

WELCOME TO MOUNT COOK!

Sawley's Y6 BIG
Adventure starts here...



Mount Cook Adventure Centre



- **Highly trained** instructors and staff
- Programmes built around your **aims and objectives**
- Focus on developing **life skills** through outdoor activity
- Modern, **eco-friendly** facilities
- **Beautiful** countryside location

Mount Cook – outdoor education centre based on the edge of the Peak District. The centre was built in 2016 and was our centre of choice in 2023 and 2024.



Experience Intent:

- Education Outside the Classroom
- Inner Confidence and Personal Achievement
- Listening and communication skills
- Social & Teambuilding Skills
- Problem solving & Development of new skills
- Leadership and Responsibility
- Managing Risk
- Motivation

Not forgetting...

**HAVE FUN and
creating great memories!**



We feel this experience will benefit your children because....

- Fun-filled and challenging way to cover some of the statutory aspects of the national curriculum e.g. PE, science, PSHE & citizenship.
- Gives children experience of being away from home.
- Develops skills that prepare them for secondary school e.g. independent thinking, self-discipline, responsibility.
- Team working skills developed, awareness of the needs of others, mutual support.

These are some of the activities we may get to try this year ...



Evening Activities

- Team Challenges
- Rocket Building
- Abseiling
- Bushcraft and Campfire
- Off site walk
- Mount Cook Challenge

- Low ropes
- Maze cube
- Problem solving
- Archery
- Game of tribes
- Bushcraft
- Orienteering
- High ropes
- Climbing wall
- Traverse cube
- Land karts
- Fossil hunting/Gem panning
- Abseiling
- Via ferrata
- Zip wire

The Important Bits – H&S

- Always at the forefront – no compromise.
- All activities risk assessed.
- First aid training – we have our named Sawley staff plus all centre staff qualified.
- Teachers dorms within the dorm areas where the children sleeping (your child will be told their dorm upon arrival).
- Make sure your child can carry their own bag!
- Regular patrols by teachers and Mount Cook staff duty night guards!
- Teachers sleep with one eye open –always!



Staff

- Ms Davies
- Mrs Stevenson
- Mrs Roughton
- Miss Sharp
- Mrs Slater
- Mr Tye

Before residential...



After residential...



A typical day at Mount Cook...

Breakfast between 7.45am and 9am

First activities start around 9.00am

Lunch time allocation between 12.15pm and 1.45pm

A full afternoon of activities

Evening meal time allocation between 5.30pm and 6.30pm

Evening Activities from 7pm to 8.30pm

Lights out by 10.00pm

- School have chosen preferred activities prior to the trip and the centre will then create a programme to meet all of their specific objectives, needs and learning outcomes.
- 4-6 sessions per day, plus one final evening session.
- Group sizes of no more than 15 plus a fully qualified Mount Cook Adventure instructor and a member of school staff.
- Students encouraged and praised during activities but are **NEVER** forced to take part if they are not comfortable doing so.
- While other groups will also be present on centre during our stay, all programmes and activities are conducted separately, unless otherwise agreed by a member of our team.

Food

Tasty full board Menu with dietary requirements catered for. Lunches vary to include homemade soup, pasta with choice of sauces instead of sandwiches. All dinners include an option of jacket potato and salad bar.



Wednesday

Sausages, hash browns, eggs and baked beans &
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna mayo, beef or chickpea pesto spread.

Crisps, fresh fruit, & homemade choco krispy

Margherita pizza or
Battered cod served with chips & mushy peas

Sticky toffee pudding & custard or yogurt & fresh fruit

Thursday

Bacon, hash browns, eggs and baked beans &
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Jacket potato
Choose your own filling:
cheese, beans, tuna mayo

Choice of salad bar

Fresh fruit & homemade flapjack

Beef bolognese or
Vegetarian bolognese served with garlic bread

Chocolate fudge cake or yogurt & fresh fruit

Friday

Sausages, hash browns, eggs and baked beans &
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna mayo, beef or chickpea pesto spread.

