



NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

1 July 2026

Dear Parent/Carer,

Year 7 Residential Trip to Downe Activity Centre – 13-14 July 2026

I am sure you are excited to find out more about the Newstead Wood School summer 'Bushcraft and Survival' camp at [Downe Activity Centre](#). Please find details of the trip below.

Activities

Students will enjoy shelter building, fire craft, spear throwing, foraging, bread making, bow drill activities and basic knife craft and whittling. All of this is undertaken under the supervision of their experienced instructors. Accommodation will be in tents. The students will set up their tents at the beginning of camp and take them down before they leave.

Menu

The menu will be adapted according to dietary requirements of the group. Most meals will be "deconstructed" so students can have the parts they want; this also helps us cater for dietary needs. For example, the vegetable stir-fry and the noodles will be cooked separately, and the chicken and sauces will be added afterwards by the participants, so they can choose what they want.

Students should bring their own packed lunch for the first day.

The site is in nearby Downe, Orpington, BR6 7JT. This two-day, one night camping trip is a fantastic opportunity for students to learn camping skills and outdoor education in a safe and nearby setting. The site has a fully plumbed toilet block with toilets, running water and showers.

The provider company for this is Polaris Outdoor Ltd. They are an LOTC certified company, which provides the highest level of safety and competency in the UK, certified by UK governing bodies. This is the link to their website: [Expeditions, Travel, Bushcraft, Survival Training - Polaris Outdoor](#)

It is important that staff have up to date contact information for your daughter, should we need to contact you during the trip (or at any time during school hours). We also require all relevant medical information. To ensure trip safety, we take all emergency contact and medical information from the school database. **Please check the Arbor app** and update the school with any changes, as a priority.

Headteacher: Mr Paul Norman MA, MSc, BSc (Hons), PGCE

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Drop off:

Drop off is at the **Downe Activity Centre, Birdhouse Lane, Downe BR6 7LJ** on Monday 13 July. Parents are requested to share lifts to minimise traffic. **A one-way traffic measure will be in place for entry to the site. Please be prepared to be patient, and please share lifts where possible.**

Form	Drop-off time
N	8.30am
W	8.45am
S	9.00am
F	9.15am
G	9.30am
P	9.45am

Pick up:

Students should be picked up from **Downe Activity Centre, Birdhouse Lane, Downe BR6 7LJ** on Tuesday 14 July. Parents are requested to share lifts to minimise traffic.

Form	Pick-up time
N	2.30pm
W	2.45pm
S	3.00pm
F	3.15pm
G	3.30pm
P	3.45pm

If you need any additional information regarding this trip, please contact me at pbongout@newsteadwood.co.uk.

Thank you for your continued support.

Yours sincerely,

P Bongout

Mrs P Bongout
Assistant Headteacher

KIT LIST

Equipment:

Students must prepare for this trip by having a sleeping bag, sleeping mat, waterproof clothing, a warm hat and a torch, preferably a head torch. Please see the kit list below.

- Sleeping Bag and pillow
- Overnight Bag / Rucksack (No suitcases, please!)
- Toiletries, personal hygiene items and towels
- Torch (head or hand)
- Mug, knife, fork and spoon.
- Boots and a change of appropriate footwear (no flipflops / crocs)
- Appropriate clothing for two days (check the weather forecast!)
- Reading material if required
- Personal snacks (no fizzy drinks!)

Tents are provided. Students will have to carry their own equipment, so please be mindful of how much they are bringing.

Please note: Do not bring mobile phones or any other electrical equipment. Newstead Wood School will accept no responsibility for any loss or damage to personal equipment during this trip.