

CAYTHORPE COURT

Year 7 Transition Residential

6 - 8 NOVEMBER 2019

INFORMATION BOOKLET



1557
Tadcaster
Grammar School



The STAR
MULTI ACADEMY TRUST

- TRAVEL DETAILS

Wednesday 6 November 2019

1020 Depart school for Caythorpe Court
1200 Arrive at Caythorpe Court and check-in

Friday 8 November 2019

1320 Depart Caythorpe Court
1500 Return back at school

- CONTACT DETAILS

Activity Centre

Caythorpe Court
Caythorpe
Grantham
NG32 3ER

Please do not telephone the hotel except in the case of an emergency. To pass on important information please contact Ms Mulhern who will contact Mr Solk.

PGL Travel Ltd.

Tel. 0333 321 2125

Prior to Departure

Mr Solk at Tadcaster Grammar School	01937 833466
Mr Solk (Mobile)	0781 301 0073

During The Visit

Ms Mulhern	0781 301 0059
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- A TYPICAL DAY

7.30-8.30am	Breakfast
9.00-10.30am	Activity 1
10.30am-12.00pm	Activity 2
12.30-1.30pm	Lunch
2.00-3.30pm	Activity 3
3.30-5.00pm	Activity 4
5.30-7.00pm	Dinner
7.30-9.00pm	Evening Activity
9.00-10.00pm	Free time

- KIT LIST

Please see the packing list.

- ITINERARY

Wednesday 6 November 2019

0840	Drop off luggage in Toulston Hall
0850	Registration in Main Hall
0900-1000	Task challenges and competitions
1000-1020	Load coaches
1020	Depart school for Caythorpe Court
1200	Arrive at Caythorpe Court
1215	Packed Lunch in Sports Hall
1300	Check-in to accommodation
1400	Activity 1
1530	Activity 2
1745	Evening Meal
1930-2100	Evening Activity
2100	Free time
2200	Lights Out

Thursday 7 November 2019

0730	Breakfast
09.00	Activity 3
1030	Activity 4
1230	Lunch
1400	Activity 5
1530	Activity 6
1730	Dinner
1930	Evening Activity
2100	Disco
2200	Lights Out

Friday 8 November 2019

0730	Breakfast and check out
0900	Activity 7
1030	Activity 8
1200	Lunch
1320	Depart Caythorpe Court
1500	Return back at school

This is the latest itinerary and is subject to change.

- LUGGAGE

Each person is allowed one holdall/suitcase for the hold of the coach plus one piece of hand luggage for the coach journey. **Please ensure that the luggage is easily identifiable!**

- MONEY
Students do not need any money. However, there is a tuck shop on site should they wish to buy some drinks and snacks.
- CODE OF CONDUCT
The visit should be a positive, enjoyable and rewarding time. The following code of conduct is expected throughout the visit:
 - No noisy and disruptive behaviour in the accommodation – we will not be the only people on site.
 - Rooms to be kept clean and tidy.
 - Be punctual at all times.
 - Follow instructions at all times.

In circumstances when the code of conduct is broken, students will be supervised at all times by a member of staff.

In circumstances when a serious breach of the code of conduct has occurred and a student(s) cannot be trusted and puts the group in danger, parents will be informed.

- FOOD
The accommodation is on a full board basis. Please see the sample menu.
- MEDICATION
If you take any medication, this must be handed to members of staff in the Main Hall during morning registration. Please label it clearly with the name, purpose and how often and when it is to be taken. If you suffer from travel sickness please take your medication in sufficient time for it to be effective during the journey to centre **and** the return journey! During the visit, in exceptional circumstances, I will provide paracetamol to students for pain relief. **If you do not wish me to give your son/daughter paracetamol please let me know in writing before departure.**
- MOBILE PHONES
No mobile phones are allowed on this visit.
- VALUABLES
Please do not bring anything valuable.
- ROOMING
Each student will have the opportunity to request one friend that they wish to share a dorm with. If they do not make a request, rooming will be allocated at random! A base sheet is provided but you must bring a pillow and sleeping bag or duvet. The dorms are 4-6 beds.
- HEALTH & SAFETY
It is essential that students listen carefully to instructions. Information and instructions are given for the safety of everyone and must be adhered to at all times.

