



Residential Information Meeting

Mon 22nd Sept 2025 – Friday 26th Sept 2025

<https://youtu.be/lcW9BUtibaM>

www.coppicevalley.com



Dates and timings

Departure from Coppice Valley:

- Monday 22nd September 2025
- Bring children to the hall with all their belongings at normal time.
- Please bring any medication to staff so we can complete a medication form.
- Departure will be 10am from Coppice.





Dates and timings

Departure from Castle Head:

- Friday 26th September 2025
- Coach is booked for 1pm return to Coppice Valley.
- Should return to school for between 3-3:30pm.
- Communications will be made if there are any delays.



Location



Castle Head,
Grange over Sands



Accommodation

- Bunk rooms of between 4-8 children.
- Review rooms, common rooms and dining rooms.
- Tuck shop – Children can bring up to £10 to spend at the tuck shop/souvenirs





Accommodation

- Coppice staff always on duty.
- If you need something during the night, please go to a room where a staff member is staying.





Outcomes

- Confidence
- Emotional wellbeing
- Improved relationships
- Resilience
- Confidence in learning
- Understanding of the natural environment
- Team building





Our residential

Day/Date	Morning Session: 9.30am-12.30pm	Afternoon Session: 1.30pm-4.30pm	Evening Session: 6.30pm – 8.00pm or 7.00pm – 8.30pm
Mon 22 Sept	Arrival at: Lunchtime Introduction and tour of centre (Please bring your own packed lunch)	Interactive Tour/Team challenges	Team Challenges
Tues 23 Sept	1. High Ropes# 2. High Ropes# 3. Canoe#	1. Canoe# 2. Canoe# 3. High Ropes#	Night Trail
Wed 24 Sept	Hampsfell Walk Set up for camp		Campfire/Overnight camp
Thurs 25 Sept	Take down camp Disappearing Animals Secret Ponds		Orienteering
Fri 26 Sept	Bushcraft	Departure at: 8.30am	



Kit list

For all visits: Day or Residential

- **Suitable Clothing:** sensible top, jumper and trousers
- **Outdoor footwear:** Trainers (or walking boots / wellington boots if you have them)
- Waterproof Coat (and trousers if you have them)
- Small rucksack - for use during the day, suitable for your lunch, personal items and spare clothing
- Stationery for your course – e.g. pens, pencils, notebook, calculator and Clipboard if you have one
- Personal medicines (e.g. paracetamol, asthma inhalers, hayfever tablets etc.)

Depending on the weather / season Remember conditions can change, so look at the weather forecast and if you are unsure, bring it, just in case:

- Extra tops: bring layers so you can wear more or less as you need
- Gloves, hat and scarf
- Thick socks
- Sun cream, sun hat and sunglasses

For overnight / residential stays:

- Extra layers and changes of clothes (preferably not jeans which become cold when wet)
- Indoor shoes or trainers
- Pyjamas
- Towel
- Wash kit & toiletries
- Torch
- Reusable lunchbox for packed lunches
- Drinks bottle and/or thermos flask

Most centres can lend you outdoor clothing such as wellingtons, walking boots, waterproof trousers and waterproof coats, subject to limited availability. Bed linen is provided and towels for group leaders/staff.



Residential

- Do not bring any electrical equipment (including phones) they will be confiscated by Coppice staff/Castle Head staff
- Do not bring any aerosols
- Do not bring anything of sentimental value – no responsibility of Castle Head or Coppice Valley
- Medicines/inhalers must be given to Coppice staff before departure.



www.coppicevalley.com











www.coppicevalley.com