



Frequently Asked Questions

Please see our FAQs below which should hopefully prove useful to you.

Travel arrangements:

What time should I be in school on the morning of departure?

The arrival time in school is 5.45am – it is important you are here on time as we need to register students, load up the coach and depart promptly. It is vital that we leave promptly to avoid the London traffic and we will be unable to wait for students arriving late for this reason.

How will I know what time the coaches are due back on the Friday?

We will send you a text message when we are about 2 hours away from school confirming our approximate arrival time. Please note this message will be personal to you, and relate to the coach your child is on. Please ensure you are there to pick up your child on time.

I have organised for another adult to collect my child at the end of the trip – is this ok?

All students need to be registered before they are dismissed. Please provide us with details of who is picking up your child by email to OB@graveney.wandsworth.sch.uk and an alternative contact number if necessary. An older sibling can pick up your son / daughter provided they are at least 16 years old.

Medical issues:

My child has medication - when should I give this to school?

If your child has either prescribed or over the counter medication please complete the Medication Form enclosed in this pack and bring a spare set to the main school reception **by Friday 6th November**. It is crucial we receive this medication as soon as possible to allow us to plan your child's medical care. When bringing in medication please enclose it in a clear sealed plastic bag with your **child's full name (first name and surname) and Tutor Group written on the bag.**

The school will keep this spare set and return all medication after the trip.

What if my child is unwell whilst on the trip?

There is a member of Graveney staff based at the Outward Bound Centre for the trip who is on hand to deal with any illnesses as well as OB staff. If your child has a mild illness it may result in them missing an activity to recover.

What if my daughter gets her period whilst on the trip?

Please send your child with appropriate sanitary protection so that they are prepared. If

they are feeling unwell, or need reassurance, they should speak with a member of staff, who can provide them with support. Supplies will also be available at the Centre, should they be required.

Behaviour:

Is the behaviour policy different whilst on the trip?

We expect the highest standards of behaviour from all students whilst on the trip – the Graveney School Behaviour Policy applies. All students are expected to follow instructions, listen carefully and be respectful and cooperative at all times. Graveney students are ambassadors for the school. It is highly unlikely and has never happened on previous trips, however if behaviour on the trip is at a level that neither our staff nor the Outward Bound team feel is manageable then we will have to ask parents to collect from the centre.

Group organisation:

How are the groups of 12 students organised?

We have asked all students to identify 2 other students that they would like to be with on the trip. We can therefore guarantee that they will be with at least one of these other students. As one of the purposes of the trip is to get students to mix with those from other tutor groups, there may be other members of the group that they have yet to meet. In the mornings and evenings all students will be together again and so will have the opportunity to share with others how their day has been.

How is accommodation organised?

Students are grouped in single sex dorms and buildings. Students will be with between 1 and 6 people from their group of 12, so that they can support each other in their organisation.

Dietary requirements:

My child is particular about the food they eat, how will I know they have enough food?

The Dining Hall offers excellent food with several choices at each meal. There is always a vegetarian and halal option, and also second helpings!

Which meals are NOT included in the cost of the trip?

On the day of departure, breakfast and lunch are not included. Please provide a packed breakfast and lunch for this day. This should be easily digestible, and chocolate and fizzy drinks should be avoided. Please note no foods containing nuts are allowed due to allergies. Please ensure your child has a refillable water bottle.

Wellbeing:

My child is anxious about going on the trip- how can I reassure them?

We understand that your child will be feeling mixed emotions about coming on our Outward Bound Adventure ranging from excitement to nervousness. This is entirely normal and they won't be the only person feeling that way. Students will have an

opportunity to share their feelings with their Form Tutors in a session before they depart. Please encourage your child to take ownership of their preparation by letting them set out the things they need to pack and by giving them space to speak about the different things that pop into their head. Plan what you will do the evening of their return (e.g. watch a favourite show together or eat favourite food). Equally, you may be feeling anxious about your child being away for a week. Be careful not to pass this on!

What if my child is scared of a particular activity?

All students are encouraged to participate in all activities. In the event where a child feels unable to complete a task, their peer group, the instructor and the Graveney teacher will help them to navigate alternatives and manage their emotions around this.

Who does my child speak to if there is a problem whilst on the trip?

Your child can speak to any adult at the Outward Bound Centre - we are all here to help! The best person for them to speak to is the teacher looking after their group, or the instructor leading their group in the first instance as they will be with them throughout the trip.

Religious observance:

Will my child be able to pray?

Yes – there is a dedicated Prayer Room at the Outward Bound Centre. If we are out doing an activity, there are many moments of reflection which would facilitate prayer. Please encourage your child to share this information with their Group Leader so that this can be facilitated.

Packing and equipment needed:

Do I need to buy specialist clothing for the trip?

No. All specialist equipment (e.g. boots, waterproofs rucksacks etc.) are provided by OB and are of an excellent quality. Please refer to the packing list handed out at the Parents Evening and emailed home.

Why does my child need 2 pairs of trainers / plimsoles?

All students will be taking part in activities in which they are likely to get wet. It's therefore important that they bring a pair of shoes that they don't mind getting wet, e.g. an old pair. The second (newer) pair will be useful in the evenings at the centre. On other occasions they will be provided with walking boots or wellington boots.

Does my child need to bring spending money?

Everything is included in the price (other than breakfast and lunch on the first day), so spending money is not needed. There is an ice-cream shop in the village by the beach which may be open. We discourage students from buying food at the service station due to the high prices. If you do decide to provide your child with some spending money, please ensure it is no more than £10.

Activities:**What if the weather is bad?**

It is highly likely to be wet and cold at some points on the trip. However the OB team are expert at ensuring that the activities that are organised are appropriate for the conditions. This may mean staying at a lower level (rather than climbing to the top of a mountain). In the most extreme cases there are activities to be done at the OB centre.

My child can't swim – how will they participate in water activities?

The centre provides wetsuits, life jackets and safety briefings that ensure the safety of your child whilst on the trip. Your child will be able to participate in water activities even if they are a non swimmer or a weak swimmer.

Any other questions?

Please do ask at the Parents Evening or email OB@graveney.wandsworth.sch.uk
We're very happy to help!