

Young Mariners



Wednesday 7th – Friday 9th May 2025

Staff

- Mrs McLellan (Trip Leader and In Loco Parentis)
- Mrs North (SENCO)
- Mrs Smith (day time only)
- Mrs Bowran
- Mrs Thomas
- Miss Morris
- Mrs Cherry



Accommodation

- Lee Valley Youth Hostel.
- Next to Young Mariners base.
- Wooden chalet style accommodation.
- Rooms sleep between 2-8 on a mixture of single and bunk beds.
- Each room has its own en-suite bathroom and shower.
- Each lodge has its own kitchen and lounge area.
- There is a communal dining area at the centre.



Sleeping Arrangements

- The children have been asked to write a list of friends with whom they would like to share a room.
- We will make sure that each child has at least one friend from their list in their room.
- They may get more than one friend, but this depends on room numbers and combinations.
- As you can imagine, organising all the children is a tricky task and children may end up with someone that wasn't on their list in their room.



Children are responsible for keeping their rooms tidy – there will be a prize for the tidiest room!

Night Times

- Children will be in their bedrooms by 9pm – we (rather ambitiously) aim for lights out at 9:30pm.
- Each lodge will have at least one member of staff in.
- If your child has any sleep issues such as sleepwalking, night terrors, personal care etc. please make sure staff are aware. The more we know the more supportive we can be!
- The balcony doors will be locked.



Food

- Full cooked breakfast and dinner – plenty of choice!
- Packed lunch provided on Thursday and Friday.
- All children must bring a home packed lunch for the Wednesday.
- Dietary needs can be catered for.



Packed lunch includes packet of crisps, piece of fruit, biscuit bar and sandwich

Ham on white bread (Urban Eat)	246kcal
Cheese on white bread (Urban Eat)	335Kcal
Egg Mayo on white bread (Urban Eat)	334kcal
Cheese & Onion in malted bread (Urban Eat)	405Kcal
Chicken Mayo in malted bread (Urban Eat)	328kcal
Tuna Mayo in white bread (Urban Eat)	329kcal
Egg and Cress in malted bread (Urban Eat)	324kcal
Chicken & Sweetcorn in malted bread (Urban Eat)	310kcal
Tuna & sweetcorn in malted bread (Urban Eat)	308kcal

Menu

The children will choose their food choices before we go.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course 1			Meatballs with extra veggies in a tomato sauce with pasta & garlic bread	Classic cheeseburger and fries			
Main course 2			Vegetarian 'meatballs' with extra veggies in a tomato sauce with pasta & garlic bread	Crispy Bean Burger and Fries (v)			
Alternative	Jacket potato with cheese & beans (v)						
Sides	Salad Bar - consisting of lettuce, cucumbers, tomatoes and dressing. Fresh fruit						
Dessert			Chocolate Fudge Cake or Choc ice (v)	Waffles with caramel sauce and cream (v) or Choc ice (v)			

Activities

Activities take place at the Herts Young Mariners Base and include the following:

- Kayaking
- Stand-up Paddle Boarding
- Rock Climbing
- Bell Boating
- Orienteering



Kit List

- There is a comprehensive kit list.
- It is important that the children have several sets of clothing – **THEY WILL GET WET!**
- No jeans for day activities. One pair for evenings is fine.
- 2 pairs of trainers – one wet, one dry. (Water shoes if available)
- Children need to be able to carry/wheel ALL of their own belongings.



Additional Items

- No electrical items such as mobile phones, iPods, electrical games etc.
- Disposable cameras can be brought at their own risk.
- No sweets or additional food items are needed – we are extremely well fed there.
- No pocket money required.



