

High Ash Farm Activity Camp ~ May 23rd to 27th 2011

St Peter & St Paul School

with



High Ash Farm Activity Week *Monday 23rd May to Friday 27th May 2011*

Parents' Information Booklet



High Ash Farm Activity Week

This booklet has been produced to give parents all the necessary information regarding the activity week planned for Years 5 & 6 from May 23rd to May 27th 2011. This year the programme has been modified in order to allow children to take part in a greater number of activities suitable to their age. As before, the week is being run in conjunction with Derwent Pursuits who are registered with the Adventure Activities Licensing Authority.



The aim of the week is to develop the children's outdoor pursuits' skills in a way not possible in our normal Life Skills Programme. I believe that this type of activity develops personal qualities that are so vital in today's world. Emphasis is upon teamwork and the need to be reliant on others when part of a team but emphasis is also placed on the personal development of each individual child taking part and there is no doubt that there will be many challenges for the children.

Having read this brochure, please do feel free to contact either Peter March or myself if you have any questions you would like to ask or if there is any further information you would like in relation to the week.

A handwritten signature in black ink that reads "Andrew Lamb". The signature is written in a cursive style with a small dot at the end.

Andrew Lamb
Headmaster

Staffing

School Staff

The Headmaster, Denise Cooper, Michele Farrand, Ben Lamb,
Martin Lowe, Diane Shimwell, Rebecca Lamb Dip.N. (Child)

Derwent Pursuits' Staff

Peter March, Richard Crane, Peter Nash,
Jenny Harding, Rik Battye, Peter Montgomery

High Ash Farm Staff

Denis Moors & His Assistants

Activity Programme

Monday 23rd May

Morning Travel to High Ash Farm followed by unpacking, safety briefings
and a familiarisation walk around the farm.

Afternoon Y5 Gp1 Abseil at Miller's Dale
Y5 Gp2 Task Challenge at High Ash
Y6 Caving in Giant's Hole, Castleton

Night Y5 Training for next day.
Y6 Orienteering

Tuesday 24th May

Day Y5 Gp1 Archery/Orienteering at High Ash
Y5 Gp2 Climbing & Scrambling at The Roaches
Y6 Canoeing on Rudyard Lake

Night Y5 Boys Bivvying
Y6 Boys Evening Hike/Camping
Y5/Y6 Girls Wide Game

Wednesday 25th May

Day Y5 Gp1 Climbing & Scrambling at The Roaches
Y5 Gp2 Canoeing on Caldon Canal
Y6 High Ropes at Hargate Hall and Abseiling at Millers Dale

Night Y5 Girls Bivvying
Y6 Girls Evening Hike/Camping
Y5/Y6 Boys Wide Game

Thursday 26th May

Morning Y5 Gp1 Canoeing on the Caldon Canal
Y5 Gp2 Archery/Orienteering at High Ash
Y6 Climbing & Scrambling at The Roaches

Night Quiz/Night Game

Friday 27th May

Morning Y5 Gp1 Task Challenge at High Ash
Y5 Gp2 Abseiling at Millers Dale
Y6 Archery at High Ash

