Year 4
Culmington Manor
April 22\textsuperscript{nd} – April 24\textsuperscript{th} 2020

Final Payment Date:
Extended to Friday 27\textsuperscript{th} March
£170 or £85 for PP

(If there are any problems with this please see Mrs Milner our Business Manager)
EDUCATION OUTSIDE THE CLASSROOM
Supports PSHE and PE curriculum, by providing opportunities that we could not normally provide, with our facilities.

DEVELOP NEW SKILLS
The great benefits that outdoor pursuits bring is that they are fun and very different to what takes place at home or at school. Each child develops new skills which may lead to an interest in the future.

SOCIAL SKILLS
By being taken out of their comfort zone and having to do new activities and tasks children quickly learn to respect their instructors and peers and through encouragement and team work, develop their social skills.
TEAM BUILDING
Children work together understand how much more can be achieved as a member of a team.

LISTENING & COMMUNICATION SKILLS
Many of the activities which take place at Manor Adventure require children to listen carefully to instructions and to communicate with their friends and work as a team.

INNER CONFIDENCE AND PERSONAL ACHIEVEMENT
Helps children grow in confidence and develop a positive attitude to new challenges.
HIGHLY TRAINED INSTRUCTORS
Proper outdoor pursuits with highly trained instructors. Each activity has a briefing and debriefing session to maximise the educational aspect of the session.

SAFETY! SAFETY! SAFETY!
Staff are trained, instructors are qualified and equipment is safe. All instructors are first aid trained. Children are briefed on all safety aspects before each activity.

EXCELLENT FOOD
Taking part in outdoor pursuits like climbing, high ropes and kayaking requires plenty of energy. Children have three good hot meals each day – and the food is good!
Staff:
Mrs Mulrain
Mrs White (Year 4 leader)  Mrs Rose (First Aid)
Miss Bailey (Year 4)  Miss James (TA - ‘nurse on trip’)
Mr O'Grady (Year 5)  Mrs Hamilton (TA - ‘nurse on trip’)
Mr Haden

Where are we staying?

Groups of 4 sharing a room with en-suite facilities
Boys in one building
Girls in another.

Drying Rooms

For meals.
**Bedrooms and Activity Groups**

All the rooms are '4s' with en-suite showers, which we will show the children how to use. Yes we will encourage children to have at least one shower while they are there!

In the next couple of weeks, children will make friend choices in order to sort out the bedrooms.

We make sure that children are with at least one friend of their choice for rooms and activities.

The activity groups will be a mixture of boys and girls from different classes, to encourage team building.
Our programme looks like this:

ARRIVALS
15.30 - 17.00 - Activity 1
17.15 - 19.00 - Evening meal (and unpacking)
19.00 - 20.30 - Activity 2
   Bedtime

08.00 - 9.00 - Breakfast
09.00 - 10.30 - Activity 3
10.30 - 10.50 - Break
10.50 - 12.20 - Activity 4
12.20 - 13.40 - Lunch
13.40 - 15.10 - Activity 5
15.10 - 15.30 - Break
15.30 - 17.00 - Activity 6
17.15 - 19.00 - Evening meal
19.00 - 20.30 - Activity 7
   Bedtime (after packing)

08.00 - 9.00 - Breakfast
09.00 - 10.30 - Activity 8
10.30 - 10.50 - Break
10.50 - 12.20 - Activity 9
   LUNCH
   LEAVE
Timetable - you will receive a final letter a couple of weeks before we actually go with these times and information:

**Wednesday**
- School between 8.30 and 8.55 to hall with suitcase and register, hand in any medications etc.
- Early lunch here, leave at 1pm
- Culmington arrival, rooms, safety briefing
- 2 activities (last activity ends at 8:30)

**Thursday**
- 5 activities

**Friday**
- 2 activities
- Lunch
- Return to school for approx. 3:30
Activities requested
Zip Wire, Abseiling, Canoeing, Kayaking, Obstacle course, Fencing, Low ropes, underground maze, Archery.

Activities are in groups of approximately 10, with a member of staff and at least one instructor per group.

Kit list
You will have received one of these tonight - most important to note:
• a sleeping bag and pillowcase
• Old, warm clothes - that you don’t mind getting muddy!
• Plenty of layers - weather dependent but long sleeves needed and long trousers needed for some activities.
• Old trainers / walking boots
• Changes of socks
• Waterproof jacket and trousers
• Plastic bags/ bin liners for wet clothes
• Please label everything!
• No money, sweets or electricals!

NO WELLIES NEEDED
Example menu from last year:

**Dinner:**
Choice of Chicken (halal, Gluten Free)
Vegetable tikka (halal, Gluten Free)
Cottage Pie
Vegetable Schnitzel (vegan)
BBQ Pork (Dairy Free, Gluten free)

Boiled Potatoes, Carrots, Broccoli, Gravy
Dessert or fruit

**Breakfast:**
Choice of cereals (variety of milk related to dietary needs)
Toast, Sausages (pork / vegetarian)
Beans, Scrambled eggs
Variety of spreads for children to help themselves

**Lunch:**
Margherita Pizza/ Fish fingers/ Vegetable samosas
Mushy Peas, Sauté potatoes
Salad bar: ham, tuna, cheese, tomato, lettuce, cucumber, coleslaw, potato salad
Bread / rolls
Dietary
We should already have information about dietary needs on the consent forms. Please let us know if anything has changed in order to pass information on to the Culmington team.

Medical
If your child needs specific medication, you need to complete a regular medication form – available tonight or from the school office. This includes travel sickness tablets.

Personal
Please make sure that any changes in personal details are updated - especially contact numbers. If you have any other personal queries, please see one of the members of staff at the end of the meeting.

Payment
Payment deadline is Friday 27th March. Please see the office if there are any problems or queries with this.

QUESTIONS????