



# Ufton Court Residential Trip



It was lovely to see so many of you at the Ufton Court residential trip drop-in question and answer session. For those of you who were unable to make it, we have compiled a handy list of the questions that were asked.

Nearer the time, detailed information will be shared with you about the trip, including a full kit list and what to do if you have any queries or concerns. There will also be an information evening where we explain all the arrangements, and you will have an opportunity to ask the team any questions you may have.

## *Frequently Asked Questions*

### **Will my child have friends in their room and how will these be chosen?**



Room allocations are carefully planned by the year group teaching teams. We aim to ensure every child has at least one friend in their room and carefully consider group dynamics and wellbeing. Rooms typically accommodate 4 - 10 children, depending on the size and layout. Boys and girls are separate.

### **What if my child is homesick?**

Homesickness is common, especially on the first night. The Ufton Court team and school staff are experienced in supporting children through this. They will offer reassurance, involve them in activities, and keep them busy. If necessary, staff will contact you, but most children settle quickly.



### **What should I pack and how much?**

A full kit list will be shared with you nearer to the time of the trip but your child will need comfortable clothes for outdoor activities, warm layers, a waterproof jacket and sturdy shoes or boots. The children will need to be able to carry their luggage themselves.



### **What if my child sleepwalks or wets the bed?**

Please inform the federation before the trip. Staff will make discreet arrangements to ensure your child feels comfortable and supported. Spare bedding is available and the team are experienced in offering support in these situations.

### **Should they bring a cuddly toy?**

Yes! A small comfort item like a cuddly toy can help children feel secure at bedtime and we encourage them to bring one. The team will be bringing theirs!



## Will I need to pack snacks?

No. You don't need to worry about packing any food as this will not be needed. Ufton Court provides plenty of food and snacks during the day.

## Should my child bring a phone or other electronic devices?



No. Children **must not** bring phones and other electronic devices. This helps children fully engage in the experience and reduces the risk of loss or damage. Staff will have your contact details for emergencies.

## What is the food like and does Ufton cater for picky eaters and allergies?

Ufton Court provides freshly prepared, balanced meals designed to keep children energised throughout their stay. There will ensure every child is fed, even if they are difficult to please! They cater for a wide range of dietary needs, including allergies, intolerances, and cultural or religious requirements and will create individual menus if this is needed. Please see below for examples of the menus.



## Ufton Court Sample Menus:

|       |                 |                                                                                                                                                                                                                                               |
|-------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1 | Morning snack   | Fruit on arrival (apples, pears, oranges & bananas).                                                                                                                                                                                          |
|       | Lunch           | Jacket Potato, Beans, Cheese, Coronation chicken, Salad. Yoghurts. (GF, V, Ve).                                                                                                                                                               |
|       | Afternoon Snack | Shortbread Biscuits (GF, V, Ve).                                                                                                                                                                                                              |
|       | Dinner          | Peri Peri chicken with baby potatoes, peppers & tomatoes. (GF, V, Ve).                                                                                                                                                                        |
|       | Pudding         | Apple & blackberry crumble served with custard (GF, V, Ve).                                                                                                                                                                                   |
| Day 2 | Breakfast       | Self-service with a choice of cereals (Rice Krispies (V, Ve), Weetabix (V, Ve) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.                                                                |
|       | Morning snack   | Fruit (apples, pears, oranges & bananas)                                                                                                                                                                                                      |
|       | Lunch           | Cheese & tomato pizza baguette. (GF, V, Ve). Served with Salad. Jelly (GF, V, Ve).                                                                                                                                                            |
|       | Afternoon Snack | Flapjack. (GF, V, VG).                                                                                                                                                                                                                        |
|       | Dinner          | <u>History:</u> Banquet roast chicken (GF)/Cheese and Broccoli Quon(V), Roast potatoes (GF, V, Ve), Corn on the cob and Bread rolls (V, Ve).<br><u>Outdoor Learning:</u> Boogie Bash – Roasted chicken, chips & corn on the cob. (GF, V, Ve). |
| Day 3 | Pudding         | Banquet cake (GF, V), with fresh fruit.                                                                                                                                                                                                       |
|       | Breakfast       | Self-service with a choice of cereals (Rice Krispies (V, VG), Weetabix (V, Ve) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.                                                                |
|       | Morning snack   | Fresh fruit (apples, pears, oranges & bananas). (GF, V, Ve).                                                                                                                                                                                  |
|       | Lunch           | Sausage Rolls (GF, V, Ve), Carrot & Cucumber Sticks (GF, V, Ve) Cookies (V)                                                                                                                                                                   |

|       |                 |                                                                                                                                                                                                                                                 |
|-------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1 | Morning snack   | Fruit on arrival (apples, pears, oranges & bananas).                                                                                                                                                                                            |
|       | Lunch           | Jacket Potato, Beans, Cheese, Coleslaw, Salad. Yoghurts. (GF, V, Ve).                                                                                                                                                                           |
|       | Afternoon Snack | Shortbread Biscuits (GF, V, Ve).                                                                                                                                                                                                                |
|       | Dinner          | Minted Lamb Shepherd's Pie. (GF, V, Ve). Served with Seasonal Vegetables                                                                                                                                                                        |
|       | Pudding         | Banoffee Cake. (GF, V, Ve).                                                                                                                                                                                                                     |
| Day 2 | Breakfast       | Self-service with a choice of cereals (Rice Krispies (V, VG), Weetabix (V, VG) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.                                                                  |
|       | Morning snack   | Fruit (apples, pears, oranges & bananas).                                                                                                                                                                                                       |
|       | Lunch           | Chicken Burger (GF)/Veggie Burger (V, Ve) and Salad. Jelly (GF, V, Ve).                                                                                                                                                                         |
|       | Afternoon Snack | Flapjack. (GF, V, Ve).                                                                                                                                                                                                                          |
|       | Dinner          | <u>History:</u> Banquet roast chicken (GF)/Cheese and Broccoli Quon(V), Roast potatoes (GF, V, Ve), Corn on the cob and Bread rolls (V, Ve).<br><u>Outdoor Learning:</u> : Boogie Bash – Roasted chicken, chips & corn on the cob. (GF, V, Ve). |
| Day 3 | Pudding         | Banquet cake (GF, V), with fresh fruit.                                                                                                                                                                                                         |
|       | Breakfast       | Self-service with a choice of cereals (Rice Krispies (V, VG), Weetabix (V, VG) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.                                                                  |
|       | Morning snack   | Fresh fruit (apples, pears, oranges & bananas). (GF, V, Ve).                                                                                                                                                                                    |
|       | Lunch           | Sausage Rolls (GF, V, Ve), Carrot & cucumber Sticks (GF, V, Ve) cookies (V)                                                                                                                                                                     |