

YR8 HIGH ADVENTURES RESIDENTIAL

JAN 14TH-16TH WED-FRI

- **Arrive at school Wednesday normal time 8.15am**
- **Depart from School Wed@ 9.30am (Bring Packed Lunch)**
- **Arrive at High Adventures 12pm (Approx 2h 20mins)**
- **Unpack sort out accommodation and debrief for afternoon Activities**
- **Depart from High Adventures Fri @12.15pm after lunch**
- **Arrive back at Scalby @ 2.30pm**

KIT LIST

- 2/3 T-shirts
- 2/3 Trousers - Tracksuit bottoms or similar
- (NO JEANS)
- Warm jacket (Preferably water resistant)
- Pyjamas/similar
- Comfortable indoor clothes
- Toiletry bag - Shampoo, soap
- 2 pairs of outdoor footwear (that may get wet/dirty)
- Re-useable drinks bottle
- Medication (clearly labelled)
- Gloves & hat - for the cold weather
- Torch & batteries

You could get wet each day if the weather is poor! We recommend you bring plenty of clothes to get changed into.

can provide *

activities

- 2/3 Sweatshirts/hoodies
- Socks & underwear (bring plenty)
- 2 x Large towels
- Indoor footwear - trainers
- Waterproofs (If no waterproofs, centre
- Toothpaste & brush
- Lunch box - To take lunch with you on
- Small rucksack/day bag
- Bin bags/carrier bags for wet clothes



