

Manor Adventure
"Culmington Manor"

7th - 9th April 2025

Year 4

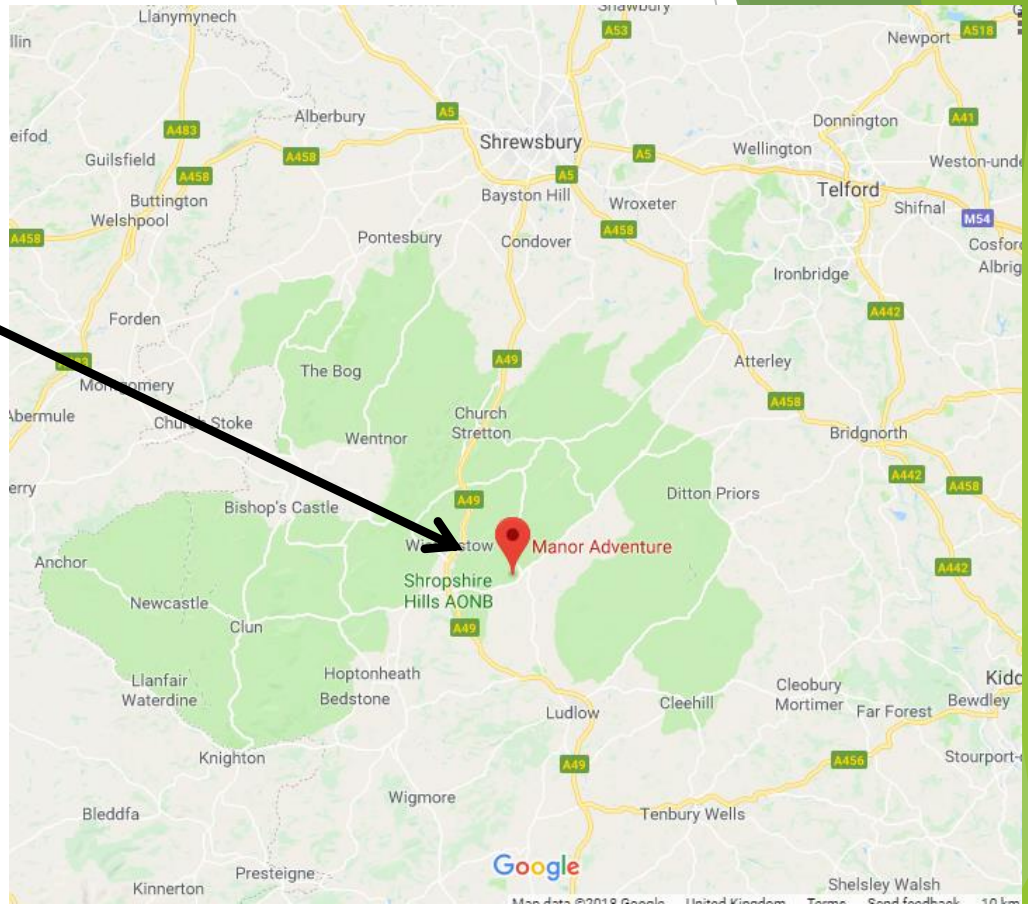
What/Where is Manor Adventure...

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

This is the eighth time NJS has visited this centre.

Why not go and look:

<https://www.manoradventure.com/culmington-manor.php>



Activities.....

- ▶ Whilst at Manor Adventure the children have the option to take part in:-
- ▶ Fencing
- ▶ Zipwire
- ▶ Abseiling
- ▶ Climbing
- ▶ Orienteering
- ▶ Aeroball
- ▶ Low Ropes
- ▶ Bouldering
- ▶ And many more activities.

What a day looks like...

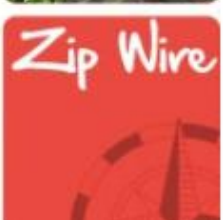
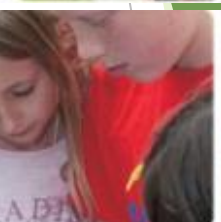
Evening Time.....

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

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

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-----				



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 - old trainers are much more suitable!
- Please name all clothing
- Denim jeans are not ideal for outdoor use

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 7th April - this will all need to be disposable.
- ▶ On the way to Manor Adventure we will be having the morning at Shrewsbury Quarry - team building and playing; we will also be having our picnic here!

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.

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
- ▶ NJS adults attending are myself, Mr Lawson, Mrs Jukes, Mrs Pearson, Mr Humphries, Mrs Dunscombe and Miss Lockwood.

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 2.30/3pm
- ▶ We will Facebook/email on Wednesday at 1.30pm with a clearer time.

