

Northside Primary School Journey

Irthlingborough, Wellingborough.

Monday 18th - Friday 22nd May, 2026

Who will be going with the children?

- Mrs. Longworth
- Ms. Greenhill
- Miss Longworth
- Miss Hooper-Greenhill

Timetable

- See word document



The Environment



There is lots of open space.

<http://rockuk.org/media/gallery/rock-uk-frontier-centre>

Accommodation



We have a large grass area outside the front of our accommodation, which the children can use at specific times with an adult supervising.

Bedrooms



There are different sized bedrooms. The smallest sleeps 2 children and the largest sleeps 5. All rooms have an ensuite bathroom.

Dining Hall



We have breakfast, lunch and dinner in the dining hall with other school groups. We have allocated tables where our children and staff all sit together to eat.

SAMPLE MENU

Monday - Friday

Monday Dinner

Main: Spaghetti with Bolognese or Tomato or Carbonara Sauce with Garden Peas and Side Salad.
Dessert: Victoria Sponge

Tuesday Breakfast

Selection of Cereals and Fresh Fruit, served with Toast, Butter and Spreads. Orange and Apple Juice.

Tuesday Lunch

Main: Baked Jacket Potatoes with Mild Chilli, BBQ Beans and Sausages, Baked Beans and Cheese and Side Salad
Dessert: Homemade Biscuit

Tuesday Dinner

Main: Roast Chicken, Roast Potatoes, Vegetables, Yorkshire Pudding and Gravy
Dessert: Apple Crumble and Custard

Wednesday Breakfast

Selection of Cereals and Fresh Fruit, served with Toast, Butter and Spreads. Orange and Apple Juice.

Wednesday Lunch

Main: Homemade Pizza or Sausage Roll served with vegetables and Salad
Dessert: Homemade Rock Cakes

Wednesday Dinner

Main: Chicken Burgers or Beef Burgers served with Oven Chips and Salad
Dessert: Trifle

Thursday Breakfast

Selection of Cereals and Fresh Fruit, served with Toast, Butter and Spreads. Orange and Apple Juice.

Thursday Lunch

Main: Quiche with Sautéed Potatoes, Beans and Side Salad
Dessert: Homemade Flapjack

Thursday Dinner

Main: Homemade Lasagne or Macaroni Cheese served with Garlic Bread and Side Salad
Dessert: Homemade Victoria Sponge

Friday Breakfast

Selection of Cereals and Fresh Fruit, served with Toast, Butter and Spreads. Orange and Apple Juice.

Friday Lunch

Main: Brunch eg: Sausage, Bacon, Hash Browns, Egg, and Beans
Dessert: Homemade Biscuit

Please note fresh fruit is available with every meal

All items shown are currently subject to availability, please not any allergens and dietary requirement will be catered for.

Kayaking and Canoeing



The children love the water activities. They are completely safe and get great instruction on how to do the activities sensibly and effectively. The instructors go out on the water with them. The children will need to have outfits that they do not mind getting wet and will need to have 3 different 'wet' outfits in case their clothes don't dry before the next activity.

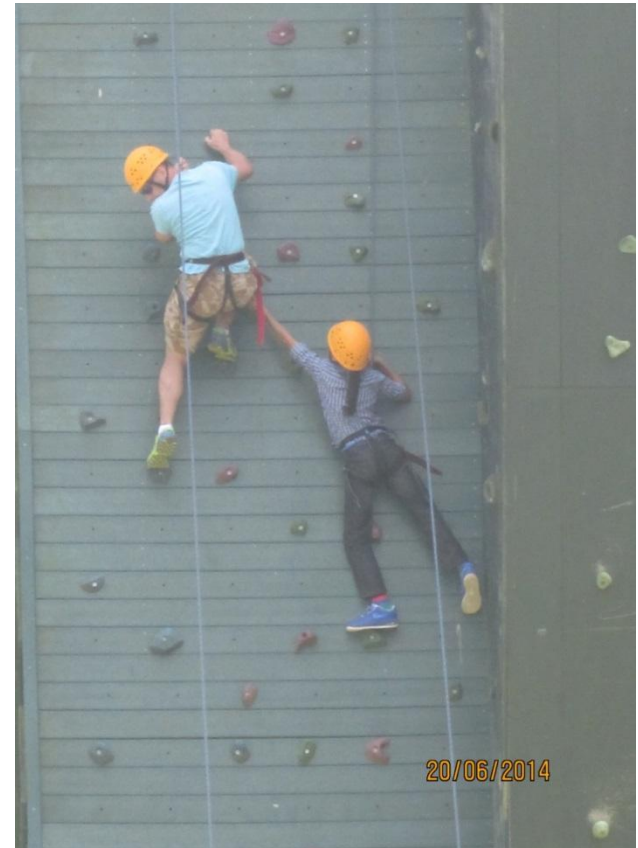
Raft building



The children take part in team-building activities such as raft building.



Climbing



Adventure Pits



Some activities are led by us. Safety equipment is still provided but these activities are very safe and great fun.



Camp Fire



We lead this activity on the Thursday evening of the trip. We are provided with a fire extinguisher for safety purposes.

We play camp fire games, tell stories and eat marshmallows. Children will need to bring warm clothes that they don't mind getting smelly as it is nearly impossible to get the smell of the camp fire out of your clothes.



Playground



There is one playground on the site which we can use when we are not doing any other activities.

Children need to have comfortable clothes that they can move around in easily. Tracksuit bottoms are perfect. They can bring shorts but full length trousers are also needed.

Bouncy Castle



Nature Walk and Playground- Off Site



Evening activities

- Nightline
- Film Night
- Camp Fire
- Bouncy Castles

The children are allowed...

- Slippers
- Teddy bears
- Disposable cameras
- A book to read
- To have lots of FUN!!
- Home addressed envelopes with stamps and some paper-to write letters home.

The children are NOT allowed...

- mobile phones or smart watches
- hair dryers
- digital cameras
- spray deodorants
- to phone home
- electronic games
- lots of stationery-we will take things from school and they can bring a pencil case but they don't need lots.

Letters: write one and pack it in your child's suitcase.

Pack an envelope with a stamp and your address so that they can write to you.

Clothes:



Waterproof jacket
and a coat.

Wet shoes and trainers



Wet shoes are available at sports direct for around £10.



Comfortable trainers to walk around in and do the dry activities in (not brand new ones!).

General day time wear:



Toiletries:



The shop:



Medication:

If your child requires any medication, it must be prescribed for them. Please ensure there are doubles of epi pens and spares for asthma pumps and that they are in-date.

You need to fill in the medical form with all details on.

Please tick to allow us to give ibuprofen and/or Calpol as then you don't need prescribed versions of these.

**Please give in all medication (with a prescription label)
by Friday, 8th May.**

Any questions?

