



12th June 2026

Dear Parent/Carer

Year Six: ROCK UK Residential Trip – Monday 6th July – Wednesday 8th July 2026

I am pleased to be able to provide you with final details of the arrangements for our residential trip to ROCK UK.

If you require any further information or have any concerns you wish to discuss with me or the team, please arrange to speak with us via the School Office.

OUTWARD TRAVEL ARRANGEMENTS: Outward Journey on Monday 6th July

We will travel to ROCK UK by coach

ARRIVAL TIME AT SCHOOL

Please ensure that your child is wearing a sweatshirt with the school logo and has a coat with them.

Some children will be taking part in water activities when we first arrive. We don't have access to rooms until after the first activity, so please can all children come to school wearing clothes they don't mind getting wet and muddy. Please also pack their wet shoes and towel at the top of their suitcase for easy access.

Your child should arrive at school at the normal time. They should come into their classroom via their external classroom door. If you have medication to hand in, you will need to come to the Duloe room door (in between 6KW and 6AC classrooms).

If you wish to wave goodbye from the car park, we expect to **leave school at approximately 11:00am.**

MEDICINES

Children registered as having asthma **must** bring their inhalers from home with them on this trip. Children, who normally have medication kept in school, also need to **bring their medication from home** as we will not be taking the school medication. This is to ensure all vital medication is in school on our return. At the end of the trip, medicines will not be returned to children. Parents will need to reclaim them from the school office in the days following the trip. In the event that medication is needed immediately, parents can request it from staff once the majority of children have been collected on return.

All medication must be handed in by a responsible adult.

Within this letter is the form for parents to sign for permission to give medication. All parents must return this signed and completed form.

LUGGAGE

A kit list is attached to help with packing

- One medium-sized suitcase – please do not include any aerosols
- One item of hand luggage – this should be a small rucksack containing a packed lunch for Monday, if you are providing one from home.

Please ensure your child's coat is not packed in their suitcase.

HATS & CAPS

In case we have hot, sunny weather, your child needs to bring a baseball cap/hat to wear during the time when they will be "out and about".

PACKED LUNCH

Please could you provide your child with a packed lunch for Monday. Packed lunch will be provided for all children entitled to free school meals, unless you inform us otherwise in writing that you would like to provide one from home. Please note packed lunches must not contain nuts or nut products.

We expect to arrive at ROCK UK at **approximately 11:50am**. A message to say that we have arrived safely will be posted on our Facebook page www.facebook.com/CrosshallJuniorSchool

SECURITY

Staff will be in accommodation near to the children. A fire drill will be carried out shortly after we arrive at ROCK UK.

MEALS

Meals at ROCK UK are taken in the dining room. Breakfast consists of yoghurt, toast, cereal and juice options. A hot lunch will be provided. Evening meals are plentiful and the children can usually choose from two options. Special dietary requirements will be catered for. Please ensure we have the details in advance.

ACTIVITIES

During the trip, your child will be in a small group under the direct supervision of one of the CJS staff and members of staff from ROCK UK. They will participate in the following activities:

- Canoeing
- High Ropes/Aerial Adventure
- Paddle boarding
- Walk the Plank
- Rock Climbing

Evening activities, which will be supervised and led by Crosshall Junior Staff, will consist of:

- Campfire
- Football
- Disco (please pack a party outfit!)

RETURN TRAVEL ARRANGEMENTS: Return Journey on Wednesday 8th July:

We will travel back to Crosshall by coach.

Expected time of arrival at Crosshall will be **approximately 3:00pm**.

We will contact the school once we leave ROCK UK and updates will be posted on our Facebook page.

Please make arrangements to collect your child on our return. Please wait by the adventure playground and the children will exit through 6MH classroom and the spare classroom door.

EMERGENCY CONTACT ARRANGEMENTS

During school hours please contact the School Office on 01480 475972

MONEY AND VALUABLES

- Pocket money should be a maximum of £10 and this will be checked. Please send in some coins if possible and ensure this is placed in a **named purse**, rather than in an envelope.
- The group leaders will collect all purses for safekeeping and issue them to your child as required.
- **NO VALUABLES** should be brought on this trip (ie mobile phones, expensive jewellery, watches, etc).
- **NO ELECTRONIC DEVICES** such as hand-held computer game or similar on this trip. This also includes electronic tagging devices, such as Air Tags, either on your child or in their luggage.
- **CAMERAS**. If you wish for your child to take a camera, we recommend one of the disposable types. It must be labelled with your child's name.
- Please note that adults cannot take responsibility for valuables.

