



# Year 4 Residential 2026

Wednesday 15<sup>th</sup> – Friday 17<sup>th</sup> April 2026

Parent and Carer Information Session

Wednesday 11<sup>th</sup> February 2026



# Key Information

**Date of Residential:** Wednesday 15th – Friday 17th April 2026 (2 nights)

**Cost:** The total cost of the residential trip is £206 per child, which covers:

- 2 nights' accommodation
- Full board mealtimes (a breakfast, lunch and dinner - offering as much as a child wants to eat)
- Full day and evening itinerary of enriching activities that children will participate in
- Activities lead by qualified and experienced GBC instructors
- Use of GBC equipment and resources

# Year 4 – Gordon Brown Residential

- An aspect of the Year 4 curriculum, introduced year to build independence and resilience towards Y6 Residential
- Combines both Educational and Personal Development Learning objectives.
- Ideal location – local, outdoors, reduced travel costs.
- Provides engaging, hands-on learning beyond the confines of the classroom.
- Situated in a conservation area, covering 25 acres.
- Packed with adventure activities



# Year 4 Residential – Aims and Objectives

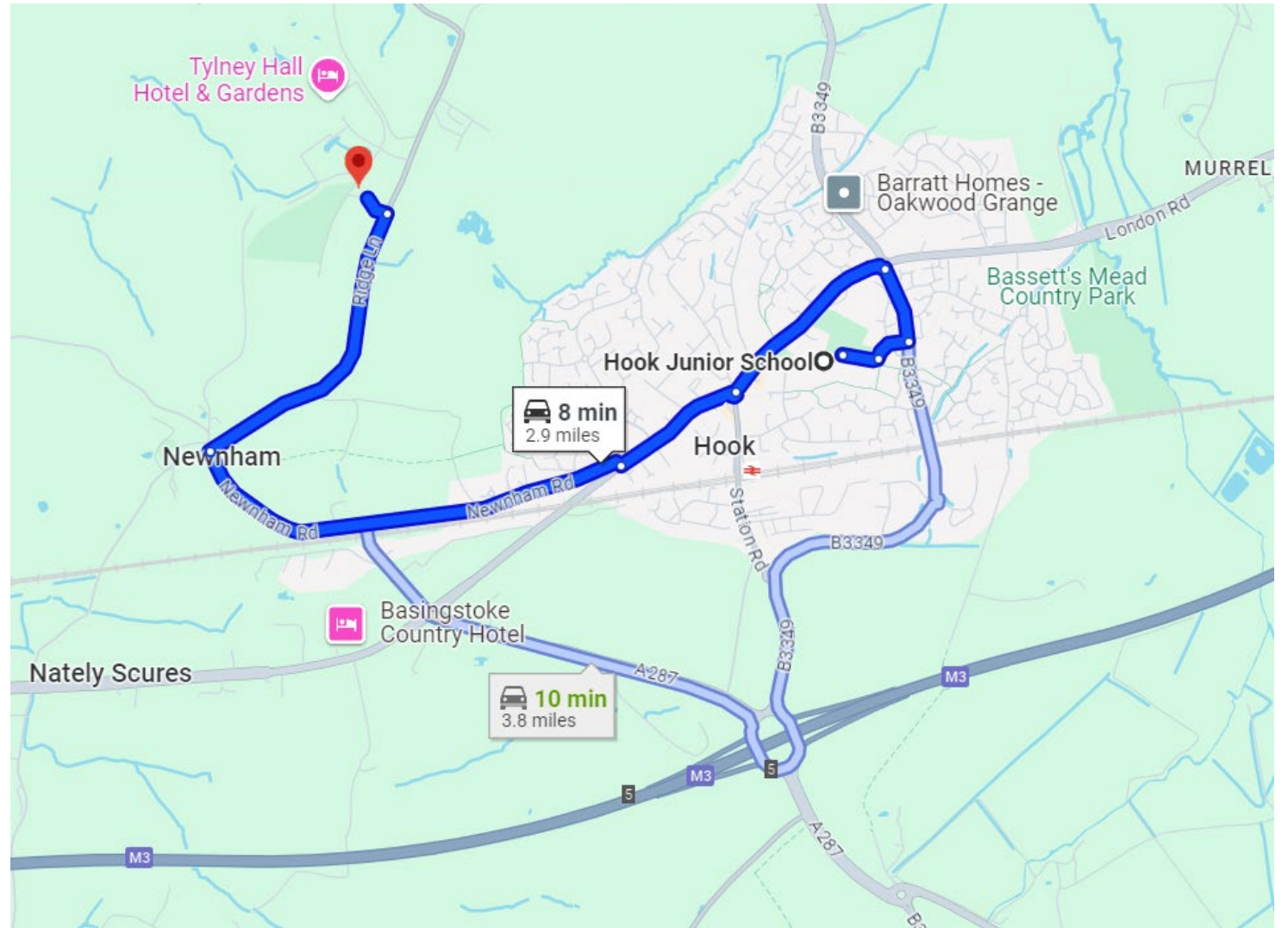
- Clear progression of skills in our Personal Development Learning (PDL) curriculum.
- Character development – learning about themselves and others beyond the classroom.
- Builds independence, resilience and confidence.
- Prepares children for future School Residentials.
- Develops team work skills.
- Shared experience with their peers.
- Creates memories.



