

MANOR INFORMATION PACK



2018

Manor 2018

Dear Parents/Carers

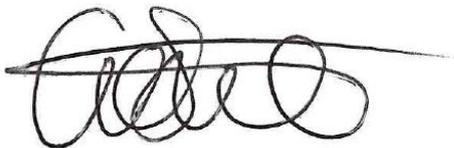
This booklet contains information about our next Manor Adventure trip. We will be setting off on Monday 17 September and returning on Friday 21st September. We are hoping that all the present year 5 pupils will be able to attend. The cost of the trip will be £320.00.

If you would like to reserve a place then please complete the forms at the back of this pack and send with your non-refundable deposit of £50. We will need your deposit by Friday 20th October to ensure your place is reserved. You will then receive a payment sheet which is your copy of payments made and funds still owing. Payments can be made by cash or cheque payable to Hawkedon Primary School and handed in the usual way or by online transfer. It is important that you keep this booklet safe as you will need to refer to it during the summer break next year. There will be another meeting during the summer term to remind everyone of the arrangements.

Please note that Manor Adventure have a very strict refund policy after the final payments have been made. Cancellations made shortly before the trip starts do not receive a full refund.

We look forward to another very successful visit.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Gareth O'Shea', with a long horizontal line extending to the right.

Gareth O'Shea
Headteacher

Where is Manor Adventure?

Manor Adventure 2018 will take place at the Abernant Lake Hotel from Monday 17th September to Friday 21st September 2018. Please note that after speaking to the local schools, this is after the anticipated Reading Boys and Kendrick School entrance exams so full participation by Year 6 is anticipated in 2018. The centre offers exceptional facilities within a 55 acre site in a beautiful part of mid Wales. The activity centre is sandwiched between the Brecon Beacons and the Cambrian Mountains and situated 13 miles from Builth Wells. The centre has breath-taking views over undulating countryside with the Cambrian mountains in the distance.



Centre Facilities

The children stay in dormitories which are simply furnished with bunk beds. Pillows and bottom sheets are provided. Students are required to bring a sleeping bag and pillowcase.



Sample Activities

- Abseiling – adrenaline activity which promotes inner confidence
- Archery – on site archery ranges
- Climbing – on site purpose built climbing tower
- Crate stacking – a challenging team activity which requires skill, nerve and excellent balance.
- Fencing – learn the basic rules/skills: stance, lunge, parry and repost.
- High ropes – a challenging and exhilarating activity.
- Hill walk – a low level walk in the surrounding area.
- Lake challenge – get group onto the island via a zip wire. Return to the main land using your initiative.
- Low ropes – a series of cabled and roped events to test your stamina, co-ordination and agility.
- Orienteering – children are taught in small teams to map read, so to enable them to locate clues around the centre's grounds.
- Raft building – design and build a raft to carry your group across the lake.
- Rifle shooting – target sport using .177 small bore rifles in the safety of the rifle range.
- Stand up paddle boarding – unlike surfing, paddle boarding is easy to learn.
- Zip wire – climb to a platform using a rope ladder and descend via a 70 meter zip wire.



Sample Timetable

07:30	Rise and Shine
08:00	Breakfast
09:00 – 10:30	Activity Session 1
10:30 – 10:50	Break Time
10:50 – 12:20	Activity Session 2
12:20 – 13:40	Lunch Time
13:40 – 15:10	Activity Session 3
15:10 – 15:30	Break Time
15:30 – 17:00	Activity Session 4
17:00 – 19:00	Evening Meal/Free Time
19:00 – 20:30	Activity Session 5
Bedtime	At discretion of the school



Why We Go

- Children get to know their year group in a new way
- Improves independence and organisation
- Develops time management
- Boosts confidence
- Boosts self esteem
- Emphasises team ethos of Year 6
- Encourages children to develop their own personality and think about who they are and want to be
- Broadens horizons
- Allows them to take on different roles
- Encourages them to take reasoned risks
- Gives them practical experience of actions and consequences
- Boosts communication skills and adapting it to different people
- Improves listening skills
- Positive language and ways to boost and help others
- Challenge themselves and push what they thought were their limits



Accounts From The Children

Day 1 - Monday

After a long coach journey, we finally arrived. As soon as I saw the hotel, I just felt excited. The first thing I did was walk around the inside of the hotel to remember where things were. The first activity we did was low ropes. Low ropes was fun. I nearly fell into a puddle! After the low ropes we had dinner. Trust me, it was amazing! Our last activity was abseiling. Abseiling is this awesome fun thing, it's basically rock climbing but you go down! When I got up on the edge of the platform my legs were shaking and I was super nervous. When I was actually doing it – it was great! An amazing first day!



