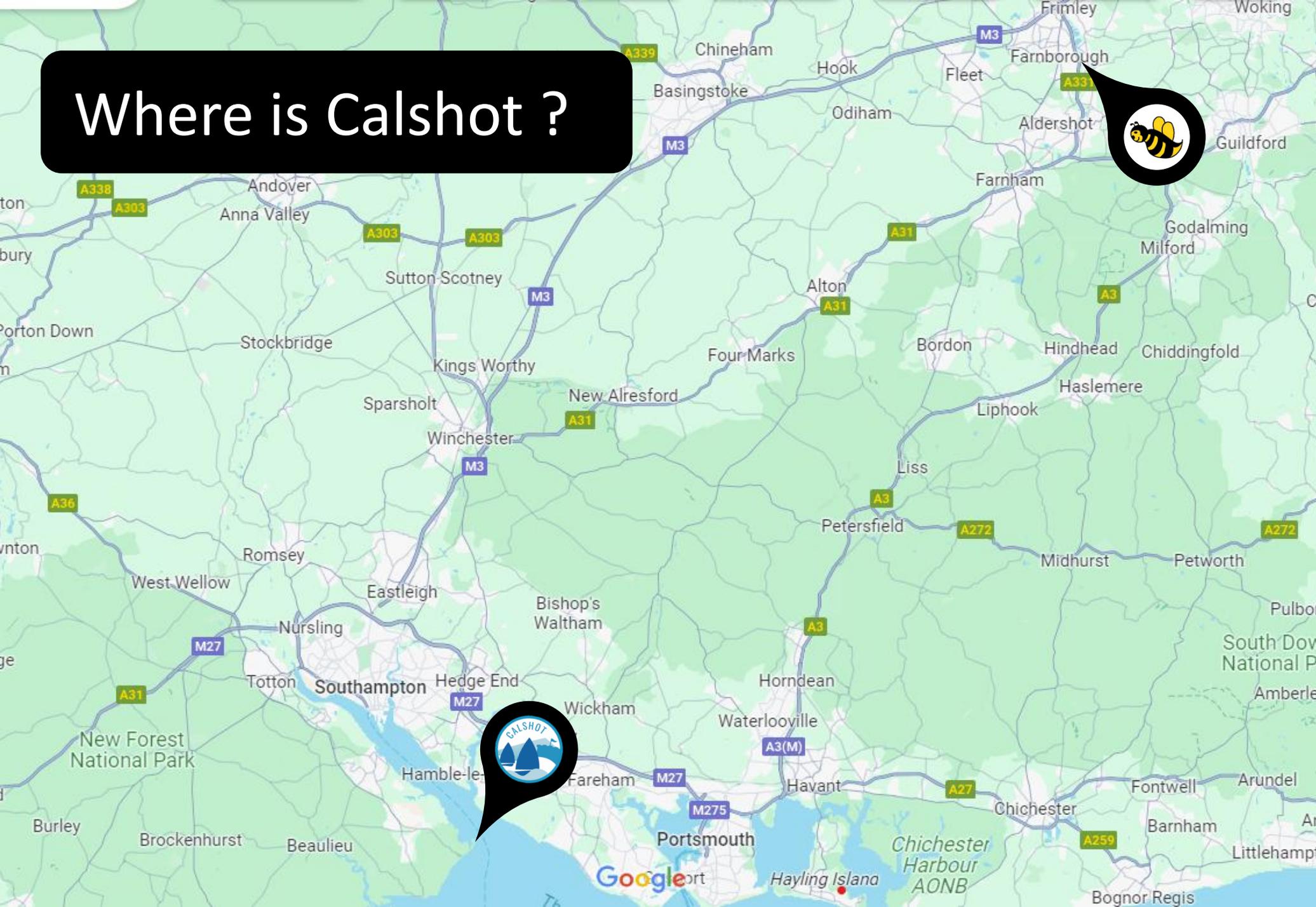




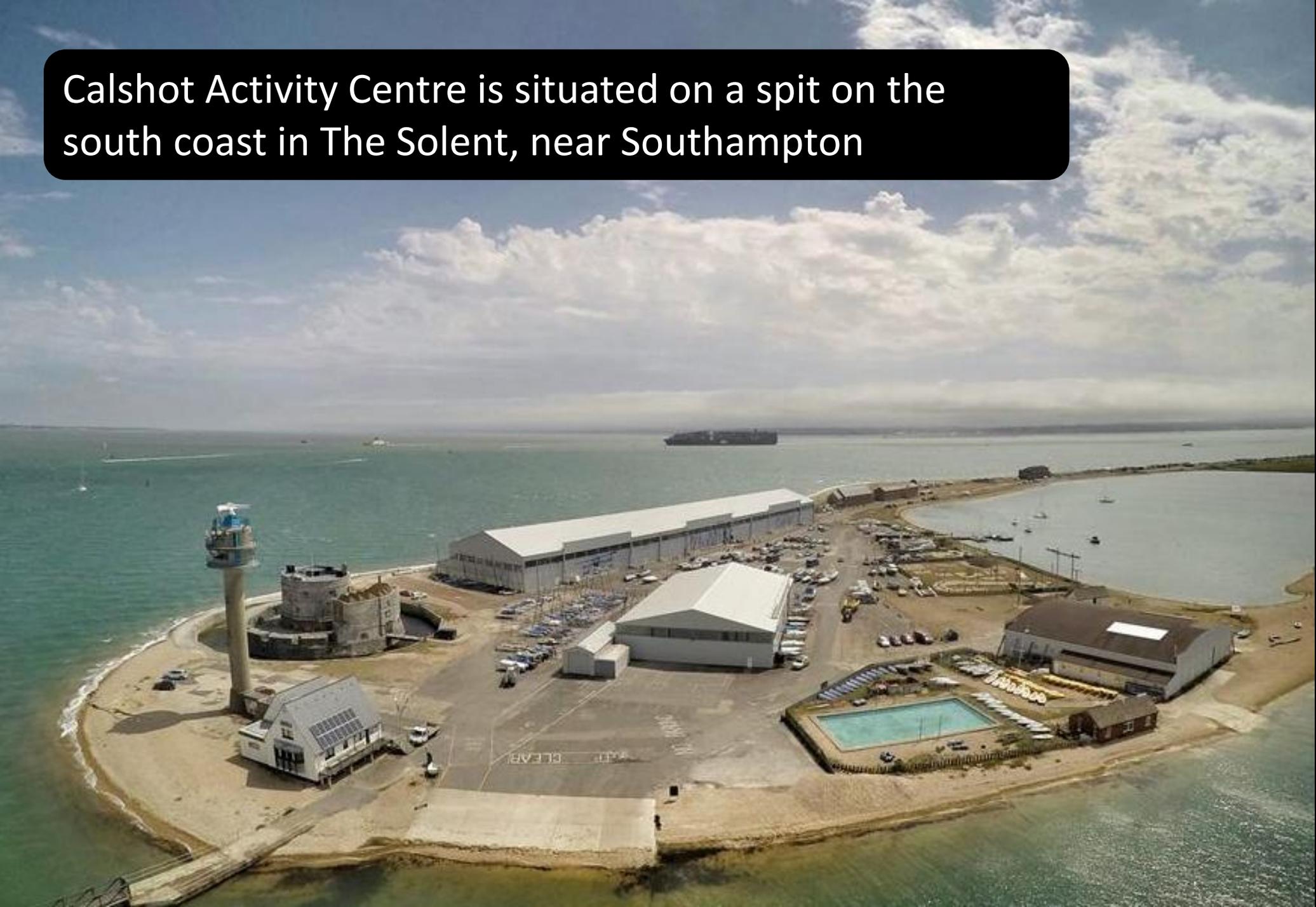
Year 6 Calshot Residential

24th to 27th February 2026

Where is Calshot ?