Times

- ▶ Monday 7th 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 - Shrewsbury Quarry

- ▶ Children will be entertained by staff walking and playing, enjoying time together with some sports equipment and the park.

Wednesday 9th April - Children will meet you in the waiting area next to school house.

Coach arrival time - 2.30pm approx (please don't arrive sooner as you know what Avenue Road can be like!!)

Medication

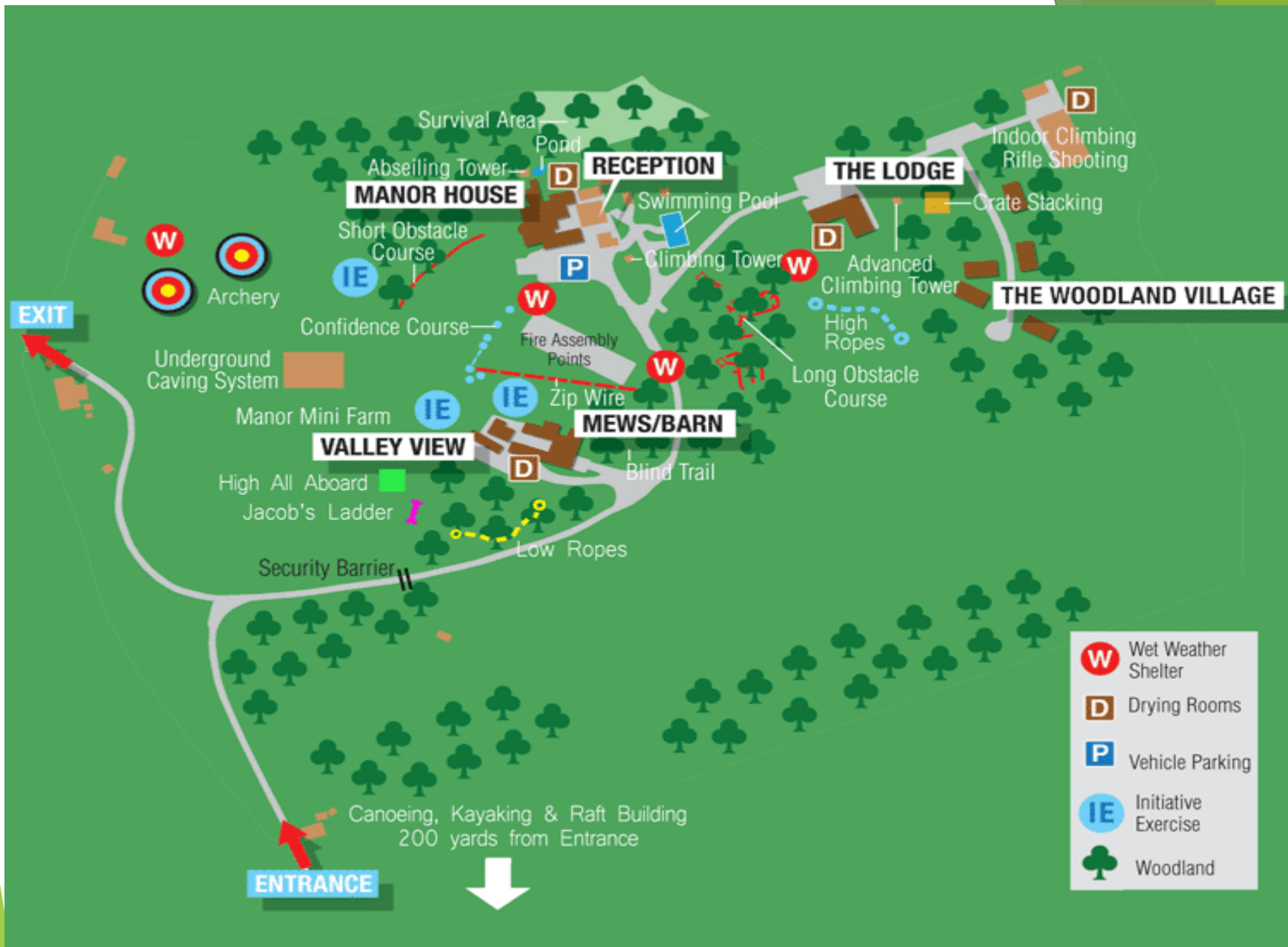
- ▶ If your child has medicine to take please make sure you bring it with you - DO NOT PACK IT.
- ▶ When you arrive on Monday 7th please place medication, with a letter of authorisation to administer and instructions for when it should be given, in our first aid box.
- ▶ If your child has an inhaler, please provide two, one for the child to keep with them and one for the medication box.

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

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.



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

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Why the map?!?