High Adventures



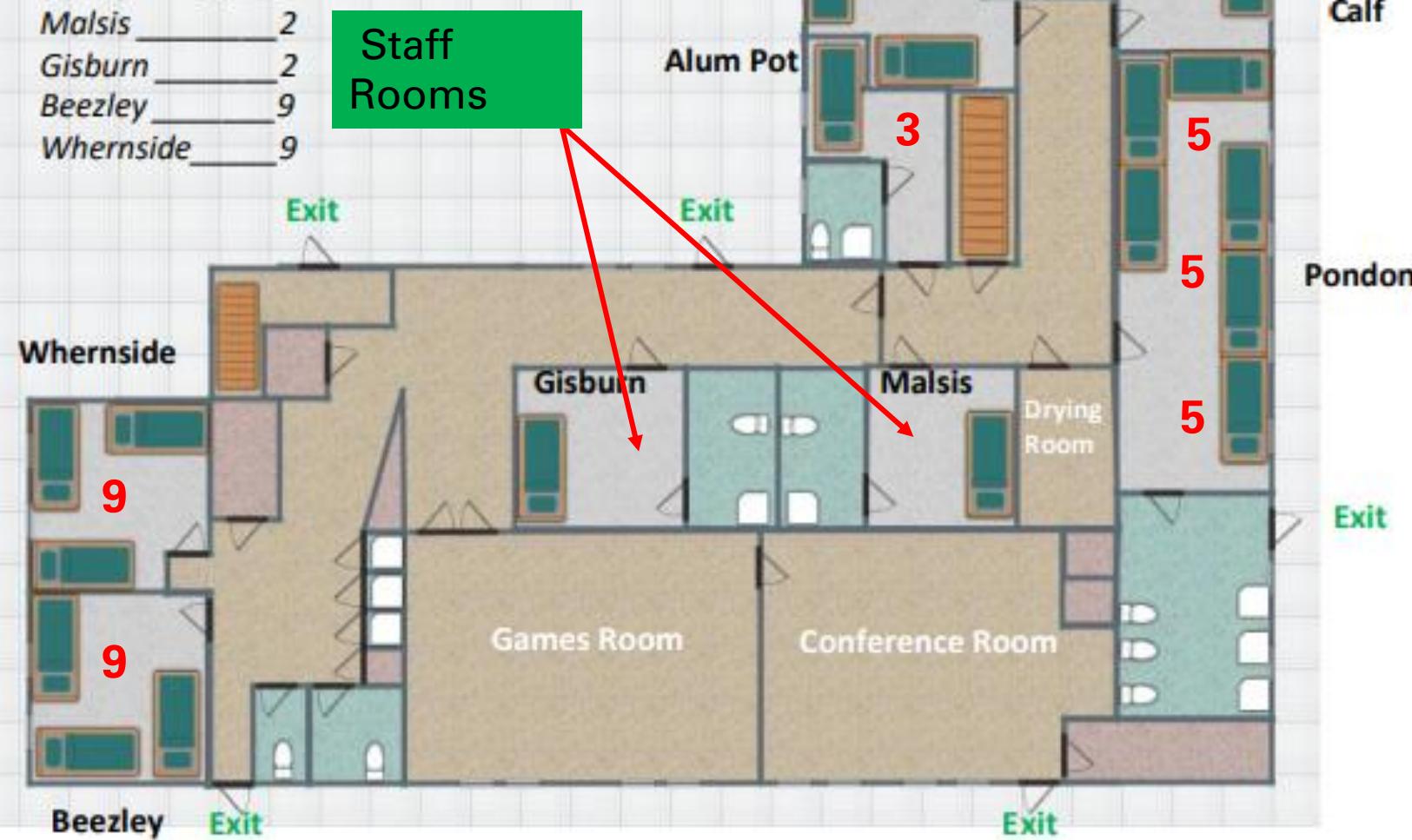
Site

- High Adventures, Cowling, Keighley.
- Accommodation is made up mainly of communal bunks.
- Room size range from 2-15 students
- Toilet and wash facilities are located in corridor outside their rooms or if your lucky, (en-suite).
- Boys will occupy bottom floor.
- Girls will be separate on upper floor.
- 2 members of Staff will be on each floor adjacent to student rooms if their assistance is required.
