

Year 4 Residential

29th June- 1st July 2026



**The Park
Academies
Trust**

Where?

rootd

**Rootd at Phasels Wood, Hertfordshire
activity centre.**

**Rootd Adventure, Phasels Wood Activity
Centre, A41, Kings Langley WD4 9NA**



When?

29th June- 1st July 2026

3 days and 2 nights.

rootd



Why?

When children dare to leave their comfort zone and try new activities, their confidence can really soar.

We want them to learn new skills, rise to new challenges and discover what they can really achieve in the freedom of the outdoors - all whilst having a great time together!



OVER 85% OF CHILDREN REPORT FEELING HAPPIER AFTER BEING IN NATURE

Natural England (2021) The Children's People And Nature Survey For England

BACK TO THE BEAUTIFUL BASICS 🐞

At Rootd, we see first-hand the positive impact nature and outdoor adventure can have on a child's well-being and development. This doesn't just mean conquering the high ropes and scaling walls, it means going back to basics – building shelters, lighting campfire and exploring the natural environment.

www.rootd-adventure.com

Why?



WELCOME TO PHASELS WOOD HERTFORDSHIRE



Set in 95 acres
of meadows
and natural
woodland



Close to London
and within easy
reach of M1 and M25



Unique
accommodation
for all seasons



Exciting
adventurous
activities

www.rootd-adventure.com



MEET OUR INSPIRATIONAL TEAM

BEAUTIFUL HUMANS, INSIDE AND OUT

Here at Rootd we believe our team should not only be superbly trained and professional. They should also be fun, passionate, and fantastic role models, inspiring future generations to grow into resilient, inquisitive individuals that care for each other and the planet.



“Activities, Food and Staff were brilliant. Everyone is incredibly kind, calm and passionate about what they do. So knowledgeable in all subject areas and taught us so much. Beautiful Humans, inside and out. 10 out of 10 from us.”