By Oliver

Day 2 - Tuesday

Today we woke up and got ready. Next, we went down to breakfast, it was so yummy! Then our first activity was canoeing, it was fun but I didn't want to capsize because it was freezing! Then we went kayaking. I prefer kayaking to canoeing because you are on your own. You play games and do challenges in the lake! We then had a yummy lunch. After a break, we had archery where my highest score was 8. Then we had abseiling! It looked quite fun but when I got to the top I felt nervous as it was quite high up. However, when I was coming down I loved it! After dinner, we had one last activity which was the zip wire.



By Sophie W

Day 3 - Wednesday

Once again breakfast was the highlight of the day. The sausages were so nice! After breakfast we did the lake challenge. This is a zipwire over a lake. Once you finished it you got towed back across the lake on a boat by our team. Next we did archery, it was quite a long walk to get there and we were all chatting. When we shot with rifles, we were in a metal shed which was really hot. We had to shoot a paper target with our rifle, it was really hard and I only hit the target twice. Next it was stand up paddleboarding which was one of my favourite activities of the whole week. You had to stand on a surf board type thing and paddle around the lake with a one sided paddle. We fell in the lake loads, people were splashing each other and some of the teachers fell in! It was so much fun! After that we got ready for dinner and the disco. The disco was really fun and it was nice having everyone together. Ezara got on the stage to teach us a dance!



By Jack B

Accounts from the Children Continued

Day 4 - Thursday

On Thursday we did the hill walk, by the end of it my legs were hurting a lot but it was fun! Next, we did crate stacking and we got up to six rows of crates – 12 crates placed in one minute! Then, we had raft building where we had to design our raft and then make it. Once we put it on water it didn't work and it fell apart when we sat on it. We all fell in the lake!

By Amy



Day 5 - Friday

On the last day of the trip, my first activity was fencing. This is basically sword fighting with a rod and the objective is to hit the other person. I won against Rohan (my partner). The next (and final) activity was the lake challenge. We had to cross the lake using a zip wire. Once we had crossed the lake, we had to use a boat to get back to the manor. Finally it was time to leave. I was very sad about leaving as I had so much fun with my friends. The journey back seemed very short as we were busy talking and sharing our experiences. Once we reached the school, our parents were waiting to receive us. It was nice to be home after such a memorable trip.



By Ajitesh



My Manor experience by Mr Butler-Willis

I was viewing the Year 6 residential to Manor with a strange mix of excitement (a week with no marking!) and trepidation: I was new to the school and had never previously been on a week-long residential trip. In my previous school I had been on many shorter ones but Manor was to be the first time I had been away from my own child for longer than a couple of days, so I was able to empathise fully with the parents.

My overriding memory of the week was just how busy the children were kept, there was little free time for the children, which meant they were kept busy and didn't have time to dwell on thoughts of home, which helped with dealing with the age old problem of homesickness. There was no let up from the off, and we started our first activities that very afternoon.



The activities were varied enough to offer a challenge for everyone. Some water based, some physical, a few mental, and most challenging for me, some required a head for heights.

I was equally impressed by the staff at Manor, having previously been on residential trips, I know such companies have a high staff turn over and the quality of instructors can be varied. However, I genuinely got the feeling early on that the Manor group invested in the people that worked for them and had in place a robust training programme. The instructors were friendly without trying to be the children's friends. They keep a professional distance but were encouraging and nurturing, whilst never forcing children to undertake activities.



In all it was a great week. I was able to get to know (most of!) the children's names and personalities and to have shared such an experience so early in the year was invaluable.

Manor Check List

Packed Lunch

All disposable, please do not put in the suitcase. A good idea would be to put the packed lunch in a small rucksack which can be used on the hill walk. Don't worry if you do not have one.

