

Deansfield Primary School

Dairsie Road, Eltham, London, SE9 1XP

Tel: 020 8850 1218

Email: deansfield@compassps.uk

Website: www.deansfield.compassps.uk

Executive Headteacher Clara Daly

Interim Head of School Karen Baldwin



Manor Adventure Norfolk Lakes, Norfolk

Monday 8th – Friday 12th February 2027

Set within 65 acres of beautiful countryside in the heart of Norfolk, Norfolk Lakes is Manor Adventure's flagship centre for water sports. Just 11 miles from Norwich, it offers 37 acres of lakes for sailing, kayaking and paddleboarding, plus 25 acres of exciting land-based activities. With modern en suite accommodation, purpose-built indoor facilities and expertly delivered programmes.



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Dear Parents and Carers,

This information pack aims to give you all the details you require for your child's School Journey trip to Norfolk.

Centre Details:

Manor Adventure offers a comprehensive outdoor challenge program. Please visit their website and in particular the 'parent' section for further information:

<https://manoradventure.com/locations/norfolk-lakes/>

Travelling:

Children should arrive at school at 8.40am on the Monday. The coach will leave promptly at 10.00am. Your child will need a packed lunch and a drink for the journey down.

The coach leaves the centre around lunch time on the Friday and is due back at school by approximately 3.45pm. Please arrange either to meet your child yourself or have your child met on their return to school. We will message you via MCAS during the afternoon with updated information – please refrain from phoning the office.

Medicines & Dietary requirements:

All asthma pumps and Epi-pen held in school will be taken on the trip. Any additional medication should be clearly labelled with your child's name and instructions on dosage etc and handed to the school office the week before the Journey. If your child suffers from travel sickness, please administer a dose at home the morning of the departure and the returned dose clearly labelled and handed to the school office a week before the journey.

Please let us know if your child has any special requirements.

In addition, if your child has any worries which are likely to affect their school journey

(other than the normal concerns about being away from home), please come and speak to us.

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What can you expect your child to be doing?

The centre hosts 19 expertly led activity sessions, including archery, rifles, climbing, caving, low ropes, axe throwing, aero ball, fencing, bouldering, blind trail, obstacle course, campfire, disco, camp craft, crate stacking, high ropes, orienteering, wide games, survival skills.

Below is a sample itinerary:

7.00	Rise and shine
7.15 - 9.00	Breakfast
9.00 - 10.30	Activity session 1
10.30 - 10.40	Break Time
10.40 - 12.10	Activity session 2
12.10 - 13.30	Lunch Time
13.30 - 15.00	Activity session 4
15.00 - 15.15	Break Time
15.15 - 16.45	Activity session 4
16.45 - 18.30	Evening Meal
18.30 - 20.00	Activity session 5
21.00	Lights out

Payment Information:

The cost of the school journey is **£390.00**. This cost includes all activities, return transport to and from Norfolk, accommodation, all meals and use of facilities.

PAYMENTS SHOULD BE MADE USING THE ONLINE PAYMENT SYSTEM, My Child at School (MCAS). Please contact the school office if you have any issues logging in.

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There are two ways to pay...

One off payment of £390.00

Five monthly payments:

	Payment deadline	Payment
Deposit	15 th July 2026	£50.00
1.	31 st August 2026	£85.00
2.	30 th September 2026	£85.00
3.	31 st October 2026	£85.00
4.	30 th November 2026	£85.00

The deposit or full amount will need to be paid by **15th July** to secure your child's place on the trip. Please make regular monthly payments to ensure you are on schedule.

Grants are also available which help cover the bed and breakfast element of the journey. If you are currently in receipt of one of the benefits which also makes your child eligible for Free School Meals, please email the office to request an application form. All requests for grant applications must be made by **15th July 2026**.

Recommended Kit list:

Below is a recommended kit list for your residential stay at Manor Adventure, Norfolk Lakes. Please do not feel you have to go out and buy new clothes or shoes for the trip. Old clothes will be much more comfortable and newer shoes could rub feet.

Please note the trip is in February, and the weather can be changeable. Children who gain the most from the experience are the ones who have appropriate clothing. Several thinner layers are always more efficient than one thick one. A waterproof layer is essential for wetter conditions. A thermal base layer is a good way of maintaining body temperature. Footwear is just as important, ideally a supportive, waterproof activity shoe/boot, trainers will be fine however try to avoid any canvas trainers.

Please remember clothing must be taken in a small suitcase or holdall. Each item of luggage must have the owner's name and school clearly labelled both inside and out. The luggage should be light enough for your child to carry unaided. All personal items should be marked in indelible ink with the owner's name (name labels are available to purchase from JK Clothing).

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Things you need:

- Luggage – please restrict this to one small/medium case plus one piece of hand luggage. (Metal framed rucksacks should be avoided as they are difficult to fit into the coach.)
- Sleeping Bag & Pillow.
- A drink bottle.
- Torch (for evening walk).
- Toiletries etc. (please note deodorants must be roll-on, no aerosols).
- Old clothes for activity sessions – long-sleeved shirts/jumpers, t-shirts, trousers/jogging bottoms (Not denim jeans), underwear & socks. Pack plenty, some activities will be muddy and wet.
- Suitable shoes/boots/trainers **x 2 pairs** – in case a pair gets wet/muddy.
- Waterproof clothing (jacket/trousers) - ESSENTIAL
- Large plastic bag for dirty clothes.
- Bath towel to keep in the room.
- Swim/old towel to take to wet activities.
- Hat & Gloves.
- Pyjamas and slippers.

Useful items:

- Books, playing cards and other quiet activities for the coach and free time. NO electrical equipment, i.e. mobile phones or handheld games.
- A small rucksack and screw-top water bottle for taking to activities.

Useful notes:

- No jewellery (including piercings), except for stud earrings.
- No wellies.
- Denim jeans are not ideal for outdoor use.

Deansfield Primary School and Manor Adventure cannot accept liability for the loss of any personal property taken on the school journey – so please don't bring any valuable items, expensive clothing and footwear, mobile phone, handheld games consoles etc. We're unable to store them and they won't be insured.

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School Journey Code of Conduct

We will:

- Do our best and work hard.
- Be polite and respectful to all adults and children.
- follow instructions when asked by an adult.
- Be kind and helpful to each other.
- Always make the right choices.
- Listen clearly to all instructions and follow them carefully.
- Take care of all equipment and use correctly.
- Act safely at all times, setting a good example.

Failure to adhere to the above Code of Conduct will lead to a child being collected from the Centre at the parent's cost.