# Location



More than just an outdoor centre; inspiring children since 1976



📍 Ridge Ln, Rotherwick, Hook, RG27 9AT, United Kingdom

# The Gordon Brown Centre



More than just an outdoor  
centre; inspiring children  
since 1976

- The Gordon Brown Centre is operated and owned by Brent London Borough Council and has been offering residential visits for over 40 years.
- During their stay, children will learn to be brave, play, create, explore, take risks, and make new discoveries – all within a safe, secure, and natural environment.
- All children are supported by school staff and the GBC team. The BGC team are highly trained staff who deliver our activities with all school staff supporting.
- Safeguarding checks and Risk Assessments are undertaken to ensure all Health and Safety requirements are met, by School staff and Hampshire County Council



# Drop off and Collection

- Drop off and collection will be staggered on both days.

Drop off time	Class	Collection time	Class
10:00 am	4NH	14:00pm	4NH
10:10 am	4GG	14:10pm	4GG
10:20 am	4CN	14:20pm	4CN
10:30 am	4ES	14:30pm	4ES



# What will we be doing?

Timetable	Day One	Day Two	Day Three
Breakfast	Arrival from 10am Get settled into accommodation Meet the GBC Staff Site tour Meet the animals	Breakfast 7.30am	Breakfast 7.30am
AM		Activities 9.15am-12.15pm	Packing 8.15am-9am Activities 9.15am-12.15pm
Lunch	Lunch 12.30pm	Lunch 12.30pm	Lunch 12.30pm
PM	Activities – 2pm-5pm	Activities – 2pm-5pm	Depart from 2pm
Evening meal	Evening meal 5.30-6.30pm	Evening meal 5.30-6.30pm	
Activity	Evening Activity 7.30-8.30pm Bed time 9pm	Evening Campfire 7.30-8.30pm Bed time 9pm	

# Accommodation

During our visit, children will stay in one of two self-contained indoor accommodation blocks sleeping 60 and 66 children.

Each block includes access to showers and toilet facilities and water stations are located around the perimeter of the buildings.

The Main building:

The children's accommodation consists of two dormitories with 24 beds in each plus a further two smaller rooms with 6 beds in each, a total of 60 beds. All children's beds are triple bunks.

The Shrubbery building:

The children's accommodation consists of two dormitories with 33 beds in each, a total of 66 beds. All children's beds are triple bunks.

# Accommodation

- We will have access to two buildings – two separate dormitories for girls and boys
- Accommodation is a short walk from the main office/reception.
- Purpose-built accommodation quarters – dormitories sleeping up to 33 children.
- Adult rooms are located next to children’s dormitories .
- Secure site with 24-hour security monitored by GBC staff.







# Activities



During their stay, children will take part in a range of activities lead by qualified GBC instructors and supervised by HJS staff.

Sample activity options:

- **Low Ropes Course** – a series of platforms, wires, beams and ropes to traverse around
- **Archery and Cordage** -
- **Trim trail obstacle course** – compete in two teams to win our obstacle course
- **Shelter building** – build shelters using natural materials
- **Fires and cooking** – cook popcorn over fires
- **Zipline** – two x 60 m x ziplines
- **Blindfold trail** – pair up to work along our 300m blindfold trail, navigating tunnels barrels, beams and more.