Afternoon Lunch, clear up and return travel to school

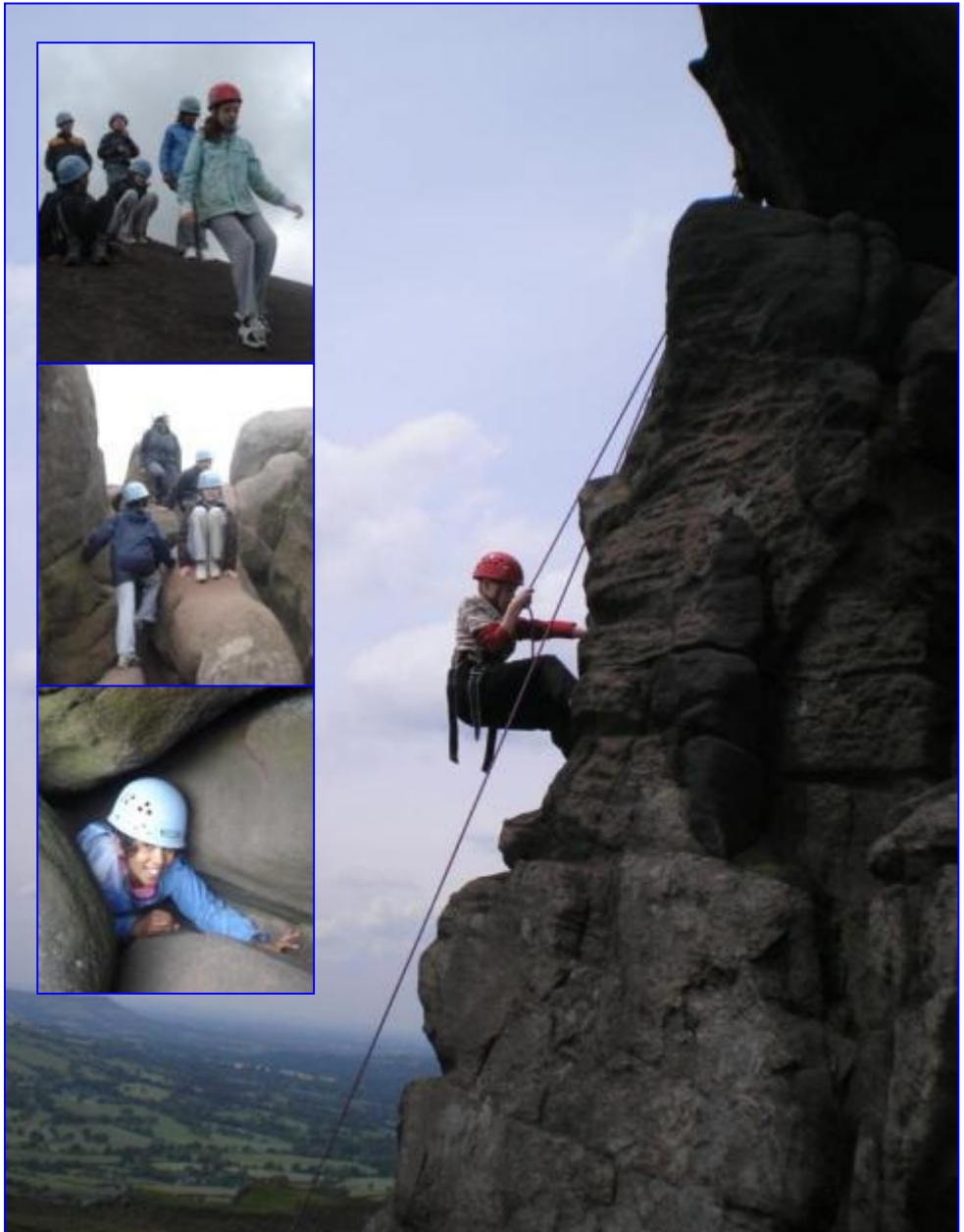
The Venue

High Ash Farm is a working small holding in the heart of the Staffordshire Moorlands. It offers independent bunkhouse accommodation with all 'dormitories', except one which has a separate bathroom, having en-suite facilities! We will have exclusive use of the centre during our stay and all domestic arrangements and provision are the responsibility of Denis Moors and his staff.



Climbing & Scrambling at The Roaches for Years 5 & 6

Rock Climbing and Scrambling at The Roaches offers a range of climbs suitable for children. Under the expert tuition and guidance of an experienced instructor, children will have the opportunity of experiencing the exhilaration of a successful climb.



Abseiling at Miller's Dale

The old railway bridge in Miller's Dale provides the perfect location for abseiling. The first challenge is to climb onto a ledge before beginning the descent to the valley floor 80 feet below. The Derwent Pursuits' Instructors will ensure the safety of children as they experience the exhilaration of completing the 80 foot drop!



High Ropes Course at Hargate Hall for Year 6



Another exciting challenge for Year 6 will be the High Ropes Course at Hargate Hall.

Hargate Hall is situated in Wormhill, a small village near Buxton and close to the old railway bridge in Miller's Dale where Year 5 will be abseiling. The High Ropes Course at Hargate



Hall is an ideal location and the course will certainly test the nerve and daring of each child as well as help them to understand the importance of teamwork to get them through.

Experienced staff will guide the children throughout the activity and, as with all our activities, children will only take part in the activity if they so wish!

Canoeing at Rudyard Lake for Year 6



Rudyard Lake will be the venue for Year 6 canoeing. Weather conditions can make this an exhilarating and challenging activity. Wind and weather permitting, we hope to canoe the length of the lake before beaching our canoes to enjoy a picnic.

The afternoon will see us return, paddling past the famous boathouse. This whole day excursion should be memorable as well as a real challenge for the children.



Canoeing Expedition on Caldon Canal for Year 5



Possibly the greatest challenge of the week for Year 5 will be the Canoe Expedition along the Caldon Canal. What will make this such a challenge is the fact that it will include canoe portages which will involve

the group in lifting their canoes out of the water and then carrying them to the next point of entry!



The Leek Branch of the Canal will be used for the expedition which will mean the group paddle a horseshoe route that will eventually bring them back to the waiting transport. Possibly the highlights of the expedition will be the beautiful scenery as well as the crossing of the aqueduct at Hazlehurst and the portages!

This expedition will certainly test the teamwork of the group if they are to complete the day's expedition!



Caving at Giant's Hole, Castleton for Year 6

For some of Year 6 this may be the ultimate challenge, caving at the Giant's Hole in Castleton. For those who take up the challenge and don all the waterproof gear, the rewards are amazing. The sheer beauty of seeing



rock formations below the ground is enough to take your breath away. This walk-in cave allows children the exhilaration and

thrill of being able to go caving in safety with experienced caving instructors.