Luggage

You must be able to carry or wheel the case or bag that you take (small suitcase).

Check List

Sleeping bag or duvet and pillow case, roll it up, place it in a black plastic bag and tie it up, please put your name on the bag.

Indoor Clothing

Shirts/blouses, trousers/skirts, jumper, sweatshirt.

Toiletries – toothpaste, toothbrush, soap, towels (3), hair brush – **no spray deodorants.**

Underwear – at least 8 sets.

Nightwear (+ small teddy or such like if need one).

Slippers and/or indoor footwear.

Swimming costume.

Outdoor Clothing

Walking boots or strong shoes, if not good training shoes.

Old trainers or plimsolls for canoeing and raft building.

Thick socks (2 or 3 pairs).

Ordinary socks.

Old jogging bottoms/tracksuit bottoms (not jeans) – cord trousers will do (2 or 3 pairs)

Shorts for games and if weather is warm.

Hat for cold weather (gloves optional).

Waterproof jacket, kagoul, anorak type coat.

T-Shirt (lots).

Jumpers and/or sweatshirts (at least 3)

Torch

Lipsil is a good idea if weather is windy.

A book(s) to read.

Water Bottle.

Exercise book/diary.

Please ensure all clothing is clearly marked.

It is a good idea to bring a spare plastic bag for dirty clothing. Cameras etc. can be taken but are the responsibility of each individual.

Any travel sickness medication needs to be taken prior to setting off, with the return medication in a sealed, named envelope with the required instructions. Please hand this to a member of staff on arrival at school with any other medications.

Sample Payment Trip Card



Trip Payment Card

Reported at: 07/10/2016 12:27:39

Manor 2017

(Duration: 18/09/17 to 22/09/17)

Year 5

Date	Amount due	Payment date	Amount	Memo
05/10/16	50.00			
30/11/16	35.00			
16/12/16	35.00			
31/01/17	35.00			
28/02/17	35.00			
31/03/17	35.00			
28/04/17	35.00			
26/05/17	35.00			
30/06/17	25.00			
Total due:	320.00	Total paid:	0.00	
		Total owing:	320.00	

Dear Parents/Carers

We would be grateful if you could give us an indication whether you will be reserving a place on this trip.

Please complete the form below and return to the school with your non-refundable deposit if necessary.

Thank you

Childs name _____ Class _____

Please tick as appropriate

- I/We would like to reserve a place on the Manor 2018 trip and enclose a non-refundable deposit of £50. I/We accept that the final balance must reach the school office by 29th June 2018. I/We also enclose both the completed EV2 and dietary and medical forms.
- I/We would not like to reserve a place on the Manor 2018 trip.

Signed by the person with legal responsibility

_____ Date _____

Attached to this form is information regarding an activity. If you wish your child to join in the activity, complete and sign the form and return as indicated in the information.

School: Hawkedon Primary School		Class or tutor group
Pupil's name		Date of Birth:
Home address:		
Home telephone no. (incl STD code)	Other numbers (work or mobile)	
How could you be most easily contacted in an emergency?		
Is your child receiving medical treatment at present? If so please give details:		
Please give details of any medical conditions that might affect your child's performance or safety on this activity (please advise of any infectious illness in the 4 weeks prior to departure):		
Please give your family doctor's name and address:		
Please add any further information on a separate sheet as necessary.		

<p>Statement</p> <p>I acknowledge receipt of the information regarding the proposed activity</p> <p>To Manor Adventure</p> <p>On September 2018</p> <hr/> <p>And consent to my child, named above, participating.</p> <p>I agree to staff giving permission for any emergency treatment that the medical authorities deem necessary. I undertake to inform the school of any changes in my child's fitness prior to departure. I have ensured, as far as I reasonably can, that my child understands that it is important to safety that any rules and instructions given by the staff in charge are obeyed.</p> <p>Signed: Date:</p> <p>Please indicate relationship to child:</p>
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**Manor Adventure 2018
Hawkedon Primary School**

PLEASE WRITE DOWN ANY MEDICAL INFORMATION

PLEASE WRITE DOWN ANY DIETARY INFORMATION

CHILD'S NAME _____

SIGNED BY THE PERSON WITH LEGAL RESPONSIBILITY:
