

# **2021-22 Y6 Mount Cook Trip**

Welcome to everyone from  
our 3 schools: Ullesthorpe,  
Sharnford and All Saints.

# Tonight

- Mount Cook presentation
- Our add-ons
- Important notices
- Questions and how to get in touch

# Questions

- **If you have any questions during the presentation, please put them in the Chat.**
- **We will try and answer them**
- **If not, you can email any school office after this (don't forget it's half term soon).**



# Mount Cook

ADVENTURE CENTRE



WELCOME TO THE  
PEAK DISTRICT



We are a not for profit adventure centre based just outside the Peak District National Park in Derbyshire.

WE HAVE A MISSION TO PROVIDE ACCESS TO THE OUTDOORS FOR ALL, ESPECIALLY THE YOUNG AND THOSE WHO WOULD NOT OTHERWISE HAVE THE OPPORTUNITY.

# ABOUT US

**Est. 2016**

We design educational outdoor trips for a variety of groups, focusing on developing individual learning, team work and resilience.

# ARCHERY AND ARCHERY TAG



A dodgeball style archery game around an inflatable course.

Learn how to consistently hit a target from 10+ metres away.

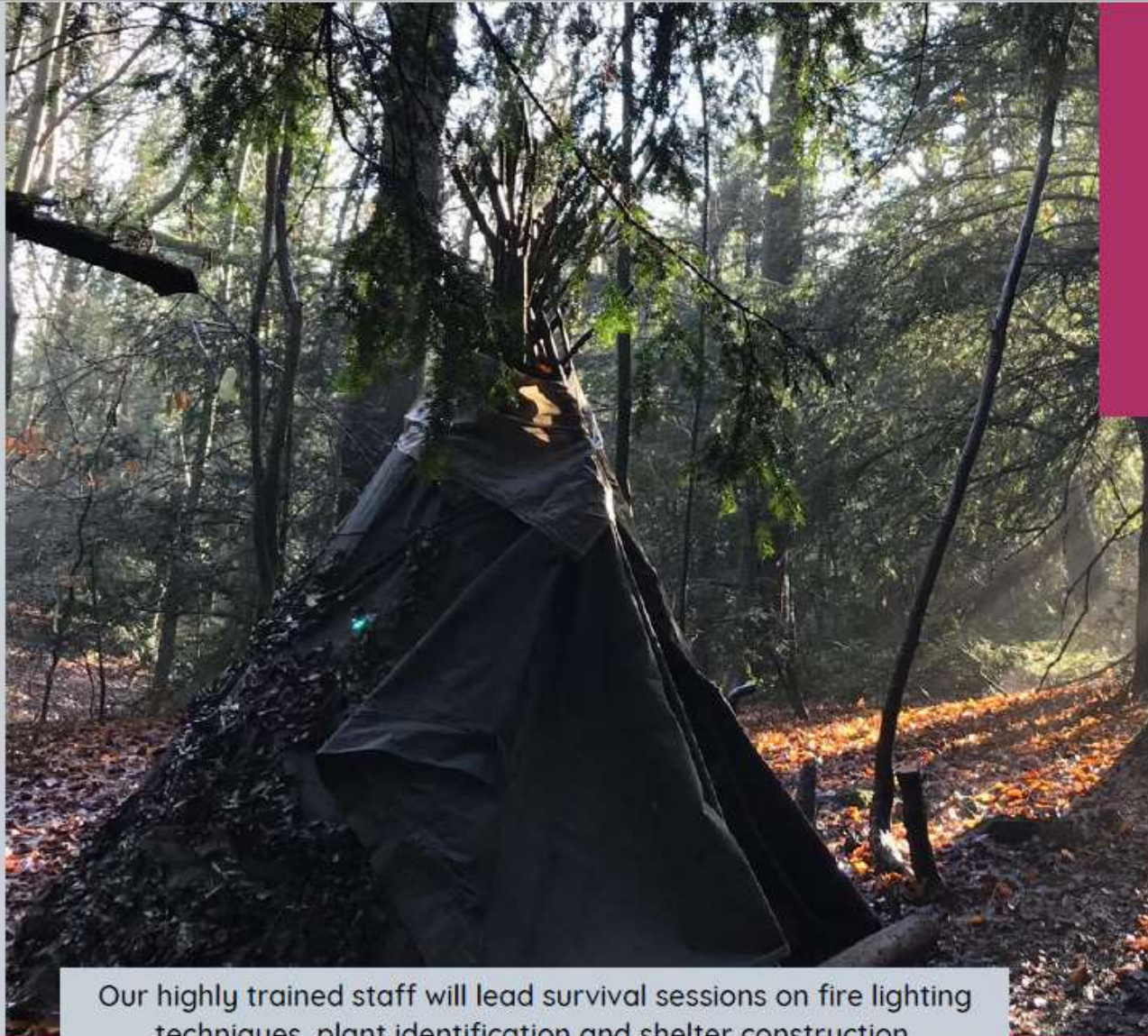




# HIGH ROPES

Our 40ft High Ropes Tower is perfect for team building! with 5 sections to complete, this is the perfect activity for building confidence and developing communication skills.