The look of awe and wonder on the children's faces is something to behold



Overnight Camp and Bushcraft for Year 6



Year 6 will leave the confines of High Ash Farm by minibus and then be dropped off at a location from where they will walk to the campsite. Once there they will set up camp and sleep under canvas for the night before breaking camp in the

morning and returning to the bunkhouse for a cooked breakfast and preparation for the day's activity. Year 6 may also have an opportunity one evening to experience an element of bushcraft.



Overnight Bivi & Task Challenges for Year 5

Last year the Task Challenges proved very popular! They give the children some understanding of the need for leadership and teamwork! The overnight bivi will give the children an opportunity to use their camp



craft skills learnt within the Life Skills programme. It will also give them a taste of a night out in the open!

A Message from Peter March of Derwent Pursuits

Children will be involved in a very active programme during which they are expected to get wet and possibly muddy! They need to be comfortable in all weather conditions that can be expected during a normal British week in May!

During the off-site expeditions, for example climbing and canoeing, the children will be out for the whole day and will not return to the minibus and bunkhouse for up to seven hours. You and your children need to plan for this! Staff will help children to remember, select and bring the correct clothing each day although that does mean it needs to be in the bunkhouse in the first instance!



Occasionally your child may feel a little uncomfortable and this is all part of the learning process. Your child will be carefully monitored and supervised 100% of the time while on activities by highly experienced professionals. The instructors, working on a 1:8 ratio, always have spare clothing, emergency shelters and a first-aid kit with them. School staff will be in attendance during all activities.

Basic Kit List

Pants & socks for 5 days plus spares	Pyjamas
3 T shirts	Hat & gloves
3 long sleeved tops/sweatshirts/rugby shirts	Day Rucksack (15 ~ 25 litres)
2 prs of shorts	Lunch box
Swimming Costume	Drinks bottle
2 prs of long trousers (only 1 pair can be jeans)	Sleeping bag for bivi
1 pr of tracksuit bottoms	Wash bag, flannel and soap
1 fleece or thick jumper	Toothbrush and toothpaste
1 waterproof top (e.g. cagoule)	Shampoo
1 pr of waterproof trousers (if poss!)	Towel
2 prs of trainers with laces	Torch + NEW BATTERIES
1 pr of walking boots or wellies	SUNCREAM

Other items to consider: Camera, reading books, personal stereos etc.
(Please see item below regarding Personal Property.)

Useful Information

Other Activities

There may be other evening activities organized by school staff if time permits. These activities may include a wide game (a game played in a large outdoor area) as well as an opportunity to play board games.

Meals

All meals are provided by the centre staff and are cooked on the premises and eaten at tables in the common room. For children with special dietary needs, these will be catered for as at school. If your child requires a special diet, please ensure that you provide the relevant information so that it can be passed to the Centre Manager.

Transport

Transport will be by school minibuses and staff cars as required. Those driving minibuses have received minibus driver training and, except in exceptional circumstances, there will be another member of staff in each minibus as well as the driver; where this is impossible, vehicles will travel in convoy.

Supervision

There will always be a member of the school's staff team present during each activity but responsibility for the activities themselves will be in the hands of the Derwent Pursuits' Instructors.

First Aid

Rebecca Lamb, a qualified children's nurse, will be in attendance for the duration of the week to look after all aspects of health and first aid. If you wish to discuss any aspect of your child's health with her prior to the trip, please contact Annette Meikle at Reception who will arrange an appointment for you at a mutually convenient time for both Rebecca Lamb and yourself.

Security

The security of your child is of major importance to us and the main accommodation at High Ash Farm is covered by four closed circuit television cameras. There is separate staff accommodation in both bunkhouses so that your child will always be able to call for adult assistance if required.

Mobile Phones

Please note that mobile phones are not permitted; there is no mobile phone signal at High Ash Farm.

Pocket Money

There will be little opportunity for children to spend any money although there is a tuck shop at the centre that will open if necessary. We suggest that £3 should be sufficient and we would appreciate it if parents limited their children to that amount.

Jewellery

For Health & Safety reasons, no jewellery other than studs for those with pierced ears will be allowed. Please ensure that your child brings no other jewellery with them. (Wrist watches are permitted!)

Personal Property

As at school, please ensure that all your child's belongings are clearly named. The School, Derwent Pursuits and High Ash Farm will not be responsible for any loss or damage to children's personal property and clothing however caused.

In Case of Emergency

In the unlikely event that we shall need to contact you, it will only be possible for your child to participate in the activity week if you have completed the necessary Medical Consent Form relating to the trip. If you have not received a copy, please contact Annette Meikle at Reception.

Useful Contact & Information Details

St Peter & St Paul School

Brambling House
Hady Hill
Chesterfield
Derbyshire
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head@spsp.org.uk

Derwent Pursuits

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pete@derwent-pursuits.co.uk

AALA Licence No RO663

High Ash Farm

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Adventure Activities Licensing Service

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