



UKSA 2019

Welcome to UKSA!

3-7th June 2019

- Team UKSA
- The morning of departure
- At UKSA- activities and planned timetable
- The return journey
- What to pack
- Our blog



Mrs Baines



Mr Heath



Mrs Smith

Mr Adams

Miss Feenan

The morning of departure

- The coach will be leaving school at **07:45**, so please arrive at **07.30** *but no earlier than 07:20.*
- Please hand medication to Mrs Baines.
- Please hand money (£5 *in £1 coins*, please) to Mrs Smith.
- **Packed lunch** will be needed, which we will be eating on the ferry. These must be put into a day pack, as the large items of luggage will not be accessible during the journey.



The Bus Ride

The Red Funnel from Southampton





UNITED KINGDOM SAILING ACADEMY

UKSA

www.uksa.org

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ANDLET

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About the centre

Accommodation- Main Site

only for HJS

door code access only

single sex rooms 3-8

teachers in the building

Meals-

Buffet breakfast- full English, continental or any combination

Packed lunch- sandwiches, fruit, crisps, biscuits plus drink

Cafeteria style cooked evening meal – several options

Drinks provided throughout the day

Small gift/ tuck shop which the children have access to after afternoon activity.

£5 max. per child

Safety Issues

- All groups have 1 member of HJS staff and 2 members of UKSA staff.
- Instructors are first aid trained and in radio contact with the base.
- Activities are weather dependent for safety reasons. Rain does not stop us!
- Buoyancy aids are worn for all activities.

Patrol boat - keeping us safe



Challenge 1- how to put on a wetsuit.



Team games!



Windsurfing





Dinghy Sailing





Keel Boat





Kayaking



Seal Diving



Paddle boarding



Raft Building



Evening Activities

- Beach games
- Water polo / archery
- Disco
- Cowes walk (inc. shop visit)

An example timetable

Henleaze Junior School

2nd – 6th June 2014

2 groups of 10+1 & 3 groups of 9+1



Groups	Monday		Tuesday		Wednesday		Thursday		Friday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
A (10+1)			Dinghy	Kayak	Keel	Raft build	Windsurfing	Kayak	SUP	
B (10+1)		All	Dinghy	Keel	Kayak	Raft build	Kayak	Windsurfing	SUP	
C (9+1)	Arrive	Groups	Kayak	Dinghy	Kayak	Windsurfing	SUP	Keel	Raft build	Depart
D (9+1)		Wet Iron Man	Windsurfing	Dinghy	SUP	Kayak	Kayak	Keel	Raft build	
E (9+1)			Dinghy	Windsurfing	SUP	Kayak	Kayak	Keel	Raft build	
Evening Activities	Team games		In house cinema		Beach games		Pool games			

Coming Home!

We should be back by 18:00.
School will text **IF** this changes.



Kit List



- Wetsuits PROVIDED - please do not bring
- Swimming costume
- Rash vest or old T shirt
- Wetsuit shoes or old trainers (NOT CROCS) (NB Lidl, Sports Direct) – snug fitting without being impossible to put on unaided!
- 2 Large Bags for Life (plastic) - named
- 2 towels-named
- Old fleece top- windsurfing
- Sun-cream/sunhats/sunglasses (on a strap)
- Waterproof jacket
- Stud earrings
- Pocket money- £5 max handed in to staff on the morning of departure (in £1 coins, please).
- No electronic devices, please (except possibly cameras, though single use/waterproof* work well)
- Remember that the children have to carry their own bags.***

Blogging

We aim to post regularly on our blog to keep you up to date with what has been happening.

However, the Wi-Fi can sometimes be unreliable, and the care of the children is our first priority!

Look on the 'News and Blogs' section of the Year 6 page on the school website for any updates.



Dear Parents,

Thank you for returning your medical forms.

Further details of our forthcoming trip to the UKSA:

Address-

You may like to write to the children while we are away. I know from past trips that the children really look forward to receiving mail.

Henleaze Junior School Party

United Kingdom Sailing Academy

Arctic Road

West Cowes

Isle of Wight

PO31 7PQ

Emergency Contact Number

If you have an emergency and need to get in touch with the group, there is an emergency telephone number below, which you can use. You will be put through to reception, where a message can be relayed to us as soon possible.

01983 294941

Children are asked **not** to phone home while we are away.

Times and Dates

We depart school at 07.45 on Monday 3rd June, so please aim to arrive by 07:30 (but no earlier than 07:20 please!)

We aim to return to school by 18:00 on Friday 7th June.

We will inform the school office if we become aware of any change in the arrival time.

Pocket Money

As there is a small tuck shop on site, we suggest pocket money of **no more than £5 (in £1 coins)** for ease of distribution **(changed since last year)**. Please can this be handed to staff on the morning of departure.

For the journey (to be carried in a daypack)

A packed lunch and a bottled drink(in a drinks bottle which they can use all week)
A book/ cards etc.

Please do not bring mobile phones or any electronic games or gadgets. In the past, some children have brought along disposable waterproof cameras (labelled!).

We aim to post on a UKSA blog on a regular basis to keep you up to date with what we have been doing. This can be accessed from the news and Blogs area of the Year 6 page on the school website. However, please bear in mind that we are relying on the Wi-Fi in the centre (which is sometimes unreliable) and staff having the time and not being caught up in pastoral issues! The children's care must obviously be our first priority.

More information about the UKSA can be found on their website: www.uksa.org.uk

If you have any further questions, please don't hesitate to contact us.

Yours sincerely,

HJS UKSA crew 2019

Kit List- as previously supplied (in a bag - not accessible during the journey)

Wet suits, buoyancy aids etc will be provided

2 swimming costumes (one wearing/one drying)

T-shirts/rash vests to wear under the wet suits

Wet suit shoes/old trainers (NOT CROCS for activities although they are fine around the site)

Old fleece to put on after windsurfing

Sun cream/block and after-sun.

Sun glasses (on a strap if possible)

Casual clothes for the evenings-please include jumpers/fleeces as it can get chilly

Something for the disco

Underwear

Pyjamas

Trainers (in addition to the ones mentioned above for running around)

Waterproof jacket

Toiletries (including shampoo, toothbrush and toothpaste!)

2 towels

Re-usable water bottle, to be used all week