

What to Bring? Kit List – 2 Night Stay

Please pack a **holdall/bag** with these things

- ✓ Water Bottle
- ✓ Torch
- ✓ Towel
- ✓ Wash kit (shower gel, toothpaste and toothbrush)
- ✓ Sleepwear + comfort teddy
- ✓ Underwear and socks for 2 days + spare
- ✓ Indoor shoes /slippers for the bedroom
- ✓ 3 x t-shirts / long sleeved t-shirts for 2days
- ✓ 3 x jumpers / fleece or warm long-sleeved tops for 2 days
- ✓ 3 x long trousers for 2 days
- ✓ 1 x old, old trainers
- ✓ Plastic bag for dirty clothing
- ✓ **Sleeping bag, pillow and pillowcase!**

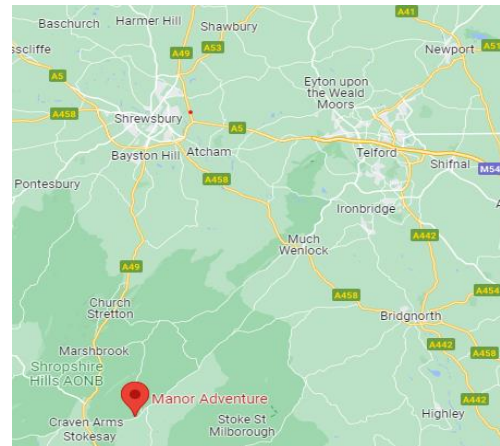
Children may bring a small rucksack with their packed lunch/snacks/book/cuddly toy.

Please ensure your child comes to school **wearing:**

- Appropriate trainers (OLD outdoor!)
- Coat or / and Waterproof Jacket / Waterproof Trousers (if needed)
- Thick socks
- Hat, Scarf, and Gloves; or Sunhat and Sun Cream (as appropriate)
- Tracksuit bottoms and 2 layers on top!

Please name all the things children bring. Just bring old clothes as children will be outdoors having fun and getting muddy! NO cameras, NJS staff will be taking group shots for the website!

Where is Manor Adventure?



**Culmington Manor,
Seifton,
Craven Arms
SY7 9BY**

Site facilities...



Mr B Moody – Spring 2024



**Parent and student information for
a residential visit
18th - 20th March 2024**



The adventure starts here!

A warm welcome awaits!

- Getting Outdoors
- Having Fun Exploration
- Working Together
- Personal Development
- Learning New Skills
- Positive Wellbeing
- Creating Memories for Life

Welcome to Manor Adventure; Culmington Manor

Culmington Manor is one of the best centres in England

It has 4 Accommodation choices: The Manor, Mews, Lodge & Woodland Village

It has a 94% rebooking rate

The majority of outdoor pursuits on site

It has a large artificial caving system

& 99% of bedrooms are ensuite!

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.

Accommodation

We will be staying in the Mews which accommodates up to 60 in comfortable dormitory style bedrooms split across a courtyard. The toilets and showers are all ensuite. Room sizes are 6, 8, 10 or 12.

The staff are located throughout the Mews enabling good supervision.

Year 4 staff have selected the dorms the children are using. They have all been thought of and are with a friend!



Timings

Monday 18th March

9.20/30am – Depart NJS

11-1.30pm – Cardingmill Valley
(a walk, a play and a picnic!)

2.30pm Arrival at Manor Adventure

Activities from 4pm Monday until 1pm Wednesday are a combination of Obstacle Course, Orienteering, Fencing, Abseiling, Low Ropes, Team Games, Bouldering, Aroo-ball and Zip-wire.

Wednesday 20th March

4pm – Arriving back at NJS (main gates)

Meals

NJS WILL NEED A PACKED LUNCH ON MONDAY 18th MARCH

Each day there is breakfast, lunch, and a cooked evening meal.

Breakfast may consist of: Cereals & Milk; Sausage, Bacon, Scrambled Eggs, Beans, Tomatoes & Toast (each day)

Lunch may consist of: Beef Pie, Chicken Satay, BBQ Rib, Quiche, Mac&Cheese, Jacket Potatoes with a salad bar (Tuesday) & Soups, Chilli, Sandwich fillers, Jacket Potatoes, Nachos, and a Salad Bar(Wednesday.)

Tea may consist of: Beef/Vege Chilli, Chicken and Leek Pie, Pork Steak & Rice, Potatoes, Cabbage, Carrots, Gravy (Monday) & Chicken Tikka Masala/Vege Curry, Battered Cod, Gammon & Chips, Rice, Peas, Sweetcorn. (Tuesday.)

Staff

We have an experienced and friendly team of staff who are dedicated to:

- Providing a friendly, safe, homely environment
- Providing a high-quality educational experience
- Working closely with visiting staff

NJS have these adults going with the children: Mr Moody, Mrs Naylor, Mrs Ollerenshaw, Mrs Parker, Miss Bold, Mr Humphries & Miss Smith.

We all understand issues children have at bedtime and we will do all we can to comfort your child during the stay. A phone call home will be last resort with 11pm as the cut off!

Medication

All medication, including inhalers, need to be given to an NJS member of staff. Alongside the medication/inhaler there needs to be a letter of authorisation to administer, detailing times to administer and how much. Please check inhalers have an appropriate amount left in them for the whole visit.