

Flatford Mill Residential Visit

Wednesday 22nd April -
Thursday 23rd April

Welcome to...

Flatford Mill



Flatford Mill is located English countryside of the Dedham Vale. It is about 40 minutes on the coach.

The Centre is set across three buildings in beautiful John Constable country in Suffolk. The Field-Study Centre is situated at the end of a lane that has no through traffic and offers visitors of all ages a much sought-after sense of tranquility sitting on the banks of the River Stour.

Situated in 7 hectares of grounds, these include riverside and lake margins, woodland and grassland, quiet areas with picnic benches all connected by circular walks.



The Mill and Willy Lott's Cottage are instantly recognisable since they feature in many paintings by Constable (location of his Haywain Painting).

The Mill



Willy Lott's Cottage /The Haywain

Flatford Mill Visit - Curriculum and reasons for going:

Primary purpose of the trip is that it links to the Year 5 Geography and Science Curriculum.

Objectives:

1. To develop and use orienteering skills and maps.
2. To identify small mammals and their local habitats.
3. To develop teamwork.
4. To develop interpersonal and organisational skills on an over night residential.
5. To build independence and resilience

Itinerary:

Day 1: Flatford Mill Typically:

Children will arrive in school with their suitcases packed / a small rucksack / water bottle and packed lunch

After Break: Children will board the coach and travel along the A12 to Flatford Mill (approximately 40-60 minutes)

- On arrival - children eat their lunch
- Children shown to their bedrooms and make their beds.
- Fire drill
- **First Activity:** Pond dipping/ orienteering / small mammal trapping
- **Dinner**
- Campfire songs
- Preparation for the next day / shower / bed

Day 2: Flatford Mill

7am start • Breakfast / making their own packed lunch/ packing

- **First activity:** Pond dipping/ orienteering / small mammal trapping
- Lunch
- **Second Activity:** Pond dipping/ orienteering / small mammal trapping
- **Return home** - children will be back in school for 3.15pm.



Orienteering:

- navigational skills
- map work – grid and compass references
- teamwork

Orienteering puzzles- Work with your team to navigate the route and solve the puzzles.
Is it the fastest or the smartest who wins?
A practical introduction to compasses and maps where children will complete an onsite course with problems to solve enroute.



Pond dipping:

- Identifying creatures in a pond habitat
- Classification keys
- Microscopes

Secret Ponds - Get wet and muddy, investigating the strange creatures that live in our ponds. Can you find the animal that breathes through a snorkel? Children will immerse themselves in life beneath the surface and explore how invertebrates survive in this freshwater habitat.



Small Mammal Trapping

- habitats
- classification keys
- teamwork

The pupils set out humane live traps to study the diversity and distribution of small mammals at Flatford, to have a close look at the animals, and attempt to understand their survival requirements and activity patterns. They use classification keys to identify the different mammals they have trapped before releasing them back into their natural habitat.



Campfire Sing-song!

Huddle together around the fire, for an evening of entertainment, stories and music. Sit back and relax with a hot chocolate as we sing and dance around the campfire!



Accommodation:

- Split across 4 buildings
- The bedrooms are mixed sizes
- Girls / boys are not in rooms together
- Most of the bedrooms have an ensuite bathroom
- St Peter's staff will be in the same buildings as the children
- **A Duty Officer from Flatford Mill is on site the whole time.**



The Mill



Valley farm



Willy Lott's Cottage



Bedrooms:

- The children have listed 4 friends they would like to share a room with.
- They will find out when they arrive at Flatford, who they are sharing a room with.
- Rooms range from 2-8 people in each with a shared bathroom.
- The children will have to make their own bed (sheet, duvet, pillowcase and strip them the next day).
- Once settled, they will practise a fire drill with the instructors on site.



Children will need to keep their rooms tidy and make their own beds. **Teachers will hold a room inspection!**

Food /Dietary Requirements:

The children will need a homemade packed lunch on the day we leave. They can have one small treat.

