



It's back...

Beckfoot School Enrichment Week

18th – 21st July 2022

Lakeside Camp





Purpose of tonight's information evening

- To give you an idea of what we will be doing on the trip and what you need to bring.
- To answer any questions you might have.
- To get you looking forward to Enrichment Week.

Key Information

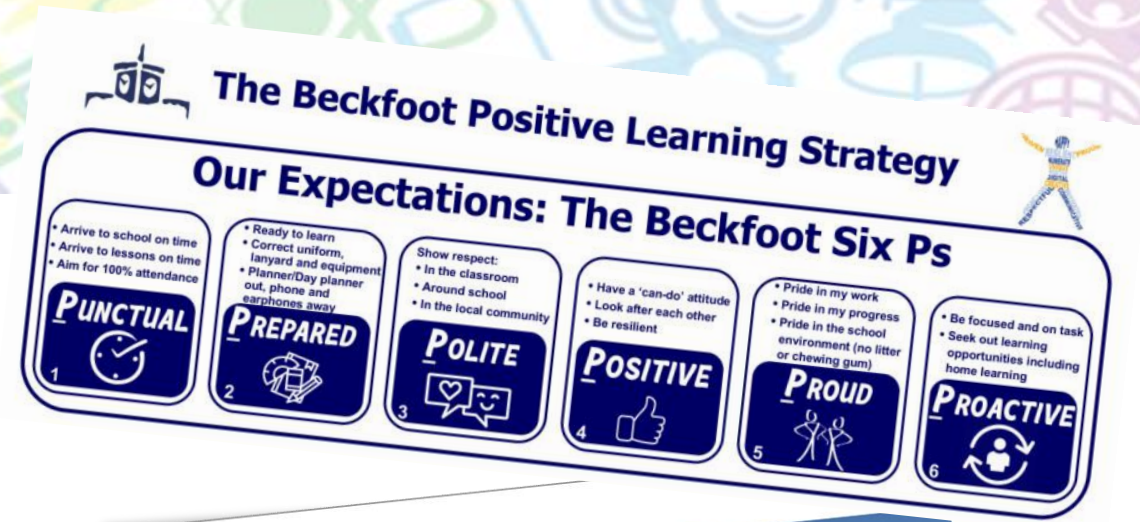
- We are so excited to bring back EW 2022!
- It's a brilliant opportunity to meet new people and a chance to learn new things and discover passions
- EW is from Monday 18th July to Thursday 21st July 2022
- Expectations of students are higher, as we're out of our comfort zones and with the general public – represent well at all times



Represent well

During EW, you represent yourself, your family and Beckfoot School so above all else, ensure you:

1. Show up, on time, with everything you need; attendance is compulsory
 2. Show politeness and respect everyone
 3. Keep a positive “can do” attitude
 4. Be proud to represent Beckfoot
 5. Do what is asked of you the first time, every time
- Do these 5 steps, and you’ll have a great time!



Meet the Team



Mr Cain



Miss Noble



Mrs Redmond



Mr Barker



Itinerary (Travel)

- Monday 18th:
 - 08:30 – students to arrive at school
 - 09:00 – Bus departs to Lakeside
 - 1 hour 30 mins to 2 hours
 - You will need to bring Lunch on the first day
- Wednesday 20th:
 - 13:30 – Leave Lakeside
 - Will be back to Beckfoot at around 15:00/15:30. We will keep you updated on the return journey.

Kit List

OUTDOOR WEAR

Things you don't mind getting muddy in!

2 Pairs of Trainers	One that you don't mind getting wet when you're on lake-based activities, and one for land activities that will still get muddy!
Socks	You will need at least 2 pairs of thick socks to keep your feet warm whilst out on activities. - Anything other than Nylon is perfect! You will also need other socks for when you aren't on activities.
Long leg trousers	Tracksuit pants, fleece and Poly-cotton are all great choices! JEANS ARE NOT SUITABLE! So please don't bring them. They will get heavy and uncomfortable when wet. Plus they take a long time to dry.
Tops	Warm long sleeves tops are a must - Fleece is best! Acrylic, Wool and Poly-Cotton are good choices too. Also bring plenty of T-shirts!
Hat and Gloves	Keeping your head and hands warm is essential! Wool or Fleece does the job, this is especially important during the colder months of the year
Waterproofs	We are based in the lakes, and there's a constant chance of rain, so waterproof jacket and trousers are crucial to fighting off the elements

Kit List

YMCA Lakeside have a supply of torches, waterproofs and walking boots which we are happy to lend you during your visit.