M Zagerman
Assistant Head Teacher
Heathland Primary School



ADVENTURES UNDER CANVAS

IN OUR BELL-TENTED VILLAGE



Teacher
parachute with
fire-pit and
refreshments



Teacher tents
sleep 2 with beds
and individual
sleeping
compartments



Pupil tents
sleep 6 on
bunk beds



Indoor dining
room plus
shower / toilet
facilities

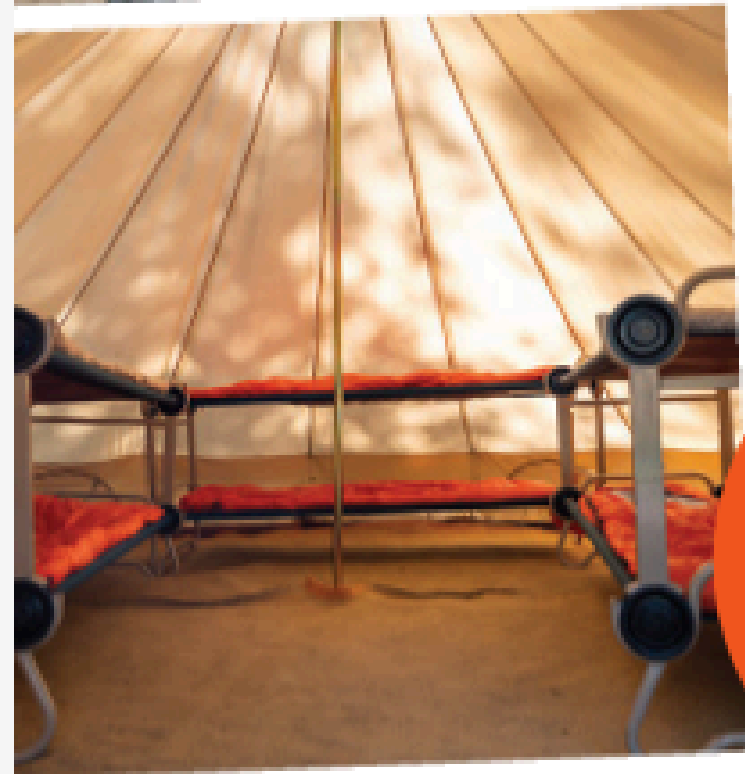


Night toilets
and motion-
sensored
lighting



Chill-out areas
with campfire,
games and table
tennis

www.rootd-adventure.com



Potential Activities



Abseiling



Archery



Buggy Build



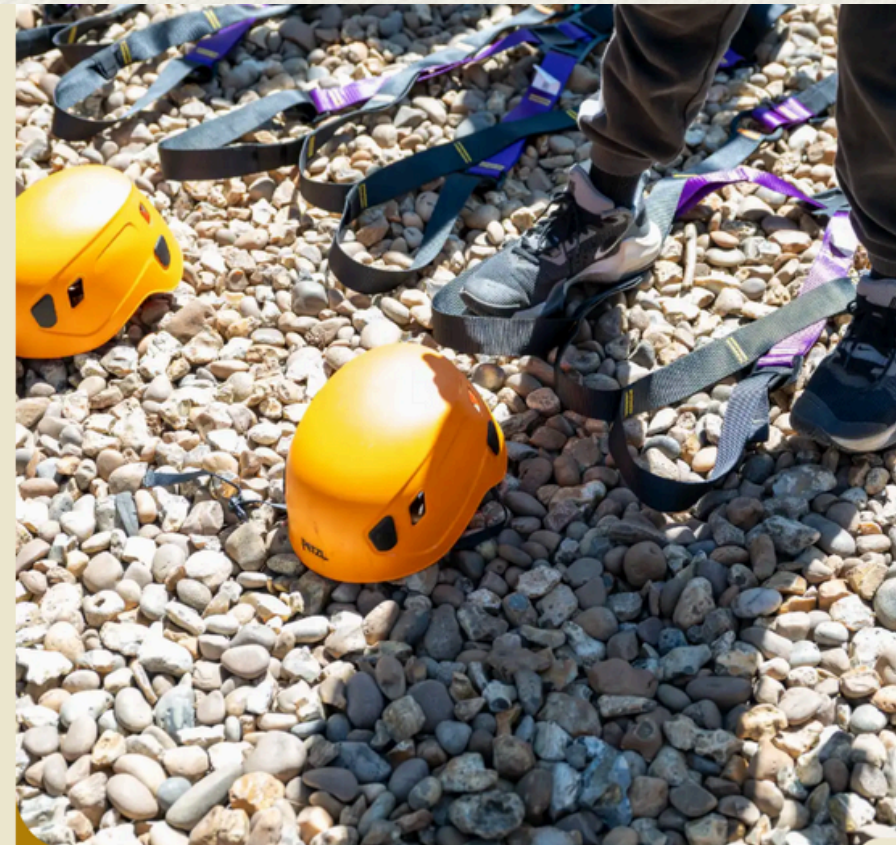
Bush Craft



Potential Activities



Camp Fire



Climbing



Crate Stacking



**Evening
Activities**



Potential Activities



Forest Games



High Ropes



**Nature
Engagement**



Nightline



A TYPICAL DAY ON YOUR ROOTD RESIDENTIAL

Breakfast	Cereal selection, toast, yoghurt, pastries + fruit juice.
Adventure activities	<p>Go for gold in archery before feeling the adrenaline as you reach new heights and work as a team in either crate stacking or abseiling.</p> <p>Fancy being an Arctic explorer? Put your trust in your partner as they guide you around the nightline course... blindfolded! Then combine your rope skills with teamwork to build the ultimate buggy.</p>
Lunch	Picnic in the woods.
Explorer and Survivor Bushcraft	<p>Work together to build the your ideal woodland shelter using materials found within the woodland. Learn how to safely use a fire-steel and build the perfect campfire to roast marshmallows.</p> <p>Explore the woodland, learning about Plants & Trees, Insects and Vertebrates with interactive games and activities. Finish by putting your new-found plant knowledge to the test with our fun foraging session!</p>
Dinner	Chicken or vegetable curry with rice, and our chef's famous chocolate brownie !
Evening activity	Cheer your friends on as you whizz down the Cresta Toboggan Run !
Campfire	The perfect end to the day, sing along to the songs around the campfire , before winding down with a cup of hot chocolate .

WHAT TO PACK

The following list is designed to give you an idea of the kit children will need to bring with them on their adventure. They will be responsible for carrying their luggage to and from the camp site / pod villages on arrival and departure, therefore we recommend children only carry what they really need for their trip.

