



Calshot Activities Centre

In a prime location on the shores of the Solent, Calshot Activities Centre is one of the largest outdoor adventure centres in Britain



Monday 2nd December- Wednesday 4th December 2024

Key information:

- On Monday 2nd December 2024, all children are to arrive at school at the normal school time.
- We register the children quickly, and sort them into Coach 1, and Coach 2.
- We kindly ask that you do not stand and wave to your children as this can cause more upset and is not fair to the children whose adults are unable to wave them off.
- On Wednesday 4th December, we will leave Calshot after lunch. We aim to return to school at the end of the school day. You will be contacted if this changes.

Who is going?

- X3 Class Teachers
- Plus 7 parent helpers. EHCP pupils - addition
- Each group will have 10 children, plus a member of staff or parent helper, and a qualified Calshot instructor.
- **PARENT VOLUNTEERS?**





Solent Junior School

From: 27 November 2023

Students: 76

Course Director:

Groups: 7

Course Type: E & A

Year: 4

Accommodation:

Age: 8-9

To: 29 November 2023

Created: Tuesday 7 November 2023

By: Richard B

Printed: Monday 1 July 2024

Some activities, especially water-based ones, are subject to having favourable weather conditions. They may have to be cancelled, then rescheduled or replaced by alternative activities at the Course Director's discretion.

	0900-1245	1345-1730	1900-2030
Monday 27 November HW1: 10:38 HW2: 12:23 LW: 16:14	Arrive & settle in, group to bring own packed lunch	1 Tall Trees 2 Tall Trees 3 Climb Ski I 4 Ski I Climb 5 Ringo / Hangar Archery 6 Orienteering Archery 7 Ski I	1 2 Egg Drop 3 4 Games Evening 5 6 Games Evening 7
Tuesday 28 November HW1: 11:19 HW2: 13:04 LW: 16:55	1 Ski I Climb 2 Ski I Archery 3 Tall Trees 4 Tall Trees 5 Beach Explore Ski I 6 Beach Explore Ski I 7 Beach Explore Climb	1 Beach Explore Ringo / Hangar 2 Beach Explore Orienteering 3 Ski 2 Archery 4 Archery Ski 2 5 Tall Trees 6 Tall Trees 7 Ski 2 Archery	1 2 3 4 Film Night 5 6 7
Wednesday 29 November HW1: 12:00 HW2: 13:45 LW: 17:37	1 Ski 2 Archery 2 Climb Ski 2 3 Ringo / Hangar Beach Explore 4 Orienteering 5 Ski 2 Climb 6 Climb Ski 2 7 Tall Trees	Aims and objectives: To allow the children to enjoy being outdoors, to try new things and to work together as a team.	

Page 1

- **Check List :** (Please make sure everything is labelled clearly with your child's name)
- Lip salve for the cold wind
- Warm, casual clothes
- A hat and scarf
- A pair of warm gloves
- Long sleeved top for skiing
- Spare underwear (including long, thick socks for skiing)
- A warm coat (perhaps a light waterproof too)
- Night wear
- Washing bag (no aerosols – they will set off the fire alarm!)
- Wellies (for forest work and splashing in puddles!)
- Waterproof trousers (if your child has them)
- Bin bag for dirty clothes
- Labelled money bag/purse for shop (Maximum of £5 as children will be responsible for their money)
- Water bottle
- And of course a cuddly toy!
- Book and/or notepad and pens (optional)
- **This year, Calshot have requested that the children bring a single fitted sheet, a single duvet cover and a pillow case. If you would prefer, your child could bring a sleeping bag as an alternative.**
- **We do please ask that children do not bring in any electronic items, food or games.**

	Things to bring	Packed?
Essential Items For Your Stay	Several complete changes of warm casual clothes, e.g. tracksuits, fleece jumpers, training shoes (preferably not jeans).	
	3 - 4 t-shirts	
	Casual clothes for evening wear	
	Spare underwear and socks	
	Waterproof coat and trousers	
	Night wear	
	Single duvet cover, bottom sheet (or sleeping bag) and pillow case. Duvets and pillows are provided.	
	Washing kit and towel	
	Warm woolly hat and gloves	
	Sun hat/cap	
	High factor waterproof sun cream/lip salve	
	Sunglasses (with retaining strap)	
	Personal Medical supplies e.g. Inhaler, Epipen	
For skiing & snowboarding	Gloves or mitts, thick socks,	
	Long sleeve top and trousers	
For Watersports	Swimsuit and t-shirt/rash vest to wear underneath a wetsuit	
	Old trainers or wet shoes to wear during the activity (they will get wet)	
	An extra towel	
For Field Studies	Wellington boots (can be borrowed from the centre)	
	Waterproof coat & trousers (can be borrowed from the centre)	
Optional items	Bin bag for wet/muddy gear	
	Sports bottle for drinking water	
	Small day sack	
	Camera	
	Torch	
	Pocket money for the gift shop	

