

# Personal Development: Residential Programme



Coastal Together  
Federation of Schools

Instil | Understand | Learn | Become

# Residential Programme

Residential trips are a vital part of a child's education. They offer a range of unique experiences and learning opportunities; the chance to break away from everyday routine and experience adventure, discovery and personal growth.

More than just a fun 'school trip away', residential trips are a key part of the national curriculum. The diverse and high quality school trips on offer mean teachers can create experiences that enhance children's classroom learning, adding opportunities children may not otherwise have. The English Outdoor Council actively campaigns to ensure schools are offering pupils interesting and meaningful adventures, educational school trips and outdoor learning opportunities in line with the curriculum. It promotes the importance of allowing children to connect with the outdoor world, and the powerful and inspirational lessons to be learned by getting children outside.

As well as the physical health benefits, school residential trips have been proven to have a positive effect on children's self esteem and confidence levels, thereby improving their emotional health and well being. The importance of allowing children to explore their environment, take responsibility for creating their own fire / filtering their own water, and generally sustaining themselves with minimal obvious adult intervention is significant.

Parental involvement is crucial in maximising the benefits of a residential trip. Encourage involvement before and after the trip to help reinforce educational objectives.

## Parents can:

- Discuss pre-trip expectations with their child
- Engage in research and exploration together
- Involve children in packing and preparation
- Encourage post-trip reflections



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Our residential programme is an evolving programme which helps children to become increasingly independent as they move through primary school to high school.

	Type of activity	When	Duration	Description
<b>Year 2</b>	School Based Activity Day	June	1 day	A chance for children to have a non-national curriculum day of fun and challenge based on each school's site
<b>Year 3</b>	Friday night School Hall Sleepover	July	1 night	During the summer term a single night spent at school with evening activities, fish and chip supper and breakfast before being picked up on Saturday morning
<b>Year 4</b>	Hilltop Activity Centre - 3 day, 2 nights (£176)	February	2 nights	Two nights/three days based at Hilltop near Sheringham, an activity centre with outdoor and adventurous pursuits/challenges
	Bruce Grove School Exchange (MJS and Bacton ONLY)	May (Thursday/ Friday)	1 night	Bacton and Mundesley have a historical exchange with a school in London which involves a sleepover
<b>Year 5</b>	Federation Coastal Campout	July (Thursday/ Friday)	1 night	Federation Coastal Camp is for one night based on the Mundesley Junior field for all year 5 children across the federation - children arrive in the morning and then spend the day completing coastal based activities, camping out in tents and then the following day completing more activities on site before returning to home school during the afternoon
<b>Year 6</b>	Isle of Wight Experience	July	4 nights	Whole week in the Isle of Wight. Geography/History based activities, incl. HMS Victory (Portsmouth), The Needles boat trip and Alum Bay, Fossil hunting, Needles Old Battery, Newport Roman Villa, Black Gang Chine, Robin Hill Country Park, Ten-Pin Bowling, Beach Games. Staying in our own hotel, included in the cost is coach and ferry crossing