Calshot Activity Centre is situated on a spit on the south coast in The Solent, near Southampton



Learning Objectives

- Communication skills
 - Verbal and listening
- Teamwork/working with others
 - How to effectively work with others
- Managing feelings
 - Overcoming frustration, fear, shyness etc.
- Negotiating
 - Balancing points of view
- Problem solving
 - Developing solutions by thinking in different ways
- Confidence building
 - Through successfully completing challenging activities
- Co-ordinating skills
 - Mastering processes that require various motor skills
- Physical challenge
 - Pushing the body past normal physical comfort levels
- Rule bound activities
 - Encourage discipline and self control

Typical day

- 7.30am - Wash/shower & tidy room.
- 8am – Breakfast
- 8.30/8.45am – Room inspection!
- 9am – Activity 1
- 10.45 - 11am – Break
- 11am - 12.45pm – Activity 2
- 12.45 - 1.45pm - Lunch
- 1.45 - 3.30pm – Activity 3
- 3.30 – 3.45pm - Break
- 3.45 - 5.30pm – Activity 4
- 6 – 7pm – Evening meal
- 7 – 8.30pm – Evening Activity – team events
- 8.30 – 9.30pm – Prep for bed and lights out!

DAYTIME ACTIVITIES

- Abseiling
- Archery
- Indoor Climbing
- Orienteering
- Skiing
- Snowboarding
- Ringos/Donutting
- Team Challenges
- Cycling
- High & Low Ropes
- Beach Study
- Team Swing/Crate Climb

DAYTIME ACTIVITIES

Calshot offers the children the amazing chance to take part in lots of activities over the course of the week that they may not have had the opportunity to try before.

All activities are supervised and delivered by qualified instructors who take the time to get to know the children and discover their strengths and weaknesses. Although they will encourage the children to take part in as many activities as possible, they will never be forced to do anything they are not comfortable with.

DAYTIME ACTIVITIES

There are 3 activities which take place on the dry slope: skiing, snowboarding and ringos/donutting.

They will be assessed by the ski instructors and started at a height on the slope suited to their ability. Initially they are just trying to stand up in skis, however, they are usually much more confident by the second lesson, coming down from the top of the slope!

All equipment is provided, however, the children will need to ensure they have gloves and nice thick socks to protect their feet in the hard ski boots! Some children will have skiing as their first activity, so please can they **pack their socks and gloves in their hand luggage** so it's easily accessible!

DAYTIME ACTIVITIES

There is an Olympic size velodrome where the children will be able to test their cycling skills. It is sometimes used for training in the evenings so the children will have the chance to watch the experts! If they are not very confident or unable to ride, the instructors will be on hand to help. We have previously had non-riders able to ride a bike by the time they come home!

They will also take part in various outdoor activities such as high & low ropes and beach study. Outdoor activities take part in all weathers! February on the coast will be cold and windy so please be prepared with lots of warm layers!

