

Year 5&6 High Ashurst Trip

6 – 8th November 2024



Overview

- Welcome
- Objectives of Residential
- Links with the National Curriculum
- Health and Safety
- Introduction of Leaders
- Itinerary
- Kit List
- Any Questions?



THE RESIDENTIAL CENTRE

- High Ashurst is part of Surrey Outdoor Learning & Development (SOLD). The centre delivers experiential outdoor learning experiences, encouraging adults and young people to 'learn-by-doing'





We believe that the outdoors is the place to make unique discoveries. Surrey Outdoor Learning & Development is committed to achieving **positive personal development** through outdoor experiences that challenge the mind and body. Through these outdoor experiences, we guide participants to **discover more about themselves by learning and developing personal, social, emotional, physical and key skills.**

We treat each person we work with as an individual with his or her own unique core strengths and limitations. Together, we work to achieve the best each person is capable of, whether this be newfound **self-esteem**, the **ability to communicate** effectively with friends, or the completion of a strenuous uphill hike.

Self-evaluation and the recognition of achievement are the two fundamental principles behind our work. **Participants must assess their own capabilities in order to perform.** Ultimately, **learning and development will then occur when an individual chooses to fulfil these capabilities through action and is able to recognise their actions** as a new and remarkable personal achievement

Objectives of Residential

- Governor and county permission given so trip justified educationally.
- Developing life skills:
 - Making decisions
 - Assessing risks
 - Team building
 - Independence
 - Personal responsibility
- Having fun!!



Links with the National Curriculum

- P.E: Adventurous activities
- PSHE: Life skills



KNOWLEDGE

Growing understanding relating to the wider world & specific curriculum outcomes

BROADEN
HORIZONS
ENVIRONMENTAL
ACCREDITATION
DEVELOPMENT
CROSS
CURRICULAR
TECHNICAL
TEACHING
COACHING
LEARNING

PERSONAL

Developing skills to maximise personal achievement

INVOLVEMENT
MOTIVATION
RESPONSIBILITY
CHALLENGE
SUCCESS
REFLECTION
COMMITMENT
SETTING GOALS
SOLUTION
FOCUSSED
INITIATIVE

SOCIAL

Improving behaviours to work better with others

TRUST
RESPECT
LISTEN
COMMUNICATION
LEADERSHIP
FOLLOW
COOPERATE
SUPPORTIVE
INSPIRE
NEGOTIATE

EMOTIONAL

Fostering positive feelings, emotional literacy & mental health

POSITIVITY
SELF AWARENESS
MANAGE FEELINGS
SMILING
EMPATHY
RESILIENCE
CONFIDENCE
PROUD
ENJOYMENT
SECURITY

PHYSICAL

Increasing physical movement, ability & enjoyment

STRENGTH
STAMINA
COORDINATION
BALANCE
MOVEMENT
FITNESS
DISCIPLINE
HEALTH
SKILLS
PERFORMANCE

Health and Safety

- Our primary concern. (Accommodation)
- Staff have visited the centre prior to trip.
- Each venue and activity has been carefully risk assessed.
- We reserve the right to send home those who might endanger themselves or others.

ACCOMMODATION

- A standard cabin can accommodate 20 people in 6 en-suite bedrooms. All bedrooms are equipped with comfortable bunk beds, radiators and a private bathroom with a shower. There is also one additional fully accessible communal bathroom in the hallway.
- Each cabin is fitted with a kitchenette suitable for preparing hot drinks. There is also a spacious lounge area that may be used as a space in which to plan for the day ahead or to relax in comfort with friends after a day in the outdoors



Food



- The food is healthy, nutritious and filling whilst still appealing to a child's taste.
- All residential programmes include a cooked/continental breakfast, a packed lunch and hearty hot meal at dinner time. All meals are cooked in the High Ashurst kitchens and guests eat together in the splendour of the great hall.
- All food allergies and requirements can be catered for as all meals are prepared on-site.



