

A high-angle photograph of a group of students and an instructor on a raft. The instructor, wearing a black vest with 'UKSA INSTRUCTOR' on the back, is in the foreground. Several students wearing red helmets and life jackets are behind him. They are on a blue and white raft on a body of water. Paddles and ropes are visible on the raft. The background shows more of the water and parts of other rafts.

30<sup>th</sup> – 1<sup>st</sup> JULY 2025

# Year 8 – UKSA Trip



# Overview of tonight's talk:

- What is UKSA?
- Travel timings
- Activities
- Groupings and roomings
- Kit list
- Food
- Behaviour
- Questions?



# Timings

- *30<sup>th</sup> June* – Meet at school on the field at 8:15am
- Bus departs SWBGS at 8:45am
- Ferry to IOW – departing from Southampton at 12pm arriving at 1pm.
- *4<sup>th</sup> July* – Depart UKSA at 11:15 am
- Ferry departs IOW at 12:30 pm & arrives in Southampton at 1:30 pm
- Estimated arrival back at school 3:30pm (this is traffic dependant!)
- All updates will be put on the Borlase Twitter.



Monday			Tuesday			Wednesday			Thursday			Friday		
09:00-12:00	12:00-13:00	13:00-16:00	09:00-12:00	12:00-13:00	13:00-16:00	09:00-12:00	12:00-13:00	13:00-16:00	09:00-12:00	12:00-13:00	13:00-16:00	09:00-12:00	12:00-13:00	13:00-16:00
			SUP		Keel	Dinghy		Kayak	SUP		Keel	Dry Team Games		
			SUP		Keel	Dinghy		Kayak	SUP		Keel	Dry Team Games		
						Keel		SUP	Dinghy		Kayak	Dry Team Games		
						Keel		SUP	Dinghy		Kayak	Dry Team Games		
						Keel		SUP	Dinghy		Kayak	Dry Team Games		
						SUP		Keel	Dinghy		Kayak	Dry Team Games		

## Activities:

- Kayaking
- Paddleboarding
- Keel boating
- Dinghy Sailing
- Wet team games
- Water confidence
- Dry Team Games









# Evening activities:

Monday		Tuesday		Wednesday		Thursday	
16:00-17:30	17:30-21:30	16:00-17:30	17:30-21:30	16:00-17:30	17:30-21:30	16:00-17:30	17:30-21:30
Dinner and shower	RNLI Tour/Calming	Dinner and shower	Energetic	Dinner and shower	Educational	Dinner and shower	Skills4life and Sociable

## Activity groups:

- Students will be in roughly groups of 12, including two UKSA staff members.
- These groups will be generated by KS3, however, we will look at changing the groups as the trip progresses to encourage the students to integrate with others in the year group.







Rooming:

Please  
trust  
us!

- Again, this will be managed by the school to ensure student welfare.
- We will *try* to ensure there is at least one person that your child is friends with in each dorm. There are roughly four students per dorm.
- However, this is difficult with 149 students! If we identify issues with the groupings during the trip, then we will look to address these concerns.



- Pack lunch for the first day! (No nuts!) *There is a small shop at the ferry terminal, however, this is very expensive!*
  - Reusable drinks bottle
  - Lidded cup (if you want a hot drink)
  - 2x towels (beach and shower)
  - Dry bag or plastic bag for wet clothing
  - Swimming costume x 2
  - Clothes that can get wet – shorts, t-shirts (or rash vest)
  - Toiletries
  - Water footwear – old trainers or wetsuit shoes
  - Clothes and trainers/shoes for dry activities
  - Raincoat or cagoule
  - Pyjamas and slippers/sliders/crocs for the dorm rooms
  - Waterproof sun cream (Factor 50)
  - Sun hat or woolly hat (hopefully the woolly hat isn't needed!)
  - Glasses strap if bringing glasses/sunglasses
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## Kit list:

*Any medication should be labelled and handed to myself during registration.*

## What not to bring...

- Wetsuit to keep you warm
- Buoyancy aid to keep you afloat
- Safety helmet to protect your head
- All bedding (sheets, duvet, pillow etc)

There will be an emergency trip phone, so if you need to get hold of us or your child, you can contact us via that number.



# Food:

## *Breakfast*

- Buffet breakfast selection changing daily
- Full English
- Porridge
- Pancakes
- Continental
- Danish Pastries

## *Lunch*

Packed Lunch to include:

- Sandwich
- Piece of Fruit
- Chocolate Bar
- Pack of Crisps or Popcorn

## Dinner:

**Mon:** Pasta Bolognaise

- Lentil Bolognaise (v)

**Tues:** Oven Baked Breaded Chicken,  
Herbed Tomato Sauce, Jacket Potato

- Breaded Quorn Escalope (v)

**Weds:** Handmade Isle of Wight Beef  
Burgers, Chips

- Vegetable Burgers (v)

**Thurs:** Isle of Wight Butchers  
Sausages/Vegetarian Sausages (v),  
Gravy, Mashed Potato \*

*A different dessert will be served each day. All meals are served with a selection of fresh vegetables.*

*All meat is HALAL. Except \* Sausages will be substituted for Halal Beef Sausages where required.*

*We will pass on any dietary requirements to UKSA before our visit.*



## Behaviour:

- We are hoping that there aren't any behaviour incidents during this trip, as there is a lot for to keep the students occupied!
- A reminder that the school values and rules apply whilst the students are on the residential. Including, no bullying, theft, drinking or vaping. Students are also not allowed to leave the UKSA secured site unless they are accompanied with a member of staff.
- Any breaches of these rules, will require parents/carers to come and collect their child from the Isle of Wight that day and could impact the possibility of your child from going on future trips/tours.

Any questions?



## Questions asked last year:

- 1) Are students allowed to self-administer hay fever tablets? Yes
- 2) Pocket money? I would say a maximum of £15. There is a vending machine at UKSA.
- 3) Pick up? Spinfield layby
- 4) Suitcase or holdall? Soft bags are more preferable, so that we can fit them all on the bus.
- 5) Snacks? Yes, students can bring their own snacks.
- 6) Label clothing? If you would like to. I'd suggest that students bring older clothes which they don't mind getting wet/potentially torn.
- 7) Updates? All updates will be via Borlase Twitter.