Abseiling



archery



Indoor climbing



Dry slopes



skiing



Snowboarding



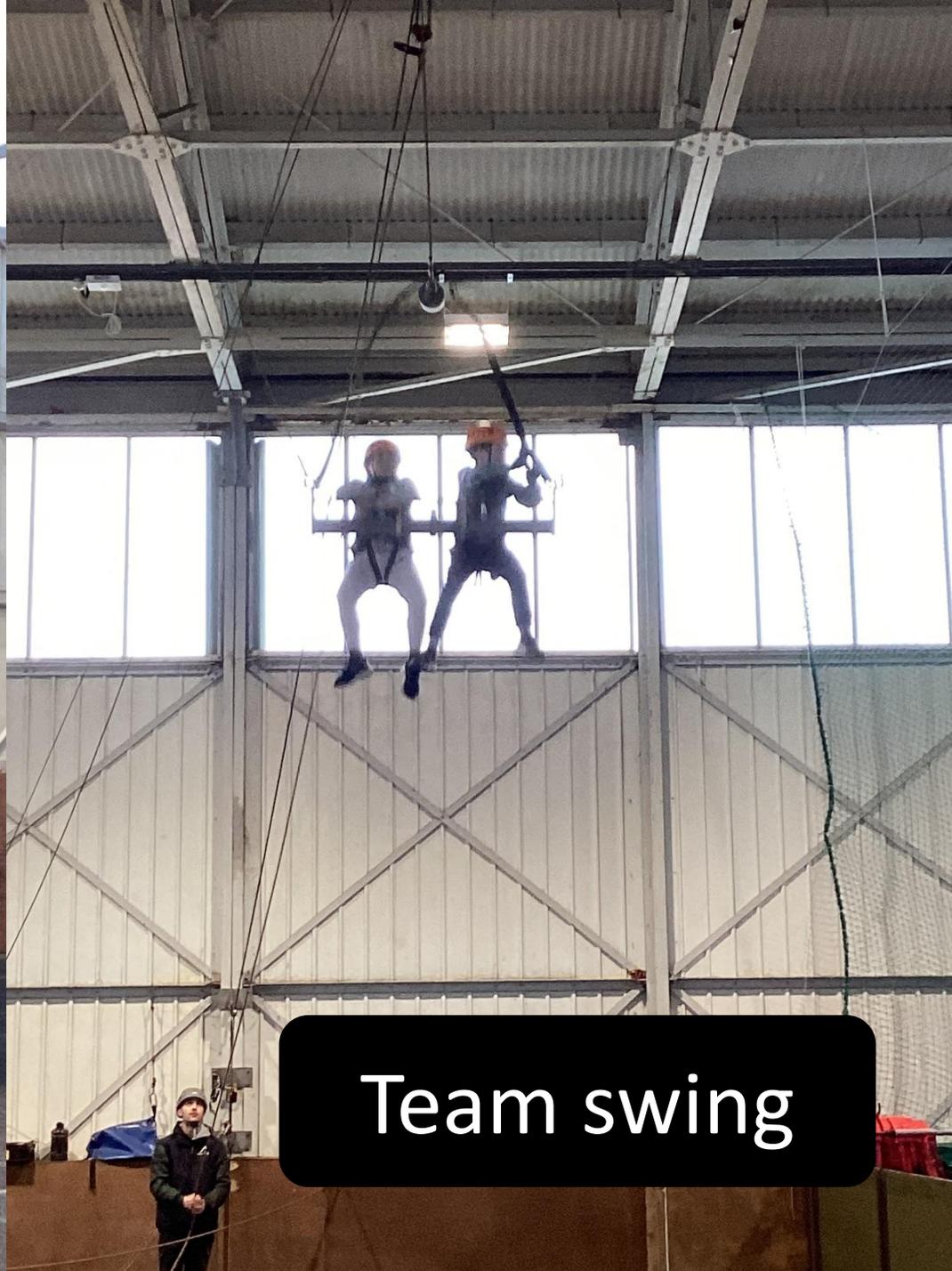
Donutting/Ringos



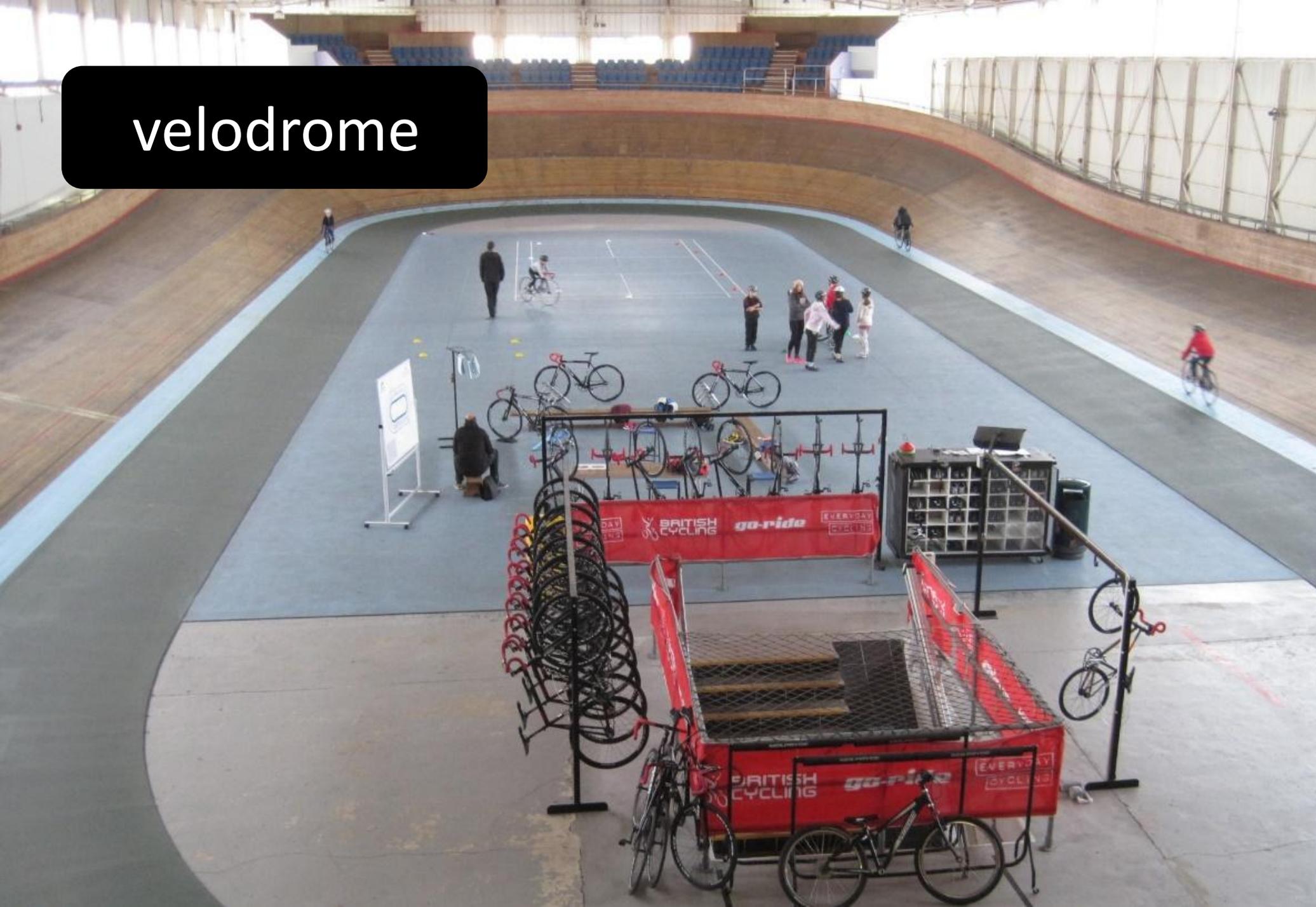
Crate Climb



Team swing



velodrome



High/low ropes



EVENING ACTIVITIES

- High Energy Competitions – Dodgeball, Giant Football, Relays etc.
- Egg Protector – Will your egg survive a drop from height?
- Film Night

Accommodation

The rooms are in a secure block which can only be accessed by staff. Dorms are made up of rooms usually with 3 beds either singles or bunks. There are plenty of bathrooms with 1 or 2 rooms to a bathroom. The dorms will be all girls or all boys.

The children will be asked to write down their top 5 names of who they would like to share with. If there is anyone they do not want to share a room with they need to let Mrs Allen or their teacher know. No-one sees the lists except the teachers and we will make sure they have at least one person from their list in their room and more in their activity group. They will find out which room they are in when we get there.

Accommodation

The children are required to bring all their bedding with them, a pillow and for ease, we recommend a sleeping bag rather than a duvet and sheets. Mattress protectors will be used if required.

Don't forget your cuddly toy!



Food

The food offering is very good with dietary requirements catered for. There are 2 hot meals a day plus snacks mid morning and afternoon.

Breakfast is a choice of cereal, toast or cooked breakfast. Plenty of fuel for the day's activities ahead.

The catering staff are very accommodating. If there is food there they don't like, they will have the choice of a sandwich or toast etc so they have had something to eat. Please make sure that your child's dietary requirements are up to date so that we can forward this to the centre ahead of our visit. If you have any queries regarding your child's dietary requirements, please contact the school office.