PERSONAL KIT

Wash kit and towels	Shampoos, shower gels etc. For when you want to feel clean after hours in the mud and water!
Torch (With spare batteries)	Perfect for making your way to back to accommodation after your evening activity as Lakeside is very dark after sunset.
Bottle for drinking water	You need to stay hydrated whilst out on your activities, so this is essential!
Sleeping bag	Only necessary if you are sleeping in a tent! If not in a tent don't worry; all your bedding is provided.
Rucksack	For carrying around your belongings whilst out and about!
Casual Clothes	For when you don't plan on getting wet and muddy!
Nightwear	Something for you to sleep in.
MEDICATION	If you require any medication it is of the utmost importance that you please bring it with you.

Kit List

SUMMERTIME EXTRAS

Sun Screen	If you are one of the lucky ones and the sun is set to make an appearance, make sure you pack this! When it's closer to your visit check to see what the weather forecast says. But if you're unsure it's better to be safe than sorry!
Insect Repellent (not to contain DEET.)	As we are based on Lake Windermere there can be some insects nearby, so this can be helpful, but please no DEET!!
Sun hats, Caps and Shades	Perfect for keeping the sun out of your face if you are out on Lake Windermere.

OPTIONAL ITEMS

Thermal underwear	More important in the colder months.
Umbrella	Only if you're determined to fight the elements and keep them at bay!
A disposable camera	Perfect for capturing your favourite moments at lakeside and they are a lot cheaper than expensive digital cameras.
Some small change (money)	For the shop and vending machine. Careful not to bring too much though.



Kit List

- Water Bottle is really important.
- You will need 2 pairs of shoes. One for dry weather activities and one for Lake activities.
- The waterproof gear (mainly trousers so still bring a coat) will be provided by YMCA.
- Bring a bin bag for wet clothes.



Kit List

WHAT NOT TO BRING!



We are all about having fun in the great outdoors and all of these can be distractions and if they were to break, could ruin your stay with us!


- Jeans
 - Mobile Phones
 - Laptops
 - Computers
 - MP3 Players
 - Kindles
 - E-Readers
 - Expensive watches
 - Jewellery
- Any other expensive items that may not be covered by your insurance

Sample Itinerary – Not finalised yet

Session		Time	BECKSCH 1	BECKSCH 2	BECKSCH 3
Monday 15 Jul					
Mon	12:00 - 13:00		Arrival 2	Arrival 2	Arrival 2
Mon	14:00 - 15:30		Runway	Initiatives 2	Challenge Course 1
Mon	15:30 - 17:00		Initiatives 2	Runway	Crate Stack
Mon	18:30 - 20:00		Raft Building SC 1	Raft Building SC 2	Raft Building SC 3
Session		Time	BECKSCH 1	BECKSCH 2	BECKSCH 3
Tuesday 16 Jul					
Tue	09:30 - 11:00		Bushcraft 1	Bushcraft 2	Runway
Tue	11:00 - 12:30		Bushcraft 1	Bushcraft 2	Initiatives 2
Tue	14:00 - 15:30		Challenge Course 1	Crate Stack	Bushcraft 1
Tue	15:30 - 17:00		Crate Stack	Challenge Course 1	Bushcraft 1
Tue	18:30 - 20:00		Own Programme 1	Own Programme 1	Own Programme 1
Session		Time	BECKSCH 1	BECKSCH 2	BECKSCH 3
Wednesday 17 Jul					
Wed	09:30 - 12:30		Group Canoe 1	Group Canoe 2	Group Canoe 3



Evening Routines

- The last activities will finish at around 8pm.
 - Students to go to rooms at this time (can be in each other's rooms).
 - 9:30pm: Teachers will go around the rooms and tell students to get into their own rooms.
 - 10:30pm: Teachers will go around the rooms again to say that its lights out.
- 


Additional information

- A sample menu for the provided food can be found on the website.
- All other information (including pictures/brochures can be found there too).
- <https://www.lakesideymca.co.uk/schools-youth-groups/>
- Or Google: 'YMCA Lakeside'





Thursday

- We are in school on 21st July
 - Creative activity in the morning
 - Film in the afternoon
 - You might want to bring lunch with you
- 



Any questions?