ESSENTIALS

- ✓ Sleeping bag (3 season)
- ✓ Pillow
- ✓ Large rucksack / holdall (avoid wheeled suitcases)
- ✓ Clothing for each day of your trip to include:
 - Tracksuit
 - Hard-wearing trousers / shorts (no jeans)
 - Base layers / vests / T-shirts
 - Warm fleece / jumpers
 - Socks / underwear (we advise bringing 2 pairs of socks for each day)
- ✓ Waterproof jacket
- ✓ Warm pyjamas (please remember even in the summer camping can be cold at night, so layers are essential)
- ✓ Sturdy shoes or boots, e.g. Walking boots, or old trainers for activities
- ✓ Trainers (not plimsolls) for evenings (No sandals / crocs. You can bring flip flops for the showers)
- ✓ Named water bottle
- ✓ Toiletries including toothpaste, toothbrush, roll-on deodorant (not aerosol). All preferably in a named wash-bag
- ✓ Towel
- ✓ Torch with spare batteries
- ✓ Plastic bag for dirty clothes

RECOMMENDED

- ✓ Waterproof trousers
- ✓ Book / cards / games (nothing electronic or valuable) to enjoy during down time
- ✓ Plastic / Bin bag for wet / muddy clothes

WEATHER DEPENDANT

- ✓ Wellies
- ✓ Sun cream
- ✓ Sun hat
- ✓ Warm hat / gloves

Please ensure that your child packs their own bag so they know what they have with them and can find it easily on arrival

Cost

**£327- Residential (activities, food, accommodation)
+ coach travel.**

How to Pay?

**Payment installments on Parent Pay.
£29.72 per month for 11 months.**



Deposit

How to Pay?

£29.72 on Parent Pay to register your interest and consent for the residential.

If the residential does not go ahead, money will be refunded.

**Payment made by Monday 7th July.
We can then see if we can go ahead.**



FAQS



What does a Rootd adventure include?

We provide all activities, equipment, instruction, meals (except packed lunch on day 1) and accommodation in either our woodland camp, or pod villages. Children will need to bring a sleeping bag and pillow for their bunk beds and particularly if camping, please try to ensure children have a warm, 3-season sleeping bag as even in the summer it does feel cold at night.

What arrangements are in place for night-time?

Rootd staff stay on site overnight, and are on hand as a support to teachers in case of any emergencies. Both our woodland camp and pod villages are fitted with a motion-sensored lighting system for the safety of teachers and children. Night toilets on the camp are also provided.

What qualifications do Rootd staff hold?

All Rootd instructors and leaders are first aid trained, DBS checked, and have specialised experience in outdoor education as well as all the necessary qualifications for the activities undertaken (archery, bushcraft, environmental education etc.). Most importantly, our team are friendly, energetic, and share our passion for working with children to inspire a love of the great outdoors.

Do you cater for specific dietary requirements and allergies?

Yes, all dietary requirements are catered for as long as we are aware of them in advance. Please ensure you provide any relevant medical / dietary information to your school by 8 weeks prior to the trip. Here at Rootd, we encourage children to try new things, including the delicious, freshly prepared meals, however, if you still have concerns regarding fussy eating we can discuss this with you further.

FAQS

What happens in bad weather?

All activities will go ahead in bad weather if safe to do so. The odds are that your child will experience at least some rain or bad weather during your trip. As long as they have enough layers and waterproof clothing (see separate kit list), they are generally happy to undertake outdoor activities undeterred by the British weather! An indoor area is available for mealtimes.

Are shower facilities available?

Yes, separate male / female toilet and shower facilities are available, as well as night-time toilets.

What kind of food will be available on the trip?

All meals are freshly prepared on site including a balance of meat, vegetables, fruit and carbohydrates. We also provide the all-important marshmallows around the campfire! Typical meals may include lasagne, curry, and pasta bolognese, all served with salad / vegetables, and finished with a tasty dessert!

Should my child bring any money?

No, there isn't an opportunity for spending it, so your child won't need to bring any money.

What valuables should my child bring with them?

Children will spend their time engaged in outdoor activities, and we don't have anywhere to store valuables, so we advise against bringing mobile phones, tablets, electronic games etc. and we would also ask you to ensure they aren't wearing any jewellery that could get lost or damaged during the activities.

Can I contact my child while they are away?

Your school will be able to contact us in case of an emergency, but otherwise we find children settle better and enjoy their time away when they don't have outside contact that may encourage homesickness.

Who can I contact if I have any questions?

Please refer any questions to your school or group leader in the first instance. They should have all the information they need to answer your queries, or they can contact us for anything else.