### manor adventure

### Lockerbie Manor Residential

9th - 13th March 2019

ACTIVITY COURSES FOR THE DEVELOPMENT OF YOUNG PEOPLE

An introduction to outdoor pursuits in a safe environment











#### **Outdoor Learning**

'The core values of Curriculum for Excellence resonate with long-standing key concepts of outdoor learning. Challenge, enjoyment, relevance, depth, development of the whole person and an adventurous approach to learning are at the core of outdoor pedagogy. The outdoor environment encourages staff and students to see each other in a different light, building positive relationships and improving self-awareness and understanding of others.'

Curriculum for Excellence through Outdoor Learning 2010

#### Course benefits; for each and every child

Spending time away from the home environment gives children and young people opportunities to develop:

- confidence, by living more independently and making their own decisions
- resilience, by having individual and group ownership for learning, community living and sharing free time
- a sense of adventure, by exploring new places and new environments
- a chance to reflect on experiences and learning sense of personal achievement
- social skills, learning about collaboration and respect for others.
- > team building skills working with other cluster primaries



# Manor Adventure Accommodation:

- En-suite bedrooms for 4-8 children (same gender)
- > Teacher rooms adjacent to pupil rooms
- Cluster schools stay together: eat, sleep and outdoor pursuits
- Common rooms/ areas downstairs in the house and in the grounds





## The food is child-friendly, plentiful and nutritious:

- > Full Scottish breakfast; range of options
- Substantial lunch
- Excellent cooked dinner
- Always plenty of choice
- Vegetarians, Vegans and all other/ special dietary requirements catered for

#### Health & Safety: No. 1 Priority

- ➤ Approved centre status ERC
- Regularly inspected by Health & Safety Executive
- Conforms to all Governing Body Guidelines
- Each outdoor pursuit is risk assessed
- Outdoor pursuits, equipment and instructors continually assessed and monitored
- Duty Instructor and First Aid (24 hours); radio linked outdoor pursuits; 4X4 Rescue vehicles





#### Insurance Cover

- Covered by East Renfrewshire's Insurance Policy (AIG)
- Full details available from council's insurance officer













#### Outdoor pursuits week programme:

- ➤ Leave school on Monday to arrive by 14:00
- Children shown Lockerbie Manor/ dorms
- > Fire drill and safety information
- > First outdoor pursuit at 15:30
- > Each outdoor pursuit lasts 1.5 hours
- Second outdoor pursuit at 19:00
- > 5 outdoor pursuits per day
- Depart after lunch on Friday at 13:00







#### Activities available (range of events):

- Abseiling
- Archery
- Bivouac Building
- Blind Trail
- Camp Craft Skills
- Climbing
- Compass Work
- Crate Stacking
- Disco
- Evening Walk
- Expedition Experience
- Fencing
- Film Studies / Video

- High Ropes
- Hill Walk
- Initiative Exercises
- Low Ropes
- Manor Olympics
- Mountain Biking
- Nature Trail
- Obstacle Course
- Orienteering
- Overnight Camp
- Scavenger Skills
- Team Games
- Wide Games
- Zip Wire





#### School Website and Twitter feeds

- ➤ Images from last year
- Lockerbie Manor/ Manor Adventure websites – search





#### Next Steps - Deposit Payment

➤ Total cost - £275



- Deposit of £50 by Friday 27th September 2019
- ➤ Gift/ tuck shop £8 maximum

### Next Steps - Payment

#### Proposed Payment Schedule (optional):

> 27<sup>th</sup> September 2019: £50 deposit

October 2019: £55

➤ November 2019: £55

January 2020: £55

February 2020: £60



#### Next Steps

- > PPT will go on the school website
- > Letter to follow confirming all details shared
- Preparation: sleep-overs!; bag-packing!
- Deposit payment required by <u>Friday 27<sup>th</sup></u>
  <u>September 2019</u>