes / No

If yes, please specify \_\_\_\_\_

When did you son / daughter last have a tetanus injection? \_\_\_\_\_

Contact telephone numbers: \_\_\_\_\_

Work \_\_\_\_\_ Home \_\_\_\_\_

Home address \_\_\_\_\_

#### Alternative emergency contact:

Name \_\_\_\_\_ Telephone number \_\_\_\_\_

Address \_\_\_\_\_

Name of family doctor \_\_\_\_\_ Telephone Number \_\_\_\_\_

Address \_\_\_\_\_

### DIETARY REQUIREMENTS

Has your child any food allergies? Please describe \_\_\_\_\_

Is your child vegetarian? Yes / No

Do they eat fish? Yes / No

Has your child any other dietary requirements? If so, please specify \_\_\_\_\_

#### Can your child ride a bike? Yes/No

Declaration: \_\_\_\_\_

I will inform the Group Leader / Headteacher as soon as possible of any changes in the medical or other circumstances between now and the commencement of the trip. I agree to my son / daughter receiving medicine as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present. I understand the extent and limitations of the insurance cover provided.

Signed \_\_\_\_\_ Parent / Guardian

Date \_\_\_\_\_

Full Name (capitals) \_\_\_\_\_

**THIS FORM OR A COPY MUST BE TAKEN BY THE GROUP LEADER ON THE VISIT. A COPY SHOULD BE RETAINED BY THE SCHOOL CONTACT.**

# PACKING

- Please read the kit list carefully and pack appropriately.
- You will find the kit list in the files section of the year 6 team.
- Please remember, the children need to be able to carry their own bag – possibly up three flights of stairs.

# Practical Points

1. Label ALL clothing
2. Ensure children have old clothing - everything gets very dirty.
3. Pack bags WITH your child so that they know what is in their bag.
4. Bin liner to put dirty clothes into
5. PRACTISE children packing their own case and sleeping bag!
6. NO items of value, such as ipads, jewellery, handheld computer games or MOBILE PHONES
7. Pocket Money - maximum of £10, in coins, in a clearly labelled purse/envelope.



# RESIDENTIAL RETREAT KIT LIST

## YOU WILL NEED:

- ☐ Sleeping bag
- ☐ Personal toiletries (including toothbrush, toothpaste, shampoo, etc.)
- ☐ Pair of pjamas
- ☐ Money for tuck shop (recommended £10)
- ☐ Towel
- ☐ Sun cream
- ☐ Sun hat (summer retreats)/woolly hat, scarf and gloves (winter retreats)
- ☐ 4 t-shirts
- ☐ 3 pairs of loose fitting trousers(leggings or joggers)
- ☐ 2 warm long-sleeved jumpers
- ☐ 1 thick fleece/jacket
- ☐ 1 waterproof coat
- ☐ Waterproof trouser (if possible)
- ☐ 2 pairs of walking socks
- ☐ Pair of wellies or walking boots (there are some wellies available to borrow if necessary)
- ☐ 5 pairs of underwear
- ☐ 1 pair of old trainers (to be worn outside - they will get muddy)
- ☐ 1 pair of indoor shoes (trainers are ideal)
- ☐ Water bottle
- ☐ Torch (optional)

## PLEASE NOTE:

We advise that personal electronics are not brought on retreat - all electronics are brought at owners' risk . Electronics, such as hairdryers and straighteners, cannot be used on retreat. Each visitor will have to carry their bag to their room - this may involve walking up many flights of stairs so please pack a bag that you can carry.

## NOTES

Yes, you do need a sleeping bag and *it* needs a bag – no quilts please!

Probably no need for sun cream but Send it if your child is sensitive to exposure to the sun.

Rain coat and waterproof shoes – Essential – activities are outside!

Indoor shoes are essential – no slippers; there are stone staircases!

No electronics, no phones – it's a retreat.

No torches please.

# Pupil thoughts...

I thought that our trip to Alton Castle was very enjoyable and there was lots of activities to do. It was nice to play and share a room with my friends.

"It was fantastic, the views were magnificent and the activities were very adventurous."

"It was spiritual and prayerful and felt like a family."

"I learned to be more independent."

"I didn't think I'd like the prayer times but they were so different that I loved them."

"I feel closer to God."

"I learned a lot about my faith."

"I tried new things and helped other people too."

# ? ANY QUESTIONS ?