Medicines

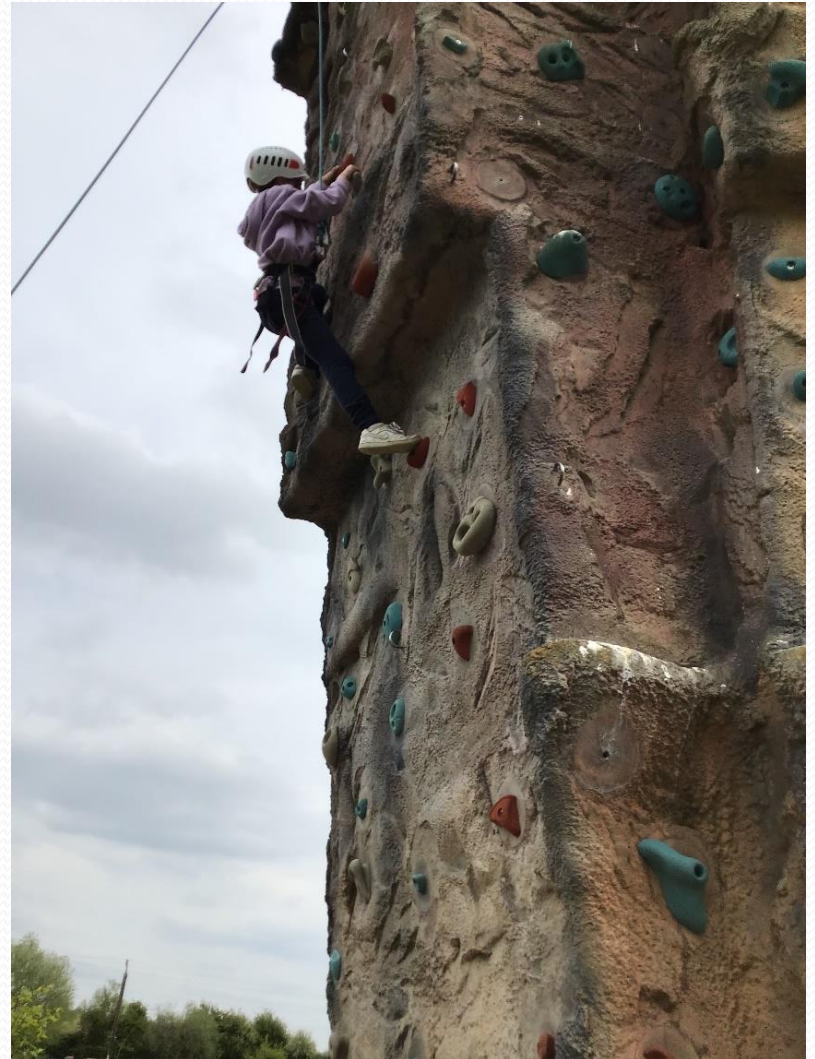
- You will be sent 2 forms. 1st is consent for Calpol, 2nd is for personal medication.
- On the morning of 7th May, medicines must be brought to school.
- Medicines should be named in a plastic bag with a list of clear dosage instructions.
- These need to be handed to Mrs Cherry. She will be responsible for the administration of any medicines while we are away.
- Please ensure there is enough of your child's medicine. Inhalers/Epipens should be full and in date.
- A spare should also be provided if possible.



- Mrs McLellan will act In Loco Parentis for your child for the duration of the trip.
- A parent will be in the UK at all times, during the week that my child is at YM.
- A parent will be **contactable** 24 hours a day.
- I understand my child will not be able to attend YM if, at the time of departure, they do not have the correct/in date **medication** with them for any medical conditions disclosed on the pre-departure forms. **Also if they have sickness and diarrhoea. Children can join when clear for 48 hours.**
- My child agrees to **adhere to our behaviour policy** at all times (this can be found on our website <https://redbourn-primary.secure-primariesite.net/policies/>)
- A parent will come and collect my child immediately if I get a call from a member of staff requiring me to do so, this may be because they have **sickness and diarrhoea, unwell or are not following instructions and putting self or others in harms way.**
- My child understands that **physical violence is not acceptable** and will result in a phone call to be collected and taken home.
- My child agrees to **remain with their allocated group** at all times.
- My child agrees they will **not leave an activity** or an allocated area of the YM premises without permission.
- My child agrees to **follow instructions from all YM staff and Redbourn Primary School staff**, at all times. Failure to do so will result in a phone call to be collected and taken home.
- My child agrees to be **respectful** to all staff, adults and other children. Failure to do so will result in loss of privilege, free time, activity, change of group/bedroom.
- My child agrees to use their **allocated bedroom and not enter other bedrooms**. Failure to comply will result in a phone call to be collected and taken home.
- My child understands any **banned items** such as electrical devices, specific food, penknives or money will be confiscated and returned when I collect them from school.
- My child understands that any **unacceptable behaviour**, as considered by Mrs McLellan, will result in a parent being called to collect them and take them home.

Emergencies

- Please do not contact the YHA or Young Mariners directly.
- Phone the school office, who will then contact us during office hours.
- We will Tweet regular updates about our trip.
- Should our expected time of arrival change on the final day the office will send a text to all parents/carers.



Timings

- We are going on Wednesday 7th May
- Come to school at normal time
- We will collect medication, check everyone has what they need
- The coach will leave at 10:30am – parents/carers are welcome to come back to wave us off
- We are due to be back on Friday 9th May around 2:30pm
- You will be able to collect your Y5 child, but not siblings

Any Questions?

