



West Moors Middle School

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9<sup>th</sup> May 2024

## Buddens: Dietary, Medical and Additional Needs

We are 2 months away from our KS3 residential trip to Buddens Activity Centre. Hopefully, everyone has had a look at the kit list and is starting to plan what items need to be packed. Last term the kit list was sent out to parents/guardians to give them ample time to plan ahead, however, we have once again attached the kit list to this email for your benefit.

Please can all parents/guardians complete the **Dietary, Medical and Additional Needs** section below and **return it to school by the Wednesday 15<sup>th</sup> May**.

Once again, please be aware that **mobile phones will not be allowed** on the residential trip. If there is any reason a parent needs to be contacted by their child, a school mobile phone will be provided.

Lastly, at the centre the children will be able to access the tuck shop once on our visit, with a maximum budget of £10.

If you have any further questions, please do not hesitate to ask.

Kind regards

Mrs Cope

KS3 Phase Lead



Headteacher: Dr D Craddock PhD MA BSc (Hons) NPQH



**Dietary, Medical and Additional Needs**

Name of child: \_\_\_\_\_

Tutor Group: \_\_\_\_\_

<b>Dietary Needs</b>	<b>Medical Needs</b>	<b>Additional Needs</b>

- **Please return this form to tutor by Wednesday 15<sup>th</sup> May 2024**

# KIT LIST

## ESSENTIALS

- Waterproof sunblock SPF50
- Reusable drinks bottle
- Sleeping bag
- Pillow & pillowcase
- Wash kit - soap, shampoo, toothbrush & toothpaste, roll on deodorant (no aerosols)
- Towels - 1x washing & 1x beachtowel
- Bin liner/plastic bag for wet/dirty clothing & shoes



### STAYING AT BUDDENS - ALSO BRING -

- Eating utensils & equipment - cutlery, non-breakable cup/mug, plate & bowl
- Tea towel

DON'T FORGET TO LABEL ALL YOUR ITEMS!

## WET STUFF

- Swimming costume / trunks / board shorts
- Rash vest - advisable
- Wetsuit - optional depending on the weather
- Wetsuit shoes **OR** an old pair of trainers



RASH VESTS DRY QUICKER THAN OTHER MATERIALS & ARE INEXPENSIVE

## DECATHLON

We have teamed up with Decathlon to provide you with a variety of clothing and watersports wear at a discounted price. Check out the [WEBSITE HERE](#) for our recommendations. Their items are both affordable and good quality.



## CLOTHING

- Jumpers & sweatshirts
- Tops - longsleeved & t-shirts (shoulders need to be covered)
- Tracksuit trousers & Jogging bottoms
- Shorts
- Warm pyjamas / nightwear / bed socks!
- Underwear - lots of - especially socks!
- Waterproof bottoms
- Jackets - warm coat - light weight rainproof jacket
- Hat - sun hat or woolly hat (depending on weather)
- Gloves if it's chilly!



NO JEAN MATERIAL - IT DOESN'T DRY EASILY!

## FOOTWEAR

- Trainers - 1 pair for land activities - 1 pair for water activities (if you don't have wetsuit shoes) - 1 dry pair for the evening
- Wellies (weather dependent - Buddens)



## OTHER

- Label **ALL** medication
- Maximum of £10 advised for the tuck shop/cafe

## DO NOT BRING

No valuables  
No mobile phones  
No expensive clothing

We are unplugged so no opportunity for charging!