



Things to Bring

Clothing

- ★ We suggest your children wear a pair of soft shoes and old clothes that can get dirty. We also strongly recommend that your children bring a sun hat to camp as they will be spending time outside. Not having a sun hat could mean that your child will not be able to spend time outside.

Summer Swimming

- ★ In the summer, all children aged 5 and over should bring a swimming costume, towel and swimming hat every day. Goggles are only allowed with a doctor's note.

Medication

- ★ If your child is on prescribed medication, please fill out a consent form and hand the labelled medicine to their group leader. We can't administer medication that is not prescribed.

Mid Morning Snack

- ★ All children should have a piece of fruit and a drink for a mid morning snack.
- ★ We've included advice on food on the back of this sheet
- ★ Mini Minors is not a nut free zone but we respectfully ask you not to pack nut products (eg: nutella, nuts, peanut butter) as snacks and lunch.

Lunch

- ★ Only children coming for full day should bring a packed lunch (we've included some advice for this on the back of this sheet)

Things to Remember

Times to come and go

- ★ Full days start at 9.15am and finish at 3.15pm
- ★ Morning half days start at 9.15am and finish at 12.15pm

Extra Time

- ★ If you can't make the 3:15pm collection time, we offer extra time until 4.15pm for £20 per week (there are no lates on the last day of each week at camp).

Settling in

- ★ On arrival (9.15am), you can stay with your children until you are happy to leave

Collecting

- ★ For security reasons, please let us know if your child is going home with someone else. No child can leave with someone who is not authorized.

Parking

- ★ Brookland school is **closed to cars**. This is for the children's' safety. Please respect the local residents and don't park over their drives, on traffic cones or on the pavement.
- ★ The best places to park are on Hill Top 100 yards from the school and in the car park at Christ's College school, whose entrance is off East End Road.

Useful phone numbers

- ★ If you need to contact us urgently during camp, please call Brooklands on 020 8346 6824.
- ★ For less pressing questions about bookings or payment details please call 020 8371 9686.

Things you might like to know

Our rules and regulations

- ★ We have a set of policies and procedures, created in line with Ofsted regulations. If you'd like to see them, please ask a member of staff or visit www.campsforkids.co.uk. We are registered with OFSTED. You can see what they do and have access to our inspection reports on www.ofsted.gov.uk

Complaints

- ★ If you have a complaint of any kind, please speak to a member of staff who'll take you to the appropriate manager.

Security

- ★ We patrol the grounds and the front gate for your Childs safety.

Friends

- ★ We'll do all we can to put children with the friends they've chosen on the form. This can not be guaranteed.

Making and storing a healthy packed lunch...

We don't provide refrigeration for packed lunches. These precautions will ensure your child's food is safe to eat. Food is not likely to be contaminated with food poisoning bacteria if you:

- ★ Store and prepare cooked and raw food separately.
- ★ Wash hands, cutting board or other equipment before preparing food.
- ★ Ensure that food is cooked thoroughly.

The following guidelines will reduce the risks:

- ★ Do not prepare food too far in advance. This is a common cause of food poisoning. If you have to prepare the food the night before ensure that it is refrigerated immediately.
- ★ Ensure perishable foods like meats including poultry eggs and egg products, rice and pasta are thoroughly cooked before use.
- ★ If leftovers are used ensure that they are kept refrigerated and used up within 24 hours.
- ★ Keep the packed lunch in the refrigerator until the last moment before leaving home.
- ★ Do not store packed lunches in direct sunlight or on top of heaters or radiators.
- ★ Keep the food covered at all times to prevent contamination.
- ★ Try to fit a picnic type frozen ice pack into the lunch boxes.
- ★ Please do not pack fish/chicken/eggs without an ice pack, as we do not have any method of refrigeration.
- ★ Please do not pack glass bottles for drinks.

Healthy eating

We're committed to promoting healthy living amongst children. Outdoor exercise and healthy food are two of the key ingredients of a healthy lifestyle. As we don't provide food we can't dictate what you put in lunch boxes. But every time we see healthy food in a lunch box we note and comment how great it looks!

Recommended Food/drink

Fresh Fruit	Dried Fruit	Cheese
Yoghurt	Rice Cakes	Marmite
Vegetables	Fruit Juices	Honey
Brown Bread	Water	Pasta
Rice	Fish	Meat
Cheese	Eggs	

Please read http://www.bbc.co.uk/food/recipes/mostof_childrenlunchbox.shtml which has some interesting and useful tips on lunch boxes for children