- **Lights out will be 10pm each night**

Ground Floor

Bed Numbers

Earl Crag	13
Alum Pot	3
Ponden	15
Cow and Calf	3
Malsis	2
Gisburn	2
Beezley	9
Whernside	9



ACCOMMODATION
LAYOUT GROUND
FLOOR
52 BEDS

ROOM SIZES

13
9
9
5
5
5
3
3

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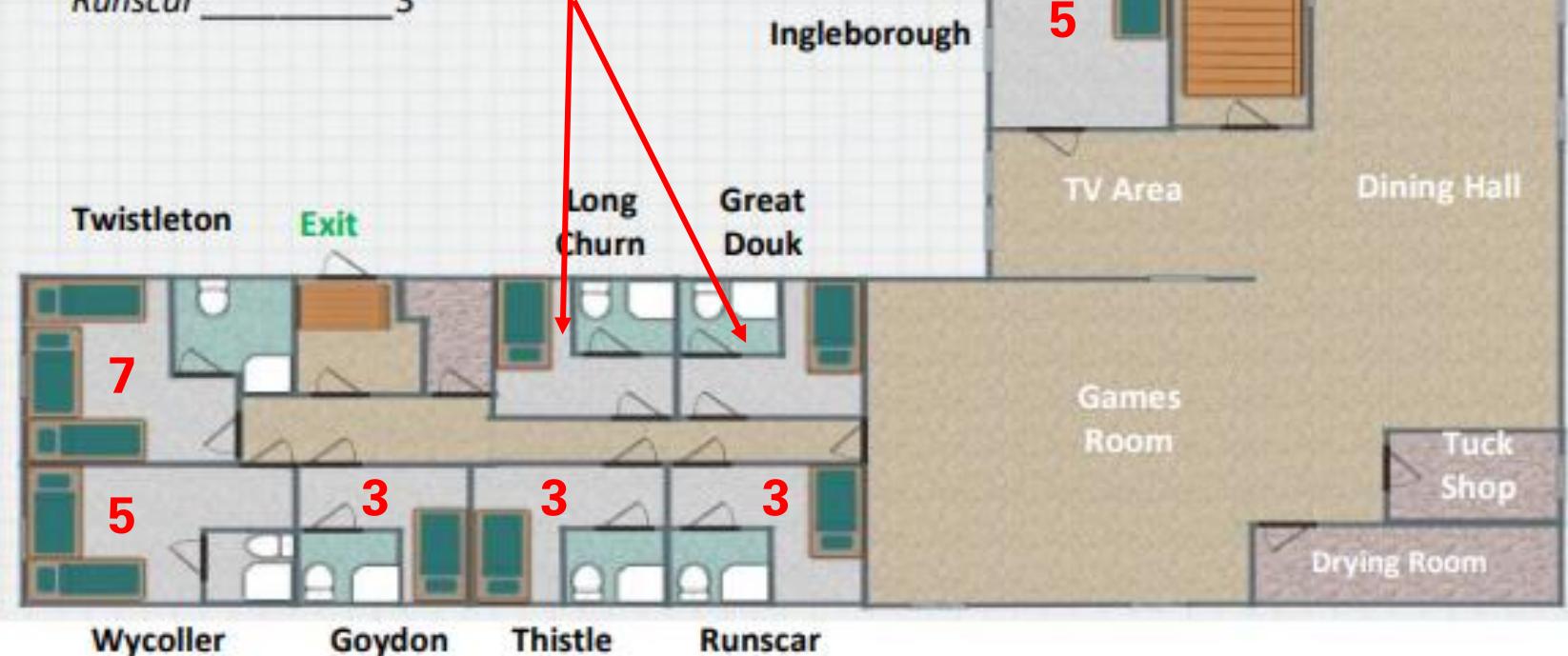
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First Floor

