



Overstrand 2026

Monday 20th April-Wednesday 22nd
April 2026



Today...

- An overview of the trip
- Activities we do
- The centre
- Rooms
- Food!
- Further information
- Questions

Day One

- Leave school Just before 11.
- Arrive at Overstrand - 12pm
- Lunch - *packed lunch from home/school*
- Organise rooms/settle in
- 2 Activities
- Dinner
- Evening activity (currently balloon splash)
- Get ready for bed

Day Two

- Get ready
- Breakfast
- Sessions start at 09:00
- Two sessions
- Lunch
- Two sessions
- Dinner
- Evening activity (Campfire)
- Bed

Day Three

- Get ready
- Breakfast
- 2 x Activities
- Lunch
- Home- leaving approximately 2pm

Provisional Activities

Fencing

Tunnel Trail

Survivor

Traverse

Problem Solving

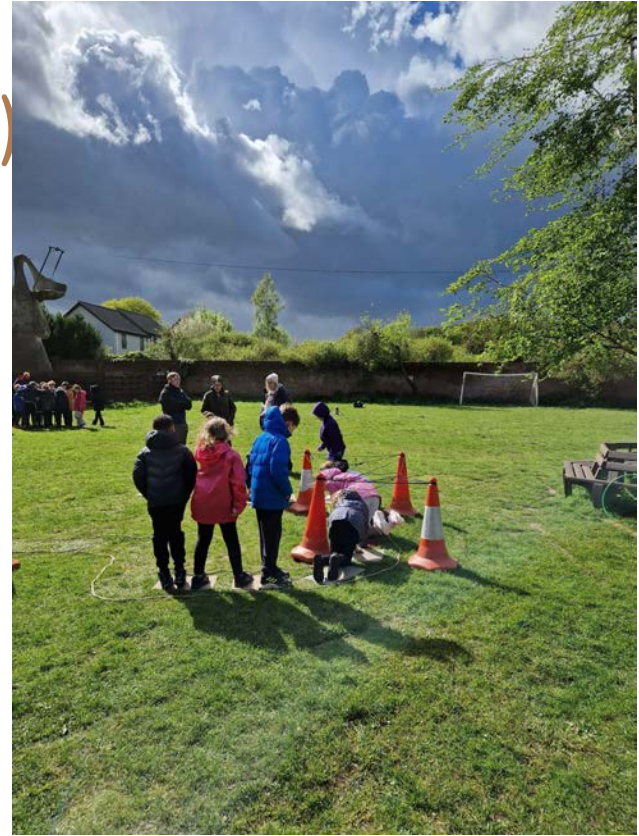
Archery

Eco Explorer

Crate stack



Team building (Horstead)



Archery Horstead



Campfire (Horstead)



Overstrand



Rooms

- Boys and girls separate
- 2-14 per room
- Have a choice/ Teachers final say!
- Pillowcase + sleeping bag
- Adults on hand!
- **Medicines**
- Administered by staff with permission slips present



Food!

Monday Dinner

Fish fingers

Chicken with tomato and Pepper sauce

Vegetable chow mein

Sides: carrots, sweetcorn and fries.

Dessert: Jelly

Tuesday:

Breakfast: Hot breakfast

Lunch: Bolognese

Vegetable Ratatouille

Garlic bread

Dinner:

Chicken Katsu Curry

Homemade mac and cheese

Quorn Vegan nuggets

Sides: Rice cauliflower and green beans

Dessert: Chocolate brownie

Food!

Wednesday

Breakfast: Hot breakfast

Lunch: Jacket potatoes

Sandwiches are available for lunch instead.



Further information

- The children are NOT to bring any electronic equipment
- NAMED disposable cameras are fine
- They are welcome to bring a cuddly toy (look after it!!!!)
- A pillow and a sleeping bag are required - they do have mattresses to sleep on :)
- They will definitely have friends in their room
- Medicine should be handed to the office - named and with medical admin forms completed
- Kit list- not all applicable

Any questions?