

Nethercott Residential Farms for City Children



Nethercott Residential

Friday, 6th July

to

Friday, 13th July 2018



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If you decide to keep your child at home on the Friday morning, they should have lunch at home, but please ensure they are at school by 12noon.

12pm Children to register in the school library area in Key Stage 2
 Leave labelled luggage in courtyard ready for boarding coach
 If not handed in previously hand in all medication with
 completed and signed medical forms
 Pocket money

12.30pm The coach will leave promptly

Friday, 13th July

8.30am The coach will leave Nethercott

9.30am Arrive back at Orchard Vale

Please be at Orchard Vale for this time ready to take your child home as they will be very tired and looking forward to seeing you, as well as needing a good bath.

Nethercott Residential—Kit List (Please note all clothing **MUST** be clearly named)

Essential Kit—place in labelled carrier bag

Wellington Boots (true heeled, loose, with a tall calf section) - write name inside

Nethercott will provide trousers.

Other Kit (for 8 days)

Suitcase/Kit Bag (clearly labelled and weighing no more than 12kg (children will need to carry these upstairs))

Wash kit (flannel, soap, toothbrush, toothpaste, shower gel/shampoo etc)

Several pairs of trousers/leggings/shorts (No jeans) (at least 1 set per day plus extras - these will get very dirty)

Several tops/t-shirts/shirts.

Clothing for relaxing and playing during the evening (but not best)

Thick socks for wellingtons

Socks (please pack more than you think as these do get wet)

2/3 Fleece/jumpers

night clothes (dressing gown)

Underwear (plenty)

Shower proof coat

Warm hat

Sun hat

Bath Towel

Sun cream

Trainers (couple of pairs)

Slippers (indoor footwear—no flip flops or oversized novelty footwear)

A small rucksack

Plastic drinks bottle

Small Teddy/Cuddly

Comics, book and small games (if they wish)

Plastic bin liner for dirty washing

A small amount of pocket money (no more than £20) to be handed in before coach departs.

Medication

All medication should be handed in to the School Office, by Tuesday, 3rd July. Medication must be in its original packaging, clearly labelled, accompanied by a signed Medical Form with clear instructions for use.

If your child is likely to suffer from headaches and may need Calpa please complete a Medical Form with clear instructions on administration for your child (fast melts or sachets are easier to administer)

Asthma inhalers—If your child is asthmatic please provide spare inhalers

If your child is likely to have night terrors/wet the bed please do let us know so that we can deal with this sensitively and efficiently with the minimum of fuss.

Things Not to Pack

No food or sweets (the children are well fed three times a day)

No hair straighteners and hair dryers.

No electronic games

No mobile phones

No MP3/iPods

No expensive items

The children will be responsible for their own belongings and should not bring anything that is precious or that they would be upset if it were lost or broken.

Menu – subject to seasonal change

	<u>MON</u>	<u>TUE</u>	<u>WEDS</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
Breakfast	Every day – 3 x cereals, home cooked porridge, fresh fruit, orange juice, toast, followed by:						
	Bacon rolls	Croissants & crumpets	Pancakes	Scrambled egg	Toast	Bacon, fried egg	Eggy bread & beans
Lunch Main	Sausages, mashed potato, fresh vegetables, gravy	Lamb curry served with rice and naan bread	Spaghetti bolognaise, served with fresh bread and cheese	Cottage pie served with fresh vegetables and gravy		Meat and potato pie served with fresh vegetables	Roast pork, roast potatoes, fresh vegetables, with apple sauce and gravy
Lunch Pudding	Lemon cheesecake	Fruit crumble and local ice cream	Apple cake and custard	Chocolate brownie	X	Lemon cake and cream	Bakewell tarts and whipped cream
Tea	Homemade pizza, <u>hummmous</u> & vegetable batons	Vegetable soup with homemade bread served with various fillings	Jacket potatoes with various fillings	Macaroni cheese, salad and garlic bread	Roast chicken, garlic bread and salad followed by tropical fruit platter	Pasta with homemade tomato sauce, pesto, cheese & fresh bread	Baps with various fillings, salad
	Every evening meal is followed by a seasonal fresh fruit platter for each table group to share						

Nethercott daily routines

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
7.30	1: Poultry 2: Dairy 3: Cows & Sheep	1: Cows & Sheep 2: Poultry 3: Dairy	1: Dairy 2: Cows & Sheep 3: Poultry	1: Poultry 2: Cows & Sheep 3: Pigs	1: Pigs 2: Poultry 3: Cows & Sheep	1: Cows & Sheep 2: Pigs 3: Poultry
9.00	Breakfast					
10.00	1: Donkeys Ponies 2: Farm task 3: Pigs	1: Pigs 2: Donkeys Ponies 3: Cooking	1: Cooking 2: Pigs 3: Donkeys Ponies	1: Donkeys Ponies 2: Cooking 3: Farm Task	1: Farm Task 2: Donkeys Ponies 3: Gardening	1: Gardening 2: Farm Job 3: Donkeys Ponies
11.45	Teacher Time				Pop-up Shop	
12.30 Lunch			1.00 Lunch			
2.15	1: Farm Task 2: Farm Task 3: Farm Task	Sunday Walk	1: Farm Task 2: Forest School 3: Farm Task	1: Farm Task 2: Farm Task 3: Forest School	1: Forest School 2: Gardening 3: Farm Task	Village Walk
3.30	1: Cows & Sheep 2: Donkeys Ponies 3: Indoors		1: Donkeys Ponies 2: Forest School 3: Cows & Sheep	1: Cows & Sheep 2: Donkeys Ponies 3: Forest School	1: Forest School 2: Cows and Sheep 3: Donkeys Ponies	
5.00	Tea					
6.00	1: Indoors 2: Indoors 3: Dairy	1: Dairy 2: Indoors 3: Indoors	1: Indoors 2: Dairy 3: Indoors	1: Indoors 2: Indoors 3: Dairy	1: Dairy 2: Indoors 3: Indoors	Packing Suitcases



TEAM WORK



CARING FOR THE ANIMALS



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TRACTOR RIDES



BAKING AND COOKING



WORKING IN THE KITCHEN GARDEN



WALK



FOREST SCHOOL





MEAL TIMES



DAILY INDOOR CHORES





EVENING FREE TIME





TIME FOR BED