# Meals – fuel for adventure!

- During our visit, your child will benefit from a fully catered lunch and dinner service cooked onsite by the BGC chef and catering team.
- Breakfast is self-service.
- Children will dine in one of the indoor or outdoor dining facilities – depending on the weather.



# Menu

Self-Service Breakfast	<p style="text-align: center;">Toast with white and brown bread and a variety of spreads A range of cereals and orange juice and water plus tea and coffee for the adults</p>				
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A			Fish Fingers	Jumbo Chicken Sausage Hot Dog	Chicken (Non-Halal) Roll
Menu B			Vegetable Fingers	Vegetarian Hot Dog	Cheese Roll
Served with			Chipped Potatoes and Peas	Fries and Corn on the Cob	Crisps & Squash
Pudding			Iced Sponge Cake	Oat Crunch	Chocolate Biscuit
Evening Meal			Chicken (Non-Halal) or Vegetarian Katsu Curry with Rice	Macaroni Cheese with Salad	
Pudding	All evening meals are served with fresh fruit				

# Allergies and Dietary Requirements

- GBC cater for food allergies and intolerances (we inform GBC staff in advance).
- Although meals are prepared with care, due to the handling of allergens in the kitchen, GBC cannot guarantee meals will be allergen free, even after ingredients have been removed on request.
- They do not use nuts and/or nut oil in the production of food, however, some of the ingredients/items we use state that they may contain/or are produced in a factory containing nuts. Due to this, GBC cannot guarantee their site is nut free.

# What to bring

- A single bed-sheet (\*charge applies)
- Pillow
- Duvet or Sleeping bag
- Towel
- Washbag – soap, toothbrush...etc
- Plastic bag for dirty clothing
- Appropriate clothing
- Indoor shoes – sliders or slippers
- Outdoor shoes –waterproof, outdoor/hiking boot

\*Please check the weather

- No spending money needed.
- No mobile phones, tablets or toys
- No sweets or drinks

**Important message to Parents**  
Children only have a 60cm deep by 40cm height and wide lockers to store their belongings, so please ensure they stay within the suggested list below. Any additional belongings will not be able to be stored in the room.

**GBC**  
ADVENTURE  
IN EDUCATION

## KIT LIST – WHAT TO BRING

Please ensure that all items are named.

### CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and / or wet therefore you should bring several changes of old clothes for doing activities

- x7 Long sleeved shirt / T-shirts
- x1 Waterproof jacket
- x2 Fleeces / jumpers

**TOPS & JACKETS**

- TROUSERS & LEGGINGS** but not jeans as they get heavy and cold when wet
- UNDERWEAR & SOCKS**
- CLOTHES FOR THE EVENING** x1 set
- Suitable **NIGHTWEAR** x1

Your arms will need to be covered to do some activities

Your socks will need to cover your ankles to do some activities

### FOOTWEAR

- x1 pair of **TRAINERS**
- x1 pair of **WELLIES** and
- x1 for indoor

for activities for watersports

### OTHER ITEMS

- x2 **TOWELS** (x1 for showering)
- Plastic **DRINKS BOTTLE**
- Labelled **BIN BAG** for wet and dirty clothing
- SLEEPING BAG** or **DUVET** and
- x1 **PILLOW & BED SHEET** (unless otherwise advised)
- WASHBAG** including soap, shampoo, toothbrush and toothpaste

### TRAVELLING IN THE ...

**... SUMMER?**

- Shorts
- Baseball hat / sun hat
- Sunscreen

**... WINTER?**

- Warm anorak or similar
- Hat and gloves

### LOST PROPERTY

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact GBC. Postage will be charged for returning lost items, which will be held for one month.