Our highly trained staff will lead survival sessions on fire lighting techniques, plant identification and shelter construction.

# BUSHCRAFT

# GAME OF TRIBES



A points based map challenge where teams will have to complete mini challenges in a variety of locations.



# TEAM CHALLENGES

Large team games to get everyone warmed up, working and thinking together towards a shared goal.



Explore our stunning surroundings and learn navigation techniques on the offsite black rock orienteering course!

## OFFSITE ORIENTEERING



# CAMPFIRE

The best way to reflect on the days activities and enjoy a few marshmallows together.

# ACCOMMODATION



## STANDARD ENSUITE



FOUR PER ROOM, ALL BEDDING INCLUDED, ENSUITE BATHROOM AND LOCKERS IN EVERY ROOM

## ACCESSIBLE



TWO ACCESSIBLE ROOMS, FULL ENSUITE WETROOM FACILITIES, GROUND FLOOR LEVEL ACCESS

# CATERING



## BREAKFAST

Cereal, Croissants, Toast & Preserves  
Fruit & Yoghurts  
Bacon/Sausage, Hash Browns, Beans & Egg  
Apple & Orange Juice

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## LUNCH

A Sandwich with a selection of fillings,  
Variety of crisps, Fruit,  
A sweet treat such as Flapjack  
Fruit Squash & Water

\*During the winter months we offer a hot  
lunch every other day.

We aim to cater for all dietary requirements. We  
request group information prior to your arrival.

## DINNER

### Monday

Chicken tikka masala or  
mushroom stroganoff  
served with rice & naan  
bread

Apple crumble & custard

### Wednesday

Margherita pizza or  
battered cod served with  
chips and mushy peas

Sticky toffee pudding &  
custard

A full salad bar & Jacket potatoes with a selection of fillings are  
available every evening.

### Tuesday

Cumberland or vegetarian  
sausages, served with roast  
potatoes, vegetables &  
gravy

Ice cream & fruits of the  
forest

### Thursday

Beef or vegetarian pasta  
bolognese served with  
garlic bread

Chocolate fudge cake

# Our Mission



**CAMHS**   
Child & Adolescent Mental Health Services

**YMCA**

 **Kidney  
Care UK**



 **mind**  
for better mental health



 **National  
Deaf Children's  
Society**

  
**space**



  
**Headlines**  
Craniofacial Support

 **TREETOPS**  
HOSPICE CARE  
where every day counts

# Kit List

## Clothing

- Waterproof jacket
- Fleece or jumpers
- T-shirts
- Underwear & socks
- Trousers for walking (not jeans)
- 2 pairs of trainers or hiking boots
- Pyjamas
- Hat and gloves (weather dependant)
- Swimwear (if participating in water sports)

## Toiletries

- Shampoo
- Soap
- Hair brush
- Tooth brush & paste
- Towel

## Other

- Sun cream
- Insect repellent
- Reusable water bottle
- Prescribed medication
- Money for souvenirs & vending machine
- Small backpack
- Padlock (for bedroom lockers, optional)

Mount Cook provides all specialist equipment for participation in our activities.



# Enjoying our trip

- **Schools' behaviours policies still apply**
- **Schools' values still apply**
- **We will send pupils home – but we really don't want to**
- **Please don't bring stuff you shouldn't**
- **Please sleep when told!**

# Timetable

- **Pupils to be at school normal times on Monday 4<sup>th</sup> April**
- **They can be picked up at normal, end-of-school times on Friday 8<sup>th</sup> April**
- **We will let you know if you can get them earlier**
- **Be warned – they could be exhausted!**

# **First Aid and Medical**

- **All Site staff are First Aid trained**
- **We have the mighty Mrs Morgan!**
- **Mrs Morgan will also oversee any medical needs**
- **We will only get in touch if needed**
- **Please make sure you have your forms in!**

# **Social and Personal Issues**

- **Please let your child's class teacher know of any issues that might affect your child's enjoyment of the trip.**
- **Bedwetting to bereavement, eating concerns, minor 'allowances'.**
- **Reduce barriers to enjoyment**

# **Pocket Money, Packed lunches and Precious things ...**

- Pupils can bring £5 pocket money – must be handed in; we will run a bank. Named bag, in change if possible please.**
- Packed lunches – all pupils will need a packed lunch on the 1<sup>st</sup> day – in a bag, all disposable.**
- Precious things – please leave at home.**

# **Trip Diary and Downtime**

- We will have a Trip Diary to fill in every day**
- Going to use it for an writing experience after the holiday**
- Please bring books/small games for downtime**
- We will also take some wet day stuff, and some sports equipment for outside**

# **Social Media and Communications**

- **If you need to get in touch with us during the trip, please call the school office.**
- **We will not call you unless essential.**
- **We will try and update the schools' Facebook and Twitter accounts each day – but no promises!**

# Questions

- **Don't forget, you can email any school office after this (don't forget it's half term soon).**