Houston House

<p>Room 4 (STAFF)</p> <p>1. -----</p> <p>2. -----</p>	<p>door</p> <p>Not to scale</p>	<p>Room 3 (STAFF) <u>Safe</u> in room.</p> <p>1. -----</p>
<p>Room 5 (STAFF)</p> <p>1. -----</p>		<p>Room 2</p> <p>1. ----- 4. -----</p> <p>2. ----- 5. -----</p> <p>3. ----- 6. -----</p> <p>7. ----- 8. -----</p>
<p>Room 6</p> <p>1. <u>----- 4. -----</u></p> <p>2. <u>----- 5. -----</u></p> <p>3. <u>----- 6. -----</u></p>		
<p>Room 7</p> <p>1. <u>----- 4. -----</u></p> <p>2. <u>----- 5. -----</u></p> <p>3. <u>----- 6. -----</u></p>		
<p>Room 8</p> <p>1. <u>----- 4. -----</u></p> <p>2. <u>----- 5. -----</u></p> <p>3. <u>----- 6. -----</u></p>		<p>Room 1</p> <p>1. <u>----- 4. -----</u></p> <p>2. <u>----- 5. -----</u></p> <p>3. <u>----- 6. -----</u></p> <p>7. <u>----- 8. -----</u></p>
<p>Room 9</p> <p>1. <u>----- 4. -----</u></p> <p>2. <u>----- 5. -----</u></p> <p>3. <u>----- 6. -----</u></p>		<p>Stairs / access to first floor</p>
<p>Room 10</p> <p>1. <u>----- 5. -----</u></p> <p>2. <u>----- 6. -----</u></p> <p>3. <u>----- 7. -----</u></p> <p>4. <u>----- 8. -----</u></p> <p>9. -----</p>		<p>Room 13 (STAFF)</p> <p>1. -----</p>
		<p>Room 12 (STAFF) <u>safe</u> in room.</p> <p>1. -----</p>
		<p>Room 11</p> <p>1. ----- 3. -----</p> <p>2. ----- 4. -----</p>





Lawrence House

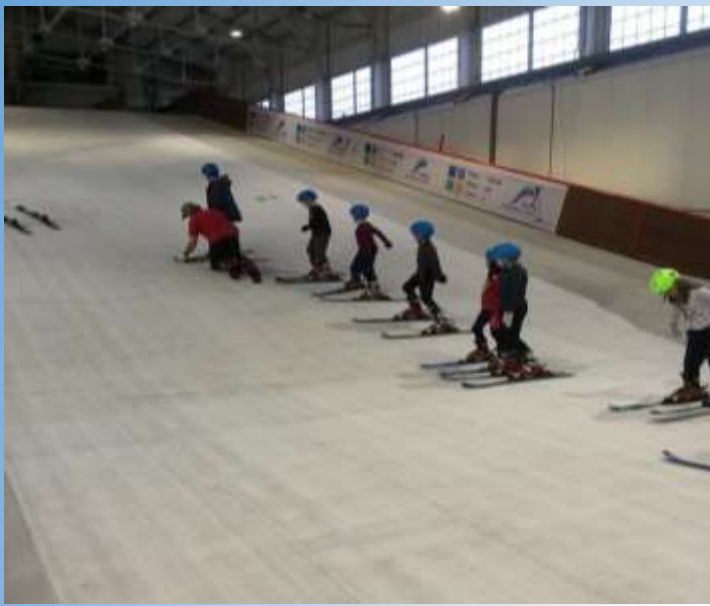
Room 16 1. _____ 2. _____ 3. _____	Room 17 1. _____ 2. _____ 3. _____	Room 18 1. _____ 2. _____ 3. _____	Room 19 1. _____ 2. _____ 3. _____	Room 20 (STAFF) Safe in room. 1. _____ 2. _____	Stairs			
SOUTH WING				Rooms 1 - 11				
Room 15 1. _____ 2. _____ 3. _____	Room 14 1. _____ 2. _____ 3. _____	Room 13 (STAFF) 1. _____	Room 12 1. _____ 2. _____ 3. _____	W.C./Shower	W.C./Shower			
Room 1 (STAFF) 1. _____ Safe in room.	Room 2 (STAFF) 1. _____ 2. _____	Store	Room 3 1. _____ 2. _____ 3. _____ 4. _____	Room 4 1. _____ 2. _____ 3. _____	Room 5 1. _____ 2. _____ 3. _____	Room 6 1. _____ 2. _____ 3. _____		
NORTH WING								
W.C./Shower	W.C./Shower	W.C./Shower	W.C./Shower	Room 11 1. _____ 2. _____ 3. _____	Room 10 1. _____ 2. _____ 3. _____	Room 9 1. _____ 2. _____ 3. _____	Room 8 (STAFF) 1. _____ 2. _____	Room 7 1. _____ 2. _____ 3. _____