The Leaders

- Mrs Dreher
- Mr Knott
- Miss Minto
- Mrs Brill
- Mrs Good
- Mr Brill
- Mrs Carter
- Mrs Gailor
- Ms Knott
- Miss Grewall



Itinerary

Organisation Name: Ongar Place Primary School | **Number Of Groups:** 6 | **Nights:** 2 | **Arrival Date:** 11:30, 06 Nov 2024 | **Departure Date:** 13:30, 08 Nov 2024

Session	Time	OngarPI 1	OngarPI 2	OngarPI 3
Wednesday 06 Nov				
Wed	10:30 - 11:30	Brimmer walk to High Ashurst (escorted walk)	Brimmer walk to High Ashurst (escorted walk)	Brimmer walk to High Ashurst (escorted walk)
Wed	13:30 - 16:30	Challenge Course (A)	Challenge Course (B)	Challenge Course (C)
Wed	18:30 - 20:30	Evening MA Session 2 hrs - Instructor led activity (A)	Evening MA Session 2 hrs - Instructor led activity (A)	Evening MA Session 2 hrs - Instructor led activity (B)
Session	Time	OngarPI 1	OngarPI 2	OngarPI 3
Thursday 07 Nov				
Thu	09:30 - 11:00	Climbing (A)	Climbing (B)	Climbing (C)
Thu	11:00 - 12:30	Climbing (A)	Climbing (B)	Climbing (C)
Thu	13:30 - 15:00	Target Archery (A)	Target Archery (B)	Woodland Skills (A)
Thu	15:00 - 16:30	Woodland Skills (B)	Woodland Skills (C)	Target Archery (A)
Thu	18:30 - 20:30	Grand Hall	Grand Hall	Grand Hall
Session	Time	OngarPI 1	OngarPI 2	OngarPI 3
Friday 08 Nov				
Fri	09:30 - 12:30	Ropes 1 (A)	Ropes 1 (B)	Ropes 1 (C)

Session	Time	OngarPI 4	OngarPI 5	OngarPI 6
Wednesday 06 Nov				
Wed	10:30 - 11:30	Brimmer walk to High Ashurst (escorted walk)	Brimmer walk to High Ashurst (escorted walk)	Brimmer walk to High Ashurst (escorted walk)
Wed	13:30 - 16:30	Ropes 1 (A)	Ropes 1 (B)	Ropes 1 (C)
Wed	18:30 - 20:30	Evening MA Session 2 hrs - Instructor led activity (B)	Evening MA Session 2 hrs - Instructor led activity (C)	Evening MA Session 2 hrs - Instructor led activity (C)
Session	Time	OngarPI 4	OngarPI 5	OngarPI 6
Thursday 07 Nov				
Thu	09:30 - 11:00	Target Archery (B)	Target Archery (A)	Woodland Skills (A)
Thu	11:00 - 12:30	Target Archery (A)	Woodland Skills (A)	Woodland Skills (B)
Thu	13:30 - 15:00	Climbing (A)	Climbing (B)	Climbing (C)
Thu	15:00 - 16:30	Climbing (A)	Climbing (B)	Climbing (C)
Thu	18:30 - 20:30	Grand Hall	Grand Hall	Grand Hall
Session	Time	OngarPI 4	OngarPI 5	OngarPI 6
Friday 08 Nov				
Fri	09:30 - 12:30	Challenge Course (A)	Challenge Course (B)	Challenge Course (C)

PLEASE NOTE THAT CHANGES TO THE ORDER OF ACTIVITIES MAY BE NECESSARY UP UNTIL YOUR ARRIVAL WITH US

Date Created: Fri 13th Sep 2024

Kit List

- Bath towel
- Toiletries
- Night clothes
- Socks & Underwear
- T-Shirts
- Thick sweater/Light Sweater
- Trousers
- Waterproof jacket (& trousers?)
- Sturdy shoes
- Pair of trainers
- Slipper
- Torch
- Gloves
- Sun-hat & sun-cream??????
- Lunch for day 1 (disposable)



Any Questions?

- Questions.
 - Chat to a leader.
 - Collect forms.
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- Please leave your completed forms with us today.