- Dining room (cafeteria)
- • Children are given large portions
- • Breakfast - cooked full English / cereal/ toast
- • Lunch - 1st Day - home packed lunch
- • 2nd day - children will make their own sandwiches
- • Dinner - Main meal / pudding
- • Snack - cake break
- Flatford Mill staff will know about allergies and cater for your child. It is important we have the most up to date information and you meet with your child's class teacher BEFORE the trip.



Kit List:

A small cabin sized case with wheels is perfect for the trip.

The children will have to carry their own cases down a country lane.

They will also need a rucksack:

- Packed lunch from home
- Plastic water bottle
- Pens/ notebook
- Rain mac
- Suncream

Kit List: (Uploaded onto the class website)

- Towel and shower gel / shower cap/ toothbrush and paste/ hairbrush and bands (No aerosols as these can set off our fire alarm)
- Bags for dirty and wet washing
- Pyjamas
- Underwear (including spares)
- Waterproof jacket -with hood is ideal (other waterproof clothing if you have these) -named please
- Wellingtons (and peg and plastic bag to keep these in) -named please- pond dipping
- Walking boots / comfortable trainers (these will get dirty) - orienteering, campfire, mammal trapping
- Warm sweaters/ hoodies/ fleece -named please
- Warm trousers such as tracksuit bottoms (Jeans are not good as they become cold when wet and avoid shorts as the children will be sitting on the ground or walking past bushes)
- T-shirt (no strappy tops)
- Thick socks (several pairs in case they get wet)
- Sun hat and sunglasses -named please
- Lunch box -named please
- Small Rucksack (may also bring a reading book and notebook and pen).
- Drinks bottle (not glass) -named please
- Torch (to use in bedroom if needed in night - no head torch) / small cuddly toy (optional)
- Sun lotion and insect repellent -named. Ensure your child knows how to use these.
- Pens, pencils, ruler, notebook (also reading book or puzzle book)



Clothing:

Be ready for all weathers as our activities are outside.
The best advice is to dress in layers that can be added to or removed.

ALL CLOTHING MUST BE LABELLED

For hot weather - sunhats, sun lotion, water-bottles. Sunglasses are optional.

For wet weather - waterproof jacket and boots.

No strappy t-shirts - risk of sunburn (we're not on holiday)

No jeans - as if they get wet, they don't dry quickly

No 'best clothes' - they are likely to get muddy

Pond-dipping - make sure open cuts are covered with waterproof pasters
(previously we needed a pair of rubber gloves but this is now not considered eco friendly)



Medication:

Medical forms must be completed and sent to office -these have general permission on in case your child needs Calpol, Piriton or Nurofen.

- Inhalers to be carried by child in own rucksack and spare inhaler to be given to the teacher.
- Medical Protocols - Children with specific medical conditions will have a separate meeting before the trip.
- Staff attending the trip will carry children's medication with them at all times.
- **Flatford Mill staff are all First Aid trained and the duty manager remains on site over night.**
- On the morning of the trip:
 - 1. Medication must be handed into Mrs Downey in the hall
 - 2. It must be in a sealed plastic bag which is clearly labelled with your child's name
 - 2. Medication is also clearly labelled with your child's name
 - 3. Include the office parental consent form: Child's name - dose - when it needs to be administered.

Preparing your child for the Trip:

- Make a sandwich
- Make their own bed
- Pack their suitcase
- Get ready for the day
- Clear the table



Items NOT allowed to be packed:

- Mobile Phone
 - iPad
 - Cameras
 - Electrical equipment such as hairdryers etc...
 - Spray deodorants
 - Aftershave /perfume
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- Please do not pack any additional Food items such as sweets, crisps, chocolate etc in the children's suitcases.
 1. Some children have severe food intollerances
 2. They are a choke hazzard
 3. We are out in the wild and don't want to encourage insects or anything else into the accommodation blocks!



Adults Attending Flatford Mill

Mrs Rodriguez

Mrs McGillicuddy

Mrs Kemp

Mrs Morris

Mrs Agyam

Mrs Downey