Room 30 Duty Manager	Room 31 (STAFF OR DISABLED) Safe in room. 1. _____ 2. _____	Room 32 1. _____ 2. _____ 3. _____	Lounge						
Rooms 23 - 29								NORTH WING	
W.C./Shower	W.C./Shower	W.C./Shower	Room 22 (DISABLED) 1. _____ 2. _____ 3. _____	Room 21 1. _____ 2. _____ 3. _____	Boiler Room			Entrance Foyer	
Room 26 1. _____ 2. _____ 3. _____	Room 27 1. _____ 2. _____	Room 28 1. _____ 2. _____	Room 29 (STAFF OR DISABLED) Safe in room. 1. _____ 2. _____						
SOUTH WING					Rooms 21, 22, 30 - 32				
Room 25 1. _____ 2. _____ 3. _____	Room 24 1. _____ 2. _____ 3. _____	Room 23 1. _____ 2. _____ 3. _____	Disabled shower/ toilet	W.C./Shower	W.C./Shower	W.C./Shower			

What do we do whilst we're there?

- Skiing
- Archery
- Rock Climbing
- Forest studies
- Egg Drop
- Hanger Orienteering
- Eco Games







CALSHOT RESIDENTIAL - BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

Full Breakfast

Full Breakfast

Full Breakfast

Includes

Includes

Includes

Pork or Vegetarian Sausage

Pork or Vegetarian Sausage

Pork or Vegetarian Sausage

Bacon

Bacon

Bacon

Scrambled Eggs

Scrambled Eggs

Scrambled Eggs

Baked Beans

Baked Beans

Baked Beans

Toast

Toast

Toast

Cereals

Cereals

Cereals

Yoghurts

Yoghurts

Yoghurts

Fresh Fruit

Fresh Fruit

Fresh Fruit

Calshot Residential Lunch Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ham & Pineapple Pizza	Beef Burger in a Bap	Frankfurter Hot Dog				
Cheese & Tomato Pizza	Cheese & Vegetable Bake in a Bap	Pazzini				
Pepperoni Pizza						
Chipped Potatoes	Seasoned Diced Potatoes	Garlic & Herb Potato Wedges				
Sweetcorn	Garden Peas	BBQ Beans				
Baked Beans	Baked Beans	Sweetcorn				

Jacket Potatoes and Plain Pasta with toppings available daily

Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad				
Strawberry Mousse	Jelly Pots	Butterscotch Whip				
Assorted Yoghurts	Assorted Yoghurts	Assorted Yoghurts				

Fresh Salad Bar and Warm Crust Bread Available Daily

Calshot Residential Dinner Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pork Sausages	Chicken Korma & Boiled Rice	Weekly Road Dinner				
Vegetarian Sausages	Macaroni Cheese	Quorn Fillet				
Mashed Potatoes		Roast Potatoes				
Garden Peas	Broccoli Florets	Farmhouse Vegetables				
Baked Beans						
Onion Gravy	Garlic Bread / Naan Bread	Gravy				

Fresh Salad Bar and Plain Pasta available daily

Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad				
Pineapple upside down cake	Warm Chocolate Brownie	Fruit crumble & Custard				
Cheese & Crackers	Cheese & Crackers	Cheese & Crackers				



Any questions?

Please email solentjunior@thesolentschools.org