Bed Numbers

Pen Y Ghent	3
Ingleborough	5
Great Douk	3
Long Churn	3
Twistleton	7
Wycoller	5
Goydon	3
Thistle	3
Runscar	3

Staff
Rooms



ACCOMMODATION
LAYOUT MAIN SITE
FIRST FLOOR
29 BEDS

ROOM SIZES

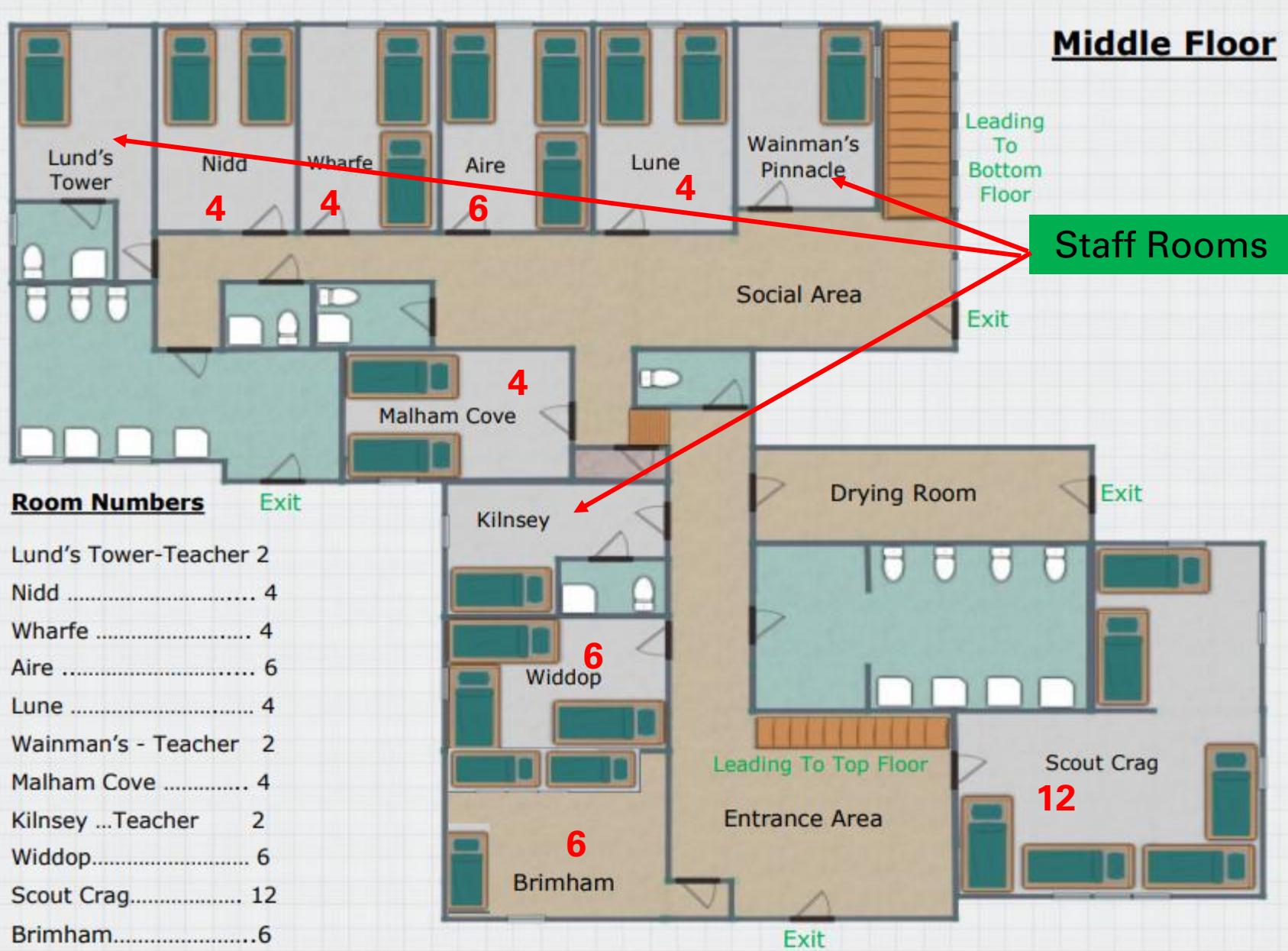
7	+
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3	
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3	
3	

