

Year 6 Residential Norfolk Lakes

Mon 31st March – Wed 2nd
April 2025



Norfolk Lakes is an activity centre managed by Manor Adventure. Located in Lyng, on the edge of the River Wensum, it is only half an hour away from Norwich but you feel like you're on holiday while you're there!



Click the image above to watch a video from their website.

Everything is close by...



Once you enter the site, everything you need for the trip is there. The accommodation is in the brown buildings on each side at the bottom of the picture, indoor activities and mealtimes take place in the middle building, but most of the time is spent doing outdoor activities based around the lakes.



The accommodation is on either side of the main building. The green space in front of each block can be used in free time – although we will be busy most of the time!

Accommodation



Accommodation

- Each building is split into three houses – each one has two dorm rooms, bathrooms and a room for an adult.
- There will be 4-6 children in each room. (Boys and girls will have separate rooms.)
- The centre always has a Duty Instructor on call overnight, just in case of any emergencies.



The food is child-friendly, plentiful and nutritious.

- Cooked breakfast
- Substantial lunch
- Big portions for dinner
- Always plenty of choice
- Vegetarians, Vegans and allergies are all catered for.



Course benefits for every child

Every child benefits enormously from the course - especially children who are not necessarily academic or sporty.

- Education outside the classroom
- Develop an inner confidence
- Personal achievement
- Develop self esteem
- Develop social skills
- Develop team building skills
- Experience new / exciting outdoor pursuits
- Build respect for others

Activities

Children will take part in a range of activities including some of the following:

Archery

Kayaking

Lake Walk

Manor Olympics

Nature Trail

Volleyball

Camp Craft Skills

Low Ropes

Nature Reserve

Studies

Bivouac Building

Caving

Fencing

Orienteering

Raft Building

Wide Games

Compass Work

Obstacle Course

Team Games

Canoeing

Climbing

Film Studies

Scavenger Hunt

Rifle Shooting

Blind Trail

Initiative Exercises

Survival Skills

Stand Up

Paddleboarding

Outdoor Activities



Indoor Activities



Water-based Activities



Key Questions Often Asked

What do they need to wear?

You will be provided with a kit list which details the clothing needed.

Many of the activities require long sleeves and trousers, so plenty of leggings or tracksuit bottoms are advised - along with layers for the top half.

They will need to bring at least two pairs of trainers or similar, as they are likely to get wet!

What about medications?

At least one of the school adults going will be First Aid trained and will be in charge of arranging medications with you before the trip.

You will be asked to fill in a medical form to advise us of anything your child may need to take. These will be taken to each activity by the adult assigned to that group.



Do they need any pocket money?

No. The kit list will detail everything required for the trip and they will not need to purchase anything else whilst they are there.

What about technology?

Phones and other electronic devices are not permitted on the trip. This is a rule set out by the centre, but is one that we fully support – the children will be enjoying busy days jam-packed with activities and will have no need for phones or other devices.

How much does it cost?

- The full cost is £235 for the three days. This is the cost set by the centre – the Friends have kindly agreed to pay the coach cost.
- A £50 deposit is due by **Friday 27th September**. The remaining cost will need to be paid by 10th January 2025.
- If your child is eligible for Pupil Premium funding, you will receive a different letter regarding your discounted cost.

Instructors

All of the activities are led by qualified instructors. They are all fantastic and have impressed us each year by learning names quickly, encouraging the children and going through safety procedures clearly at the start of each session.



Health & Safety

- The centre is regularly inspected by Health & Safety Executives. It holds an AALA Licence, an Adventure Mark badge and a badge for Learning Outside the Classroom.
- Each activity is risk assessed and the children and staff are made aware of all necessary safety procedures.
- Instructors are all radio-linked whilst doing outdoor pursuits and they have a 4X4 rescue vehicle available for emergencies.
- One of the school adults will go with the children to each activity.

Children's comments from previous years:

"It was so much fun. I didn't think I'd be able to make it up to the top of the climbing wall – but I did!"

"The breakfast was really nice!"

"I thought some of the activities might be scary, but actually they were all really fun."

"It was nice that we could play outside during the free time. There was a really big field to play on."

"You learn how to do things you haven't done before."

"It was such a fun trip and I wish I could go again!"

What next?



I hope that your child will be able to join us on the trip. Please return the reply slip and ensure that your deposit is paid to the school office by Friday 27th September.

If you have any further questions, please feel free to come and speak to us or get in touch using the class email address: swedenclass@browickroad.norfolk.sch.uk