INSURANCE

Travel, personal accident/illness and property insurance for this trip have been arranged through our own insurance company. Any claims will be assessed by the company on an individual basis.

I would like to close this letter by thanking you for your support of this trip. We are confident that your child will thoroughly enjoy the experience of travelling with Crosshall Junior School.

Yours sincerely

Miss Angela Connor

Head of Upper School and Trip Leader

Attached: suggested clothing list, Item checklists, medical information, permissions and link to medical form

MEDICAL INFORMATION

If you need to send your child on the Rock UK residential with:

- prescribed medication, clearly labelled by the pharmacist;
- anti-allergy medication, eg Piriteze;
- inhalers – children will be responsible for their own inhalers, AeroChamber/spacer,

we offer you the opportunity to meet with staff responsible for its administration. If this medication is prescribed, you do not need to make an appointment, but may choose to do so. This is also an opportunity to discuss any special care requirements, eg bedwetting. We can offer these as follows:

Monday 29th June 2026 8:45am – 9:30am

We will inform you of your exact time slot by text. It is not necessary to make an appointment unless you have a specific concern.

Medicines kept in school, such as Epi-Pens/Jext Pens/allergy medicines, will not be taken. Parents must provide them from home. If your child suffers from travel sickness, please medicate them before leaving the house. We will provide medication for the return journey.

PARENTS MUST NOT SEND

- Calpol
- travel sickness tablets
- vitamin tablets
- fish oils
- foot balm
- Savlon
- Strepsils
- cough sweets
- cough medicine

We will take Savlon, sting relief, Calpol, Nurofen, Piriteze (for first time allergic reactions), travel sickness tablets, cough medication, throat lozenges and Vaseline.

We fully understand that a child may be prescribed medication by the doctor shortly before the trip, which you will not know about when completing the attached form, eg antibiotics. If this situation occurs, please alert the school as soon as possible.

Due to organisational constraints, we are unable to discuss changes to medication on the day of the trip. If you have informed us that medication is needed for the trip, please ensure it is provided on the day.

Please return the attached form to the school office by **Monday 22nd June**. Phone call reminders will not be made.

MEDICAL PERMISSIONS

RESIDENTIAL TRIP TO ROCK UK

The list that follows this page is intended as packing guidance for clothing. You may wish to include extra items, which are not on the list*.

We suggest that four complete changes of outdoor clothing are needed. Children do not need good, expensive clothing. They should have at least three sets of clothing that can be worn for a very wet and muddy activity. We do have three wet activities included so two sets of dry clothes for these days would be beneficial.

We have already explained to the children that they should be careful not to pack too many things as they have to carry their own luggage from the coach to their rooms. We hope that, by checking the clothing prior to both the Crosshall and ROCK UK departures, the risk of lost property will be reduced.

The prime considerations should be:

- comfort;
- possible weather conditions – hot/cold/rainy;
- ease of transport.

Please ensure all items have your child's name on. There is a checklist attached to this letter. **Please tick off the items as you pack and attach it to the inside of your child's case**, to help your child bring home the correct clothing.

It is helpful to pack the case with your child so that they can identify belongings on return.

LUGGAGE MUST BE LIMITED TO ONE MEDIUM SIZED CASE OR BAG AND HAND LUGGAGE.

PLEASE INCLUDE A LABELLED PLASTIC BAG FOR ANY MUDDY/WET CLOTHES.

PLEASE DO NOT PACK ANY SWEETS OR PERSONAL FOOD SUPPLIES.

* All children must wear a school logo sweatshirt for the outward journey and have a coat with them – **not packed.**

Name & Address:

All items must be clearly named

ITEM	CHECKED ON PACKING (TICK)	CHECKED ON DEPARTURE (TICK)
School sweatshirt (MUST BE WORN ON OUTWARD JOURNEY)		
Cap		
T-shirt (6)		
Trousers / Jeans		
Jogging bottoms		
Shorts		
Sweaters / Sweatshirt		
Rubber soled closed shoes for wet activities (flip flops and crocs are not acceptable)		
Underwear		
Socks		
Nightwear		
Dressing gown		
Bath and hand towels		
Washing kit – no aerosols		
Brush / Comb		
Indoor slippers or a pair of shoes for indoor use only (compulsory)		
Outdoor shoes		
Trainers / Walking boots (compulsory)		
Waterproof jacket		
Sun protection cream		
Bin bag for dirty clothes		
Party outfit!		