

High Ashurst Outdoor Learning Centre and Thames Young Mariners

Year 6 Residential 2023



Monday 18th September to
Friday 22nd September 2023

Staff: Mrs Cox, Ms
Mitchell, Mrs Ross , Mr
Peluso

High Ashurst



High Ashurst Outdoor Learning Centre
The Coach House,
Headley Lane,
Mickleham,
Dorking,
Surrey
RH5 6DQ
01372 378901

High Ashurst Outdoor Learning Centre is located on a 56 acre site in the Surrey Hills with direct access to Headley Heath. It provides a programme of outdoor activities taught by trained instructors. Overnight accommodation is in comfortable log cabins.

Thames Young Mariners Outdoor Education Centre



Thames Young Mariners Outdoor
Education Centre
Riverside Drive
Ham
Richmond
Surrey
TW10 7RX
01372 378901

This is a 25 acre site, which includes a 10 acre lake alongside the River Thames, between Richmond and Kingston. Thames Young Mariners offers water-based activities in a controlled environment, providing a unique space for learning and self-discovery in the natural environment. The centre is recognised as a teaching centre by the [Royal Yachting Association](#) and the [British Canoe Union](#).

Accommodation

At High Ashurst, we will be staying in 2 log cabins, each of which sleeps up to 20 children and adults in bedrooms with ensuite bathrooms. Each cabin also has a lounge and kitchenette area where we will make and serve hot chocolate before bedtime. Both the cabins lead out to a communal lawn where the children can play and relax between activities.



<https://www.surreyoutdoorlearning.uk/facilities/high-ashurst/accommodation>

Accommodation

On Wednesday and Thursday nights, we will be sleeping in **tepees** at the Thames Young Mariners site. Each tepee sleeps up to 10 children. There are **toilets and shower rooms** in a **block adjacent to the tepee field**. School staff will sleep in satellite tents alongside. The tepees are pitched around a campfire, where the day ends drinking hot chocolate and reflecting on our achievements!

We will ask the children nearer the time to name two friends they would be happy to share with.



Food

At High Ashurst, breakfast, lunch and evening meals are served in the main hall. Whilst at Thames Young Mariners, we will eat in the centre's main dining room.

All food is freshly prepared and both of the centres have gained the *Eat Out Eat Well* Gold Standard Award which means that all meals contain healthy eating options – increased fruit and vegetables and decreased fat, sugar and salt.

All food is nut free.



Special dietary requirements will be catered for – *please let us know of any such requirements or allergies on the medical form.*

Sample menu for both sites



	Sample 8	Sample 9	Sample 10	Sample 11	Sample 12	Sample 13	Sample 14
Breakfast	Sausage, bacon, quorn sausage, fried/ scrambled egg, baked beans, tomato, hash browns, butter and chocolate croissants, bread, toast and spreads, fruit, cereal, yoghurt						
Lunch	Baguette/ sandwich, crisps, fruit, cookie/ muffin/ flapjack, drink						
Dinner	Chicken curry, aloo gobi, rice, naan/ popadoms, jacket potato, salad bar Belgian waffle, toffee sauce and ice cream	Chilli con carne, quorn/ bean chilli, rice, green beans, jacket potato, salad bar Banoffee pie/ cake	Southern fried chicken breast, potato wedges, spicy rice, sweetcorn, oriental black bean vegetables, jacket potato, salad bar Sticky toffee pudding	Chicken bacon and leek pasta bake, smooth tomato sauce with pasta, garlic bread, garden peas, jacket potato, salad bar Chocolate roulade	Sweet and sour chicken, vegetable stir fry, rice/ noodles, jacket potato, salad bar Peach melba	Cottage pie, Mediterranean tart, mash potato, farmhouse vegetables, jacket potato, salad bar Lemon drizzle cake	Casserole with dumplings, new potatoes, broccoli, jacket potato, salad bar Shortbread stack

The sample menus above and on the previous page are for guidance only and meal combinations may vary.

Activities

High Ropes

Mountain Biking

Archery

Raft Building

Kayaking

Night Walk

Camp fire

Orienteering

Woodlands Skills



Itinerary - Monday



- Children must be at school for 7.30am – all medication to be given to Miss Mitchell.
- Coach to leave at 8am.
- Minibuses pick us up from Rykers Café and take us to High Ashurst, arrive for 9am.
- Activities – challenge course
- Children need a disposable packed lunch for this day (paper bag or carrier bag).
- Activities –High Ropes
- Dinner
- Sleep in the cabins.

