



**Heatherside Junior School**  
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Headteacher: Mrs H Dunn

24 March 2026

Dear Parents

### **Manor Adventure Activity Course – Monday 15<sup>th</sup> to Friday 19<sup>th</sup> June 2026**

Thank you for your prompt payments. We have now started to prepare for our residential visit in June. To enable these preparations to progress smoothly please complete the [parent consent & pupil information](#), **by Thursday 16<sup>th</sup> April**. Please ensure you specify any food allergies or specific dietary requirements that your child will require, including if they are vegetarian.

#### **Information evening**

An information evening for both parents and children will be held on **Thursday 21<sup>st</sup> May at 7pm**. when practical matters such as medication, clothing, personal equipment and arrangements for departure will be discussed.

A list of some of the adventurous activities the children will be undertaking and a kit list that the children will require for the week is also attached.

In the meantime, if you have any queries about our residential visit then please do not hesitate to contact me.

Yours sincerely,

Mr P.Wade



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### Programme of activities:

- Fencing
- archery
- obstacle courses
- indoor bouldering
- orienteering
- abseiling
- blind trail
- underground maze
- initiative exercises
- survival skills
- low and high ropes courses
- climbing
- zip wire
- canoeing and kayaking

### What will the children need?

#### Luggage

Please restrict this to one case or holdall plus one piece of hand luggage. Please ensure your child is able to carry their own luggage.

#### Bedding

- a sleeping bag, pillow and pillowcase.

#### Clothing

During the week the children will get extremely wet and dirty, so appropriate changes of clothing are essential: the older the clothes, the better!

Please ensure all items of clothing, footwear and towels are **named** so that once items have been dried or if they are mislaid, they can be returned.

#### Kit list

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• 3-4 T shirts and 4-5 long sleeved tops for activities such as archery and climbing.</li><li>• 3-4 pairs of tracksuit bottoms or casual 4 T-shirts</li><li>• trousers (<b>no jeans</b>).</li><li>• 1 pair of shorts for team games.</li><li>• 8-10 pairs of socks and underwear.</li><li>• 2 sweatshirts.</li><li>• a sun hat and a high factor sun lotion.</li><li>• waterproof jacket and a lightweight cagoule.</li><li>• 2-3 pairs of trainers - <b>a spare pair of trainers is essential</b>.</li><li>• nightwear and a pair of slippers</li><li>• scrunchies or bands to tie back long hair.</li></ul> | <ul style="list-style-type: none"><li>• wash bag, toiletries (<b>roll-on deodorants only</b>) and 2 towels.</li><li>• a refillable water bottle (<b>no 'air up' water bottles</b>).</li><li>• a large plastic bag for dirty clothing and a plastic bag to carry a towel and some dry clothes to change into after canoeing and kayaking.</li></ul> <p><b>Optional Equipment</b></p> <ul style="list-style-type: none"><li>• a spare pair of glasses.</li><li>• reading or puzzle books.</li><li>• paper and pencils.</li><li>• playing cards or travel board games.</li><li>• jewellery: only a simple analogue or basic digital wristwatch (no 'smart style' watches) and ear studs or sleepers if required.</li></ul> |
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**Mobile phones or tablets are not permitted**