

Manor Adventure

17th - 19th April 2023

Year 4

What/Where is Manor Adventure...

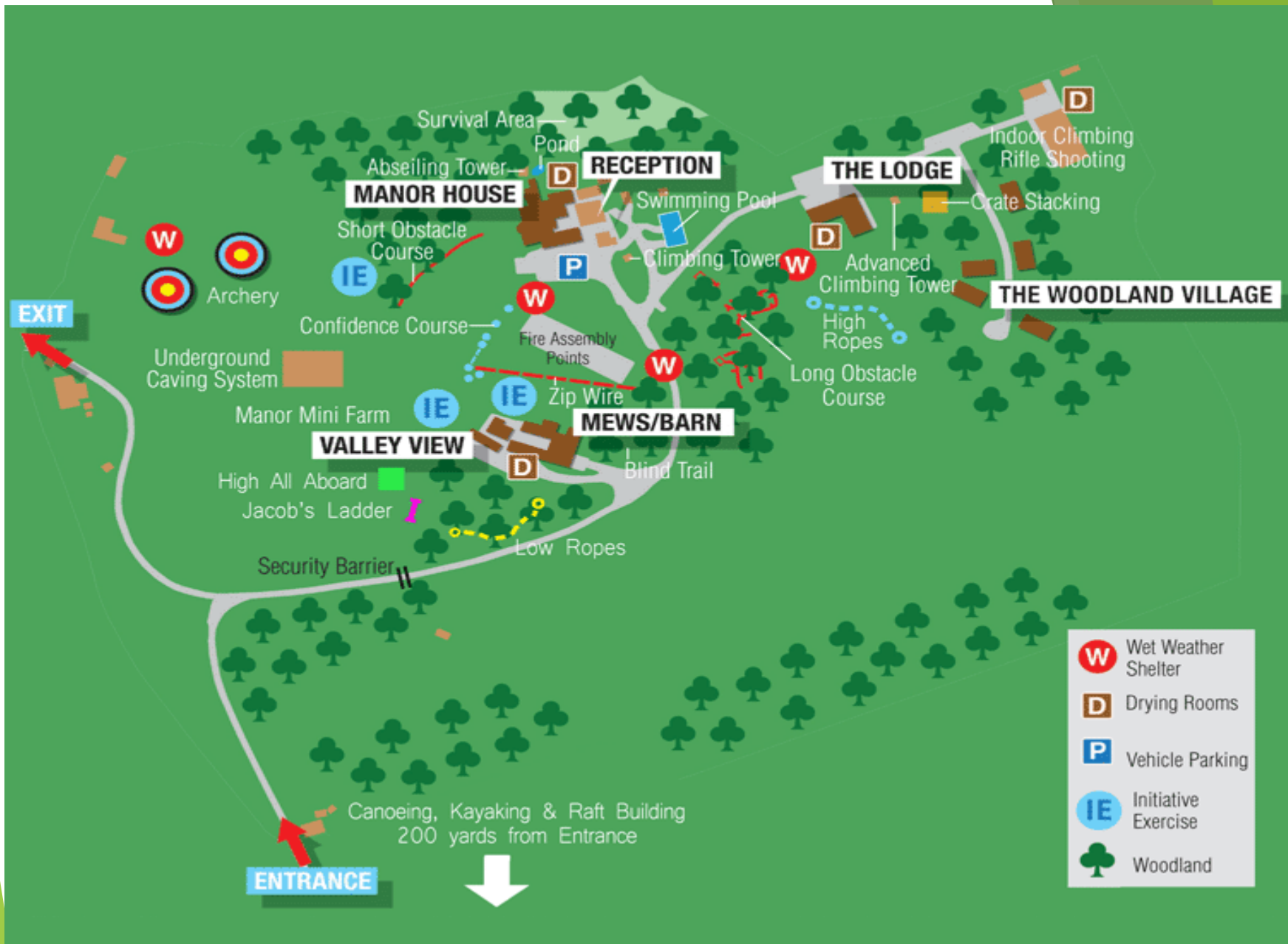
Manor Adventure (Culmington Manor) is an Outdoor Education Centre in South Shropshire.