ACCOMMODATION LAYOUT NOOK

46 BEDS

ROOM SIZES

12
6
6
6
4
4
4
4
4
4



ACCOMMODATION LAYOUT TOP FLOOR OF NOOK 12 BEDS

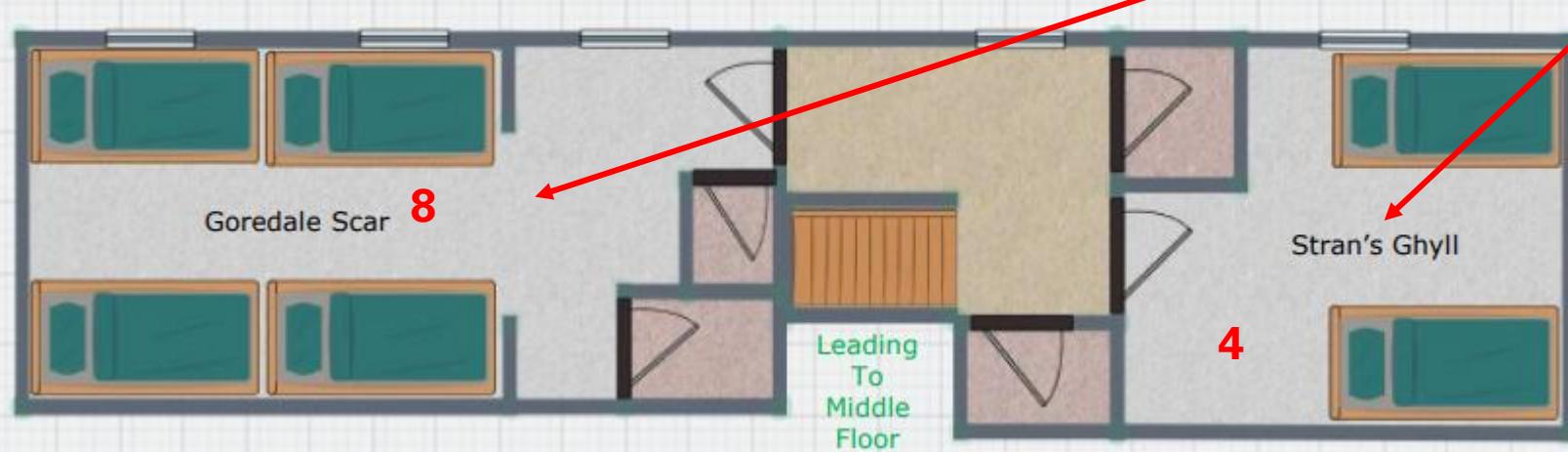
ROOM SIZES

8 & 4

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Top Floor



Student Rooms
No Staff

Room Numbers

Goredale Scar 8

Stran's Ghyll 4

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Breakfast

Beans, hash brown, egg, toast, cereal, tea, coffee & fruit juice or water

Lunch

A selection of sandwiches, crisps, fruit, a sweet treat & fruit squash or water for your refillable drinks bottle.

Evening Meal 1

Spaghetti Bolognese, garlic bread and salad with ice cream for dessert

Either Hot dog, wedges & salad or Macaroni Cheese & garlic bread with High Adventure cupcake for dessert

Evening Meal 2

Local butcher sausages with mashed potato, vegetables & gravy with a High Adventure cupcake for dessert

Mild chicken curry served with rice and tortilla chips with ice cream for dessert

If you have any special dietary requirements such as vegetarian, halal, coeliac etc; please let us know in advance so we can provide appropriate alternatives.

Breakfast and lunch are not provided on your arrival day. We may occasionally make amends to the menu due to unforeseen circumstances. Suitable alternatives will always be provided.

ITINERARY

Day 1

Arrive @ 12pm, Lunch,

Afternoon: Adventure Walk, Dinner & Labyrinth

Evening: Cinema Night / Egbert

Day 2

Morning: Low Ropes, Moon Walk, Archery

Afternoon: Bouldering / indoor climbing / abseiling

Evening: Cinema Night / Egbert

Day 3

Morning: High Ropes/Zip-Wire

Afternoon: Lunch & Depart



There is an arranged evening entertainment programme for the students on their first night run by centre staff.

The Thursday night we have the option of chilling out in the games room or watching a movie in the Bothy which can accommodate all students.

Mobiles, Money & Valuables

- Mobile phones / devices will not be allowed during activity times or social down time in the evenings when activities are not being delivered.
- They will be collected by staff on arrival at the centre and will be returned to students on leaving the centre on the Friday. We will communicate any issues through the school messaging system and if necessary speak directly to parents if required.
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- We want your son/daughter to have an amazing experience without the added distractions of social media.
- Expensive electrical items & jewellery should also be left at home as there will be minimal downtime in the evenings and the centre already has TV, pool and table tennis as well as board games to keep you entertained. There is also access to the cinema room on the last night so plenty to do.
- There is a tuck shop on site but this will only be open on the Thursday night providing behaviour is good the night before so I would suggest £5-10 max spending money would be all that's required for the entire trip as there will be no stop offs on the outward or homeward journeys.

TEAM

- Mr Curran (PE Teacher, First Aider)
- Mrs Leat Smith (Senior Leader, First Aider)
- Mrs Evers (DofE support, First Aider)
- Mr Dunn (Science Teacher)
- Mrs King (DofE support, First Aider)
- Miss Trotter (PE Teacher)
- Mr Swaminathan (Teaching Assistant)
- Staff will be away from their own families and will be there to support you and make sure you are having a great time, but they also need their sleep at night to be able to do their job properly so have some thought for them when you're away.

THANK YOU FOR
LISTENING

Any Questions?

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