



ULLSWATER AND HOWTOWN DECEMBER 2024



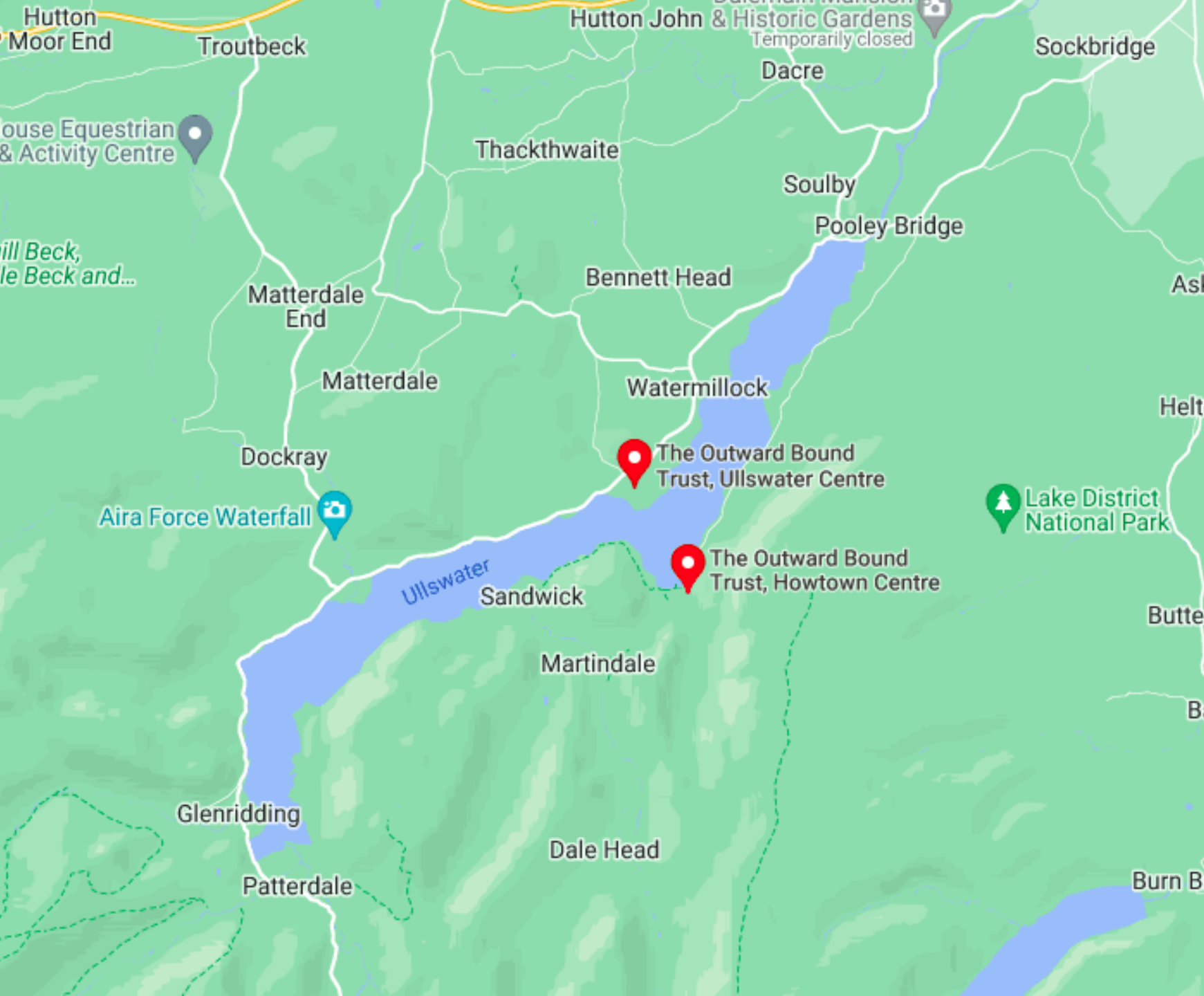
OUTDOOR RESIDENTIAL TRIP IN DECEMBER OF Y9

- This experience will be a fantastic way to start the academic year and to mark the end of Key Stage 3 and begin to prepare for Key Stage 4.
- An outdoor residential will give us the opportunity to live out one of our core values “Adventure”. We hope the whole year group will be able to attend, but provision will be made at school for those who do not wish to go.
- The three-day, two-night residential will be held across two Outward Bound Centres (Ullswater and Howtown).