This is the fifth time NJS has visited this centre.



Culmington Manor offers exceptional facilities within a 100 acre estate in an area of outstanding natural beauty in the South Shropshire countryside. Our superb estate is located close to the Welsh borders and nine miles from the historical town of Ludlow. The grounds consist of woodlands, fields, and gardens inhabited by an abundance of wildlife.

Hidden away in the Corvedale Valley, our estate provides a safe and secure environment for schools to enjoy outdoor pursuits. The centre operates within a very compact central area with the majority of activities taking place within 15 acres surrounded by the various accommodation options.



EXIT

ENTRANCE

Survival Area

Abseiling Tower

Short Obstacle Course

Confidence Course

Underground Caving System

Manor Mini Farm

High All Aboard

Jacob's Ladder

Security Barrier

Canoeing, Kayaking & Raft Building
200 yards from Entrance

Pond

MANOR HOUSE

RECEPTION

Swimming Pool

Climbing Tower

Fire Assembly Points

MEWS/BARN

Blind Trail

Low Ropes

THE LODGE

Indoor Climbing

Rifle Shooting

Crate Stacking


Advanced Climbing Tower

THE WOODLAND VILLAGE

High Ropes

Long Obstacle Course

Zip Wire

- W** Wet Weather Shelter
- D** Drying Rooms
- P** Vehicle Parking
- IE** Initiative Exercise
-  Woodland

Activities.....

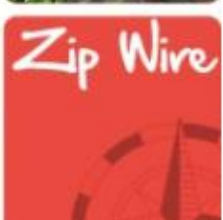
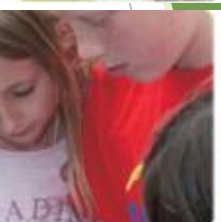
- ▶ Whilst at Manor Adventure the children have the option to take part in:-
- ▶ Archery
- ▶ Zipwire
- ▶ Abseiling
- ▶ Team challenges
- ▶ Orienteering
- ▶ And many more activities.

Our programme...

Day	Session	ACTIVITY GROUPS				
		1	2	3	4	5
Monday	3	-----Arrivals-----				
	4	Abseil	Abseil	Zip Wire	Bouldering	Aero Ball
	5	Aero Ball	Zip Wire	Abseil	Abseil	Bouldering
Tuesday	1	Fencing	Fencing	Bouldering	Zip Wire	Abseil
	2	O/Course	Bouldering	Fencing	Fencing	Zip Wire
	3	Team Games	Aero Ball	Team Games	Team Games	Fencing
	4	Bouldering	O/Course	Aero Ball	O/Course	Low Ropes
	5	Orienteering	Orienteering	O/Course	Aero Ball	O/Course
Wednesday	1	Low Ropes	Low Ropes	Orienteering	Orienteering	Orienteering
	2	Zip Wire	Team Games	Low Ropes	Low Ropes	Team Games
	3	-----Departures-----				

Time Table.....

- ▶ 07.30 - Rise & Shine
- ▶ 08.00 - Breakfast
- ▶ 09.00 - 10.30 - **Outdoor Pursuit Session 1**
- ▶ 10.30 - 10.50 - Break Time
- ▶ 10.50 - 12.20 - **Outdoor Pursuit Session 2**
- ▶ 12.20 - 13.40 - Lunch Time
- ▶ 13.40 - 15.10 - **Outdoor Pursuit Session 3**
- ▶ 15.10 - 15.30 - Break Time
- ▶ 15.30 - 17.00 - **Outdoor Pursuit Session 4**
- ▶ 17.15 - 19.00 - Evening Meal / Free time
- ▶ 19.00 - 20.30 - **Outdoor Pursuit Session 5**



Evening Time.....

- ▶ During the evening the activities continue.
- ▶ They rarely have any time to themselves!!