- **ACTIVITY GROUPS**

Students will be allocated an activity group prior to the visit. They will have one friend in this activity group (based on their rooming buddy request). The activity groups are based on 1:12 ratios.

- **THE ACTIVITIES**

Below are some of the activities your child may participate in. This list is not exhaustive!

Abseil

The tower is over 10 metres high. The task – to walk backwards off the top, gradually working back towards ground level, suspended only on a rope. It's all about trust, courage and confidence. It's also a very dynamic way to learn calculating and controlling risk.

All Aboard

All aboard is all about building trust and strengthening peer relationships – at the top of a 6 metre pole! Teams of up to four students scale the pole to reach the small platform at the top. Balancing on the platform becomes more difficult as more team members arrive to share the space. The challenge is to cooperate and support each other. The task is complete when all four team members successfully stand together at the top of the pole.

Archery

The archery sessions offer the chance for every student to experience success. Accuracy, control and a steady hand are vital for achieving the best results and many children discover a talent for a new skill.

Buggy Building

A fantastic opportunity to work as a team and encourage some lateral thinking! Each team designs and builds a moving buggy that will carry team members and complete a series of challenges, using just the materials provided. Creativity, communication and perseverance all come into play throughout this interactive and fun challenge

Challenge Course

The PGL Challenge Course is legendary – it's a well-loved and popular activity with plenty of opportunities for everyone to get involved; it can even get quite competitive sometimes! As the students negotiate the various obstacles that lie ahead, it's an experience that will promote teamwork, lateral thinking, problem solving and decision-making – as well as being physically challenging too.

Crate Challenge

The crate challenge is a test of innovative thinking, construction, balance, courage – and above all effective teamwork. The students are divided into two teams that compete against each other to build the tallest tower of crates. With two students standing on top as the tower grows, each team has to come up with ever more innovative ways of getting more crates to the top, as the pair on top become more and more precariously balanced!

Jacob's Ladder

It's an exercise in teamwork and friendly cooperation. The objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider, the higher you go. Pushing up, pulling up, standing on shoulders – it's all about working together to achieve a

joint purpose. The activity promotes friendship, communication, discussion, leadership and decision-making as each team progresses to the top.

The Giant Swing

The ultimate test of nerve and joint decision-making. Two students are harnessed into the swing, while other members of the group haul them up to 10 metres into the air. After the pair in the swing decide together how high they want to go, a pull on the ripcord will send them plummeting earthward. It's a fast and exhilarating drop, but good communication will get the right balance between fear and fun!

The High Ropes

The high ropes activity is designed to help students improve levels of trust and co-operation amongst themselves. Essentially it's an individual challenge course involving balance, passing obstacles and holding your nerve, because the whole event takes place 12 metres (40 feet) above the ground. The encouragement that comes from the rest of the group can make all the difference to their success – so the challenge is ideal for promoting teamwork and the value of mutual support.

Problem Solving

Problem solving sessions test the students' initiative and ingenuity. Students work in small teams to solve puzzles and complete set tasks - it's a great way for students to get to know each other really well. By the time they finish they'll have an appreciation and understanding each individual's ability (including their own!) when it comes to planning, communicating and making decisions – skills which are all key to achieving the objectives of each task.

Sensory Trail

The sensory trail is a challenge in more ways than one. During the activity students will negotiate a series of obstacles – blindfolded – with the other members of their group for guidance. It's a challenge, which raises questions about our abilities and assumptions, and demands mutual trust, self belief, and effective communication to complete the course successfully.

Survivor

Once the 'wilderness' scenario is set, students need to develop effective teamwork to build their shelter. Basic navigational skills and meteorological skills help them decide the layout of the site. They will have to identify and share out the key responsibilities for getting each task completed, and communicate well to get the most from the project.

Vertical Challenge

Vertical challenge offers a chance to use all those skills you would use in any ground-based challenge course – but it all takes place at height! Students will be harnessed and instructed on how to belay each other. They make their way up a course of suspended obstacles that include climbing walls, cargo nets, crates and ropes. The Vertical Challenge develops physical skills as well as transferable skills including climbing, communication, cooperation and lots of group support.

- **INSURANCE**

The students are covered under a comprehensive travel insurance policy through PGL.

ADDITIONAL NOTES

Please use this space to note any questions during the presentation or any other useful information given.