



Ford Castle 2019



Wednesday 24th – Friday 26th April

Whole year group together

Staffed by MG, MB, JH, CW, RJ, MQ and

2 student teachers



Itinerary

24/4/19	8.45	arrive at school as normal (NOT in uniform)
	11.00	depart bus park
	12.30	arrive at Ford Castle for lunch Afternoon of activities
	6.30	dinner followed by evening games
25/4/19	8.00	breakfast Full day of activities
	6.30	dinner followed by evening games
26/4/19	8.00	breakfast Morning of activities
	1.15	depart Ford Castle
	2.30	Arrive at bus park for pick up

Accommodation

- ▶ Within the castle
- ▶ Dormitories.
- ▶ Allocated bathrooms.
- ▶ Staff room near every room.





Activities



Day Activities

- ▶ Zipwire
- ▶ Leap Of Faith
- ▶ Crate Stack
- ▶ Fencing
- ▶ Canoeing
- ▶ Nightline
- ▶ Assault Course
- ▶ Jacob's Ladder
- ▶ Photo Trail
- ▶ Castle Olympics
- ▶ Aqua



2 Evening Activities

- Disco
- Treasure Hunt
- Hot chocolate



ALL ACTIVITIES ARE LED BY QUALIFIED INSTRUCTORS

Sample timetable

SCHOOL	SESSION	1	2	3	4	5	6
	/ GROUP	9:15-10:25	10:40-11:50	11:50-1:00	2:15-3:25	3:40-4:50	4:50-6:00
Ponteland Academy	A - 13	Zip Wire	Nightline	Leap Of Faith	Castle Olympics	Photo trail	Assault course
	B - 13	Assault Course	Crate Stack	Zip Wire	Photo trail	Aqua	Castle Olympics
	C - 13	Fencing	Canoe at Ford 11-12.30		Nightline	Leap of faith	Photo trail
	D - 13	Night line	Csrtle Olympics	Fencing	Canoe at Ford 2.30-4pm		Aqua
	E - 13	Leap Of Faith	Aqua	Castle Olympics	Fencibg	Canoe at Ford 4.15-5.45 pm	
	F - 13	Crate Stack	Zip Wire	Assault Course	Leap Of Faith	Castle Olympics	Fencing
	G - 12	Photo Trail	Assault Course	Crate Stack	Zip Wire	Fencing	Leap Of Faith

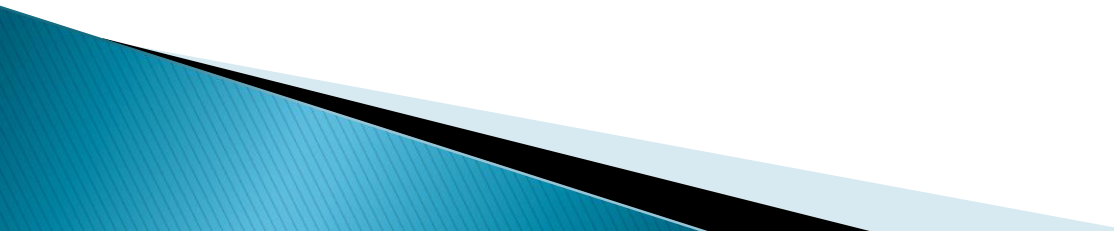
Breakfast 8 am

Lunch Approx 1 -1.15 pm

Dinner 6.30 pm followed by evening entertainment and hot chocolate

Equipment

You will NEED:

- ✓ Toiletries (roll on deodorants).
 - ✓ Old clothes for activity sessions (not jeans) and trainers. Clothing that you don't mind getting filthy!
 - ✓ Waterproof/thermal clothing.
 - ✓ Large plastic bag for dirty clothes.
 - ✓ A bath towel.
 - ✓ Pyjamas and slippers.
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Equipment

Useful Items

- 😊 Sunglasses, sun cream, hat, gloves, scarf.
- 😊 Torch
- 😊 Disposable camera
- 😊 Named water bottle
- 😊 Money for snacks/souvenirs (£10 max, **in change please**)
- 😊 Books, playing cards, quiet activities.

Equipment

You will not need:

- ✘ Electronic Goods
- ✘ Mobile Phones
- ✘ Fitbits and other activity watches
- ✘ Sweets / midnight snacks
- ✘ Large Cuddly Toys

- ▶ A final details letter will be sent out in the week beginning 25th March.
- ▶ Medication needs to be in a named container/food bag together with details of dosages and timings.
- Please talk this through with your child. Children need to keep their own asthma inhalers.
- Give any medication to MB on Wednesday morning.
- ▶ We will send photos and updates to CP. The final details letter will contain her mobile phone details for contact out of school hours.