Itinerary - Tuesday



- Breakfast
- Activities – target archery, mountain biking or orienteering
- Lunch
- Activities – target archery, mountain biking or orienteering
- Dinner
- Night walk
- Sleep in the cabins.

Activities on Tuesday are on a 3 group rota. The children will be placed into 3 groups and will rotate around the activities with an adult from School.

Itinerary - Wednesday



- Breakfast
- Activity – rock climbing
- Lunch
- Minibuses will take us from High Ashurst to Thames Young Mariners leaving at **1-1.30pm.**
- When arriving at Thames Young Mariners, the children will be allocated their teepees
- Dinner
- Activity – Woodland Skills
- Sleep in the Teepee

Itinerary - Thursday



- Breakfast
- Activity - Stand up Large Paddle Board
- Lunch
- Activity - Kayaking
- Dinner
- Activity - Campfire
- Sleep in the Teepee

Itinerary - Friday

- Breakfast
- Activity – Raft Building
- Lunch
- Leave at 1pm for School
- Arrive at School for 3pm.



Clothing



For High Ashurst, the children need enough clothes for 2 days and 2 nights.

- T-shirts
- Sweatshirts/fleeces
- Trousers/Leggings/Tracksuit bottoms/shorts (not jeans)
- Waterproof coat
- Clothing to wear in the Centre
- Hat and gloves/sun cream and sun hat (weather dependent)
- Pyjamas
- Plenty of spare underwear and socks
- 2 pairs of old trainers (one to get wet)

Please name all clothing.

Clothing for Thames Young Mariners

For The Thames Mariners, the children need enough clothes for 2 days and 2 nights **and** 3 sets of clothes they can get wet.

Children should wear a short sleeve top and shorts under their wetsuits. So 3xshort sleeve tops and shorts.

- T-shirts
- Sweatshirts/fleeces
- Trousers/Leggings/shorts (not jeans)
- Hat and gloves/sun cream and sun hat (weather dependent)
- Warm coat (weather dependent)
- Plenty of spare underwear – it will get wet!

Please name all clothing.



Essentials



Sleeping bag, roll mat and pillow for Thursday and Friday nights.

Packed lunch for the first day

Wash bag (soap & toothbrush etc.)

2 Large towels

Hairbrush

Torch & batteries – the campsite is dark

Plastic bottle for drinks

Sunscreen (Hot weather)

Pen & paper – We will take board games

Small Bag/Rucksack

Plastic bags / bin liners (for wet and dirty items)

Please ensure any medication is given to us with instructions – separate form to be filled in.

No mobile phones, electronic devices or food items.

Travel

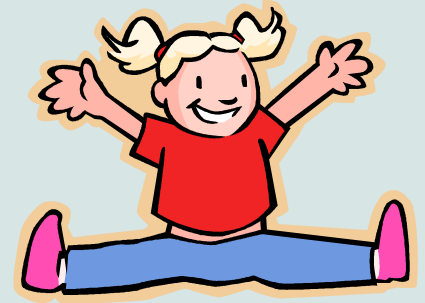


- The coach will leave the school at 8am on Monday 18th September.
- The journey will take about half an hour depending on traffic.
- Travel sickness medication – please administer to your child before leaving on Monday and supply enough for the journeys to and from Thames Mariners. (Give this to Miss Mitchell on the day of departure).
- Wear comfortable clothes/shoes – not school uniform.
- Pack a suitcase/bag with wheels.
- Minibuses will transport us from High Ashurst to Young Mariners
- We are leaving Young Mariners on Friday at 1pm aiming to return during school hours for the children to go home at normal school finishing time.

Medication

- Fill in the medical form and hand to Miss Mitchell by **Friday 21st July 2019** – at the very latest.
- All medication should be named and handed to Miss Mitchell on the day of departure in a clearly named box with accompanying instructions.
- If children may suffer from travel sickness, please inform the teachers and ensure you provide medication for the minibus and return journeys.
- Food allergies – please indicate any allergies and dietary requirements on the medical form.

Contact



- Teachers will check in with the school each day.
- A daily Parent Mail will notify parents and carers that all is well.
- Children **must not** have a mobile phone with them.
- Contact from parents and carers during the residential should only be in an emergency. Please do this via the school office during the school day or via the school mobile phone outside of school hours. This number will be supplied closer to the time.

Extras

- Please do not allow your child to bring sweets or snacks.
- No mobile phones.
- No pocket money – there is no tuck shop.
- They will have a wonderful time – please don't worry!

Further Information

<https://www.surreyoutdoorlearning.uk/facilities/high-ashurst>

<https://www.surreyoutdoorlearning.uk/facilities/thames-young-mariners>

Any questions?