Items we need to take:

- ▶ Children need to take all items on the kit list. These must be labelled with their name, all in one travel bag - either suitcase or holdall.
- ▶ DO NOT go and buy new clothes - the older the clothes the better (as they can always be thrown away when they get home - saves on the washing!!)
- ▶ Jeans are not suitable for our trip
- ▶ We also need a sleeping bag and a pillowcase as these are not provided for us.
- ▶ Children must also bring their own towel.

Extras

- ▶ Cameras - each group leader from NJS will have a camera with them - we will be uploading the photos as and when we can!!
- ▶ **PACKED LUNCH** - You will need to provide a packed lunch for your child before we leave NJS on Monday 17th April - this will all need to be disposable.
- ▶ On the way to Manor Adventure we will be having the morning at Carding Mill Valley - climbing the water fall and playing in the stream; we will also be having our picnic here!

Manor Adventure recommendations:

What to pack

Here's a list of things you'll need to pack - along with a few that aren't essential but could be useful.

Things you need:

- Luggage - please restrict this to one case plus one piece of hand luggage.
(Metal frames rucksacks should be avoided as they are difficult to fit into the coach)
- Sleeping Bag & Pillowcase
- A drink bottle (essential in the summer)
- Torch (for evening walk)
- Rucksack
- Toiletries etc (please note deodorants must be roll-on, no aerosols)
- Old clothes for activity sessions - (long-sleeved shirts/jumpers, trousers / jogging bottoms
(Not denim jeans), T-Shirts and closed-toe shoes are required for nearly all sessions so bring plenty).
Clothes, shoes and underwear for other times.
- Waterproof clothing (jacket / trousers)
- Large plastic bag for dirty clothes
- Bath towels x 2
- Hat & Gloves in the winter
- Sunglasses, sun cream and hat in the summer
- Pyjamas and slippers

Useful items:

- Books, playing cards and other quiet activities
- Money for snacks (sweets & drinks) , souvenirs (i.e postcards). Please bring coins not notes.

Useful notes:

- No wellies
- Please name all clothing
- Denim jeans are not ideal for outdoor use

What shouldn't we take?

- ▶ Children will be entertained all week, so DO NOT need anything electrical -NO mobile phones, No devices etc
- ▶ Children are also NOT permitted to take aerosols or spray deodorants.

Medication

- ▶ If your child has medicine to take please make sure you bring it with you - DO NOT PACK IT.
- ▶ When you arrive on Monday 17th please place medication, with a letter of authorisation to administer and instructions for when it should be given, in our first aid box.
- ▶ If your child has an inhaler, please provide two, one for the child to keep with them and one for the medication box.

Pleased to know.....

- ▶ When at Manor Adventure children will be assigned into teams for the activities - these are the teams children stay in all week.
- ▶ As well as children in the team, an NJS adult will also be in that group, along with a fully qualified instructor, who is also that groups first aider. All activities are on site meaning people are around if necessary.

Emergency.....

- ▶ IF there is need for you to contact us during the working day then please ring the school office and they will contact our mobiles, as we taking part in activities during the day! -
NJS School Office - 01952 386600

- ▶ IF there is need to contact us at the centre during the night, in an emergency, contact -
- ▶ Tel : 01584 861333

We will have a school mobile before we go - I will send you the number before the visit.

- ▶ IF WE need you, I will contact you direct.

Transport - Coach

- ▶ We are going to Manor Adventure on a coach from and returned to Newport Junior School.
- ▶ You need to be at NJS for normal time.
- ▶ Our return journey you will need to collect your child from NJS around 3.30/4pm
- ▶ We will Facebook/email on Wednesday at 2pm with a clearer time.

Times

- ▶ Monday 17^h April - Children should come to school AS NORMAL (8.45am) and meet, with their luggage, directly in the school hall.

Coach departure time - 9.15am

Check In at Manor is 3pm.

10.30am - Cardingmill Valley

- ▶ Children will be entertained by staff walking up to the waterfall, playing in the stream and enjoying time together with some sports equipment.

Wednesday 19th April - Children will meet you in the waiting area next to school house.

Coach arrival time - 3.30pm approx (please don't arrive sooner as you know what Avenue Road can be like!!)