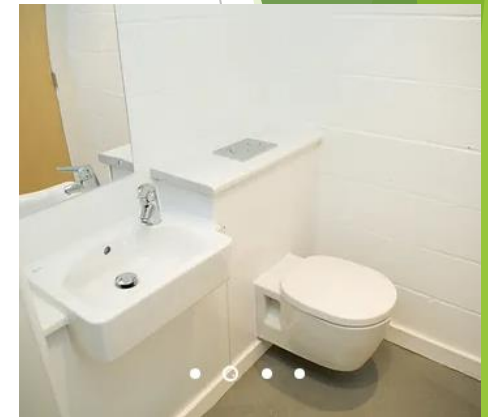
Crisps, fresh fruit, & double chocolate muffin

- Please provide your child with a **named reusable water bottle**.
- As last year, children must not bring sweets, food etc. packed in their luggage. We will provide individually wrapped biscuits and sweets for the children so that they do not miss out on their midnight feasts. 😊
- The goodies we will provide will be checked to ensure they are allergy friendly.

Accommodation

Modern comfortable dorms rooms usually 4- 6 persons in a room with a toilet, sink and shower in each room.

- Your child is **not required** to take any bedding.
- **Pillows, duvets and bedlinen are all provided.**
...They will however be required to make up their own beds with provided bedding and make their bed on a daily basis.
(Great opportunity for them to get practicing before they go!!!)
- Children **will need** to bring their own towel.



Clothing

Be prepared...!

(Warm and dry peeps = Happy peeps!)

- ◉ As recommended Sawley Adventurers kit list was included in your information already sent home.
- ◉ No expensive clothes, the older the better!
- ◉ Clothing clearly initialled.
- ◉ A bin liner is needed to store dirty/wet clothes.
- ◉ Outdoor and indoor shoes are needed.
- ◉ If wet weather is forecast *please* put in extra socks.



What not to take!

- ▶ **No electrical items** - a disposable camera is allowed. Staff will be taking cameras to capture those special moments.
- ▶ **No mobile phones/tablets.**
- ▶ **No money needed** – nothing to spend it on!
- ▶ **No aerosols** - just roll on deodorants.
- ▶ **No items of value.**



Medical Emergency



- ▶ **Highly unlikely!**
- ▶ Dealt with at centre in most cases.
- ▶ Minor Injuries Unit at Whitworth Hospital (Darley Dale)
- ▶ Our staff residential team are thoroughly briefed prior to the visit with all group leaders. Each group leader is aware of specific needs in each group.
- ▶ We have our own fully trained first aiders as part of our residential staff team and visit leaders will carry details from medical forms at all times.
- ▶ All centre staff first aid trained.
- ▶ If your child has an inhaler or Epipen etc. – please provide a ‘bum-bag’ so that they can carry these around.

Emergency contact procedures

- All adults have mobile phone numbers of other adults on site and back at school.
- Residential staff will contact the school daily to report on activities.
- In emergency, residential staff will contact the school immediately and the office will contact you. Where appropriate, you will be contacted directly so please ensure you are available.
- If parents wish to contact their children **in an emergency**, they must see a member of the school office staff, where a message to ring back will be relayed to residential staff .
- Out of hours we do have an emergency mobile number which we will provide you with in a final letter prior to the trip.
- No children will be allowed to ring home.

Behaviour

- ▶ It is expected that your child will behave and follow our code of conduct.
- ▶ Dangerous/inappropriate behaviour will not be tolerated.
- ▶ We reserve the right to stop activities if behaviour persists.
- ▶ We reserve the right to ask for child to be collected, if they cannot behave.
- ▶ Please read and discuss the behaviour contract with your child, sign and return to school prior to visit.



Here we go!

- ▶ On departure day, children arrive at the normal time in comfy clothes.
- ▶ Bags etc. will be left in the hall and children will be in their normal classes until we leave.
- ▶ **Medicines must be clearly labelled please and given directly to Miss Sharp or Mrs Slater.**
- ▶ We will be leaving before lunch in school. Each child will need a packed lunch. FSM children need to let the office know, so we can order from the kitchen. Packed lunch - will need to be disposable i.e. in a plastic bag.



- On our return you will be able to collect your children (and their washing!!) from the school hall – every child needs to be collected by an adult please.
- We are intending to return back to school at approximately 2.30pm, we will confirm times by Parent Mail on the day.
- Parents are asked to wait on the big playground while we unload the bus of children and their kits. They will then come out to you.



If you still have a question:

- ▶ You are welcome to contact school by email.
- ▶ Or if you wish to speak to a member of staff attending residential please call the Office and we can arrange a mutually convenient time for a chat.

