



Year 7 Mersea Island Residential Trip

14th -18th July 2025

Mr B Maher – Raising Standards Leader

Ms Gallagher- Assistant Principal

‘Be the best that you can be’

Respect • Teamwork • Resilience • Ambition • Integrity • Leadership • Self-Belief

Aims of the Trip

- To work as part of a team
- To try new things – Food/Activities
- To make new friendships
- To develop confidence
- To gain some independence
- To show leadership skills
- To develop organisation skills
- Most of all – To have fun!!!!



'Be the best that you can be'

Timings

- 14th July

Pupils to arrive at the front of School at 8:45am for a prompt departure at 9:30am

Please do not arrive before 8:45am

- 18th July

Departing Mersea Island at 13:30pm and aiming to be back at School for 15:30pm

When dropping and picking your sons up, please **do not park on site**



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Kit List



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Clothes and Shoes

- ☐ Nightwear / Warm Pyjamas (when camping it can get cold at night)
- ☐ Underwear and socks (please note that for many activities, socks will need to cover your ankles)
- ☐ Trousers / leggings for activities (not jeans)
- ☐ Shorts (summer groups, knee length for roped activities)
- ☐ 1 pair of trainers for activities
- ☐ 1 pair of shoes for water sports (preferably old trainers)
- ☐ Pair of dry shoes for evening activities
- ☐ Fleeces / sweatshirts for activities
- ☐ Long sleeved shirt/t-shirts (for activities where arms need to be covered)
- ☐ T-shirts
- ☐ 1 or 2 sets of clothes for the evening (disco if one is booked)
- ☐ Warm anorak or similar
- ☐ Wellington / waterproof walking boots (optional, winter groups)
- ☐ Swimwear including towel

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Kit List



... that you can be'

Other Items

- ☐ Sleeping bag or duvet, pillow and single bottom sheet (unless otherwise advised)
- ☐ One towel for showering
- ☐ One old towel for wet / muddy activities
- ☐ Labelled bin bags for wet and dirty clothing
- ☐ Wash bag (including soap, shampoo and toothpaste)
- ☐ Torch and Batteries
- ☐ Pen, Pencil and Writing Paper

Kit List



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Day Bag

- ☐ Small rucksack / bag
- ☐ Plastic drinks bottle
- ☐ Waterproof jacket / cagoule (and trousers if you have them)
- ☐ Baseball hat / sun hat
- ☐ Hat and gloves
- ☐ Sunscreen (summer groups)

All clothing items should be named to avoid loss

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Key Information from Kit List

- We are going to a campsite, please do not bring any clothes you do not wish to get dirty
 - Re-fillable water bottle
 - Sun cream/hat – extremely important!
 - Substantial packed lunch for the first day!
- Dinner at around 6pm
- One piece of luggage + one piece of hand luggage which your son will carry his packed lunch in on the first day
 - Bring Sleeping Bag and a Pillow



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Mobile Phones/ Valuables

- Do not bring valuables or mobile phones. There is nowhere to look after them or keep them safe. **We will take no responsibility for any valuables**
- I have been to Mersea and the trip is so much better when phones are banned.
- We will have a School phone that we can contact you on if there are any emergencies and will put photos on social media
- If you have an emergency and need to contact us your first point of call is the School Office



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Tent and Activity Groups



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- Tent sizes between 6-8
- Washing facilities are available.
- Pupils need to pick up a form from me, where they will write down their group of between 6-8 that they wish to share with. This needs to be brought to me by 16/6/23. One form per group
- I will then create the activity groups
- If your son has a group smaller than 6 that he would wish to share with, please tell him to come and see me

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Forms to be Returned- Med Form A



Med Form A

Hurstmere School Residential School Journey Health & Consent



'Be the best that you can be'

Name		Form
Address		
Date of Birth		

Emergency Contact Details (in order of priority)

	Name	Telephone Number(s)	Relationship to Child
1			
2			

Medical Information

Name & Address of Doctor			
Telephone Number			
If your son suffers from any of the following conditions please circle yes and give details – expand on a separate sheet if necessary. All replies treated in the strictest confidence			
Has he been in contact with any contagious or infectious diseases within the last month?	Yes/No		
Is he allergic to anything Eg aspirin, antibiotics, particular food, insect bites?	Yes/No		
Can the following be administered if required? Paracetamol, Ibuprofen, Antihistamine	Yes/No		

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Forms to be Returned- Med Form B



Med Form B

Parental Agreement for Hurstmere School to Administer Medicine on a Residential Journey

The school will not give your child medicine unless you complete and sign this form.

Hurstmere School	
Name of student	
Date of Birth	
Destination of residential journey	
Medical condition or illness	

Medicine

Note: Medicines must be in the original container as displayed by the pharmacy

Name/type of medicine <i>(as described on the container)</i>	
Date dispensed	
Expiry date	
Quantity received	
Quantity returned	
Dosage and frequency of medication	
Special precautions	



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Behaviour Contract



HURSTMERE SCHOOL

Name:

Form.....

Contract of Behaviour

1. Whilst on the trip, we are ambassadors for our school. Pupils will be expected to be on their best behaviour at all times.
2. During the day, pupils must remain with their teachers during all activities and visits (except during designated times, of which they will be informed).
3. During the free time given, pupils must stay in their sub-groups. They must always behave politely and respectfully.
4. Alcohol and cigarettes are strictly forbidden. It is also forbidden to purchase or carry knives, fireworks or other dangerous items.
5. Pupils will be responsible for their own possessions.
6. Money and valuables must be looked after carefully.
7. No litter is to be dropped.
8. Students are required to remain in their rooms at times designated by staff.

Forms to be Returned

- If you haven't already done so, please return these ASAP
- They have been sent out via email.
- I will print some and leave them in my room for people to collect if you're unable to print



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Medication for Trip

- This is to be handed to the medic for the trip on the day of departure
- The Medic will then administer the medication as and when needed



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Money

- Responsible for own money
- Recommended £5-10 max
- No Shops – Vending Machine ONLY



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Student Expectations



'Be the best that you can be'

- Students should maintain the same high standards whilst at Mersea Island as expected at Hurstmere
- Be respectful of others –
- Mersea Staff/Hurstmere Staff/Students from any school
- Use manners – Please/Thank you
- They don't cost anything
- Keep the campsite clear of litter
- Maintain a clean and tidy tent
- Parents – Should your son's behaviour become unsafe/inappropriate, your son may be removed from certain activities/sent home/Parents to collect from Mersea!!!

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