They will need to bring a disposable packed lunch on the first day (Tuesday 24th) to eat as soon as they get there. They will have a hot meal in the evening.

canteen



Departure day -Tues

- The coach will be leaving at **9.30am** – please do not park at the top of Andrewartha Road/Sycamore Road to enable the coaches have plenty of space to park.
- Children need to arrive at school at normal time (8.30-8.50am) and go straight to the hall.
- Suitcases can be left outside by the picnic benches (if it is wet we will bring them in to the hall)
- Parents are welcome to stay to see the children off. We will dismiss parents from the hall before the children. You can then proceed to the top of Andrewartha Road where the coaches will be parked. It will be really helpful if you could grab a suitcase on the way!

Departure day

- The children will need to have their hand luggage with them which should include: **Water bottle, hat, gloves, thick socks, mid morning snack and a disposable packed lunch.**
- Medication – All medication is to be handed in to Mrs Best in the hall on Monday morning. Please make sure that all medicines are clearly labelled with name and dosage instructions and there is enough for the week if necessary. If your child has an inhaler or AAI in school we will take this with us.
- If your child needs travel medication, please ensure that this is taken before departure and another dose is provided for the return journey home.

Other information

A copy of the packing list can be found at the back of this pack.

Please be aware of the following:

- **NO mobile phones or electronic games.** They are welcome to bring a disposable or digital camera for taking photos.
- NO sweets or fizzy drinks
- They can bring a book, Top Trumps or small card game to play when they get some spare time but they will be on the go most of the day.
- **MOST IMPORTANTLY** cuddly toys are most welcome (not too big!)
- Please complete the medical questionnaire as soon as possible.
- If you have any questions prior to the trip, please contact Mrs Allen via the school office.

Keeping you up to date

We appreciate that for some children, this will be the first time they have gone away without you and for some children (and parents!) this can be a worrying time.

Unfortunately, we cannot accept phone calls from parents to check that their child is OK. Please be assured that the children are well looked after and will have a fantastic time as soon as they get stuck in to the activities. If at any point there is a problem, you will be contacted straight away.

We will post daily photos of their activities on both [Facebook](#) and the [Year 6 class page](#) in the evenings. We will do our best to ensure that every child with permission is captured at least once, however, with the number of children on the trip, we may not get them all every day, so please be patient.

Coming Home - Fri

The children will leave Calshot, just after lunch.

We anticipate that the children will be back at school at approximately **2.30pm**. If we hear from the coaches that they will be earlier or later by 30 mins, we will notify you via an in-app message on Arbor and our Facebook page (this is often quicker than sending texts which can take some time to go through).

The children will be dismissed from the coaches at the top of Andrewartha Road. We will notify you the day before which coach your child will be on. You are welcome to grab their luggage from the coach as soon as it pulls up.

During this time, it can be very busy, therefore, to enable us to dismiss the children safely, they will only be called off once you have made yourself known to staff on the coach.

EMERGENCY CONTACT

In the event of an emergency only, you can use the following numbers:

8am to 4pm - 01252 545682 (School Office)

4pm to 8am – 07519 105384 (School Mobile)

Please note: The mobile is held by Mrs Byrne or another member of SLT who are still at school. You will not be able to contact the staff on the trip directly.

PACKING LIST

Item	Number of items	Packed at home	Packed at centre
Bedding – pillow and either sleeping bag (preferable) or bottom sheet, duvet and duvet cover.			
Small rucksack containing: Water bottle, hat, gloves, thick socks, mid morning snack and a disposable packed lunch			
Underwear			
Socks (including long, thick socks for inside ski boots)			
Long Trousers (It's important that the students do not wear jeans whilst doing the activities for safety and comfort reasons)			
Bin bag for used clothing			
Long sleeved T-Shirts (required for archery and snow sports)			
Jumpers/Sweatshirts/Fleeces			
Warm coat			
Waterproof Trousers/jacket for orienteering (these are optional)			
Gloves (compulsory for snow sports)			
Warm woolly hat and scarf			
Trainers or other substantial footwear			
Old shoes (that can get muddy), walking boots or wellies			
Lip salve			
Wash bag including:			
- Toothbrush & Toothpaste			
- Sponge/Flannel			
- Soap / Shower gel			
Hair Ties (We recommend long hair is braided for the week to save having to wash hair!)			
Towels			
Water Bottle			
Book/Top Trumps/Cards for free time			
Cuddly Toy			