### PLEASE DO NOT BRING

- Electronic devices
- Computer games
- Jewellery / valuables

# Preparing for the Residential

## In School:

- Talk positively and enthusiastically about the residential to build excitement and confidence
- Explain the purpose of the residential and what children will gain from the experience (independence, teamwork, resilience)
- Go through the timetable step by step, including meals, activities, bedtimes
- Share a social story with all children which will be sent home via Seesaw
- opportunities to ask questions, allowing children to share worries in a safe, supportive environment
- Normalise worries by talking about common concerns and how staff will help
- Reinforce expectations around behaviour, teamwork, safety and respect
- Highlight support systems, making it clear which adults will be there and how children can access help or support
- Encourage teamwork and friendships, including working in mixed groups to build confidence
- Share clear, consistent messages across staff to avoid mixed expectations
- Celebrate the upcoming challenge, emphasising bravery, resilience and trying new things

# Preparing for the Residential

At home:

- Talk positively about the residential – focus on the fun, new experiences and independence
- Listen to any worries your child has and reassure them that feeling nervous is normal
- Practise independence at home, such as packing a bag, getting dressed, or managing bedtime routines
- Encourage responsibility by letting your child help pack and look after their own belongings
- Talk through the timetable so they know what to expect (activities, meals, bedtime, sleeping arrangements)
- Practise being away from home, for example staying with family or friends for a night
- Label all clothing and belongings clearly to help your child keep track of their items
- Pack familiar comforts, such as a favourite teddy, blanket etc
- Remind your child who to ask for help – teachers and staff are always there to support children
- Avoid sharing adult worries – staying calm and confident helps your child feel the same
- Celebrate their bravery and independence as the residential approaches
- Stay upbeat at drop-off with a confident goodbye to help them feel confident and prepared

# Communication

- Lead Teacher will keep in regular contact with the school office
- School phone in case of an emergency
- Social Media updates

# What's next?

On Tuesday 24<sup>th</sup> February, we will be sending out our information and medical pack.

Please return all completed forms via the office by **Monday 16<sup>th</sup> March 2026** at the latest.

**Final payment by 31<sup>st</sup> March 2026**



Medical and Consent Form	
Name of Establishment:	
Visit:	
Date/s:	

### Personal Details of Participant

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_ Mobile (if applicable): \_\_\_\_\_  
Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ Male / Female (delete as appropriate)  
Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Emergency contact must be contactable for the duration of the visit / activities

Emergency Contact – 1) Name: \_\_\_\_\_ Number: \_\_\_\_\_

Emergency Contact – 2) Name: \_\_\_\_\_ Number: \_\_\_\_\_

Any special dietary requirements? \_\_\_\_\_

### Medical Information

Name and address of participant's Doctor: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ NHS Number (if known): \_\_\_\_\_

### Has the participant had or have any of the following? *Where 'YES', please give specific details overleaf.*

Asthma or bronchitis	Yes	No	Allergies to any know medication	Yes	No
Heart condition	Yes	No	Other allergies (material, food, animal, plasters)	Yes	No
Fits, fainting or blackouts	Yes	No	Other illness, disability or special needs	Yes	No
Severe headaches	Yes	No	Travel sickness	Yes	No
Diabetes	Yes	No	Sleepwalking	Yes	No
Regular medication	Yes	No	If a residential, overnight care considerations	Yes	No

### Is the participant receiving:

Support and/or treatment for mental health from their counsellor or Doctor? Yes No

Medical or surgical treatment of any kind from their Doctor or hospital? Yes No

Has the participant been given specific medical advice to follow in emergencies? Yes No

*If the answer to any of these questions is Yes, please give details overleaf (including name, dosage of any medicines)*

If it is considered necessary, do you consent to mild painkillers (Paracetamol) being administered? Yes No

If it is considered necessary, do you consent to hypo-allergenic sun screen being provided? Yes No

Has the participant received vaccination against Tetanus in the last 10 years? Yes No

### Consent for programmed water sports and water related activities

*(e.g. kayak, canoe, sail, windsurf, rafting, etc., or activities involving water e.g. caving, gorge walking)*

Please tick ONE of the boxes below to confirm the water confidence and swimming capability of the participant.

**Ticking either box confirms your consent to your child undertaking water activities within the programme provided.**

**This information will be passed to the Activities Provider to support any appropriate adjustments for inclusive participation.**

- A) My child and or I am water confident and can swim (including can submerge head without becoming distressed).
- B) My child and or I am a non-swimmer and/or may be nervous in and around water.

NB: If the planned water activities require a specific swim distance and or competence to take part, then this should be clearly communicated to the participants and or parent/guardian to gain this information. **If, for any reason, you wish to withhold consent for any activity, this should be detailed in the space overleaf.**

# Questions



<https://thegordonbrowncentre.org.uk/>