**WHERE IS ULLSWATER AND
HOWTOWN?**





LOCATION

Ullswater and Howtown are located on opposite sides of Ullswater



HOWTOWN, LAKE DISTRICT

Our Howtown Centre provides modern, purpose built accommodation. Situated a stones throw from Lake Ullswater and with private jetty facilities, it couldn't be easier to begin your journey on the water.

You'll be surrounded by the imposing High Street Fell - a former Roman road and some of the Lake District's classic climbing crags.



ULLSWATER, LAKE DISTRICT

Set in 18 acres of woodland at the heart of Wordsworth country, our Ullswater outdoor education centre is based on the north shore of the lake. Participants can canoe or kayak on the lake, and enjoy a stay in our high mountain lodge as part of an expedition to climb Helvellyn - one of The Lake District's highest peaks.



WHO IS GOING WHEN?



Left population

Monday 2 to Wednesday 4 December 2024

- 8EKT
- 8PLB
- 8EZF
- 8RJM
- 8JEH

Right population

Wednesday 4 to Friday 6 December 2024

- 8SYA
- 8AEB
- 8HZF
- 8JLC
- 8JDS



CENTRE LIFE



THE
OUTWARD
BOUND TRUST



COURSE OUTCOMES

- Confidence
- Emotional wellbeing
- Improved relationships
- Resilience
- Confidence in learning
- Understanding of the natural environment



SAMPLE PROGRAMME

DAY 1

ARRIVE: Arrive. Setting the scene. Course aims. Challenge and support.

ADVENTURES: Immediate and fast immersion into the natural environment with gorge walking and jog and dip.

EVENING: Effort and reward. Importance of collaboration and support.

ADVENTURES: High challenge activity. Plan and prepare for tomorrow's linked journey.



DAY 2

DAY: What it means to be a leader. Experiment with leadership roles. Feeling the environment.

ADVENTURES: An all-day linked journey through the wilderness over land and water, such as canoeing, a rock scramble and ascent of a peak, with environmental awareness tasks.

EVENING: Being a role model at school. Positive examples. Personal reflection.

ADVENTURES: Exploration of tunnels or raft preparation, followed by facilitated discussion by the campfire.



DAY 3

DAY: Personal action planning. Recognition of achievements. Reward and celebration.

ADVENTURES: Further high-paced authentic adventure with rafting or rowing. Course reviews and presentations of learning.

DEPART



SAMPLE ACTIVITIES



Jog and dip

Rowing

Gorge scrambling

Canoeing

Orienteering

Cutter sailing

Understanding nature

Shelter building

Mountain expeditions

Raft building

Rock climbing

Kayaking

Abseiling

Woodland exploration



ROOMING



- Important part of the residential experience
- Students have had a voice on who they would like to be in a dorm with.
- Students will need to make their own beds on arrival.
- We will encourage them to organise and take care of their own possessions.



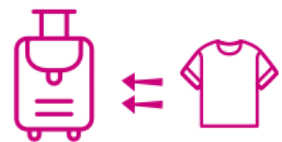
MOBILE PHONE POLICY

- Bus ✓
- In common room/ social space-
Students will have their phones
(if they want them) for 1 hour
each evening to message home. ✓
- On activities ✗
- At the dinner table ✗
- Dorms ✗

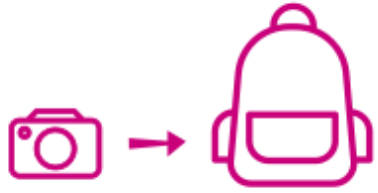
We will take in students phones each evening. They will be safely stored by each group leader. Students will have access to their phones for 1 hour each evening



TRAINERS	1 indoor 1 outdoor
WET ACTIVITY FOOTWEAR	1 pair
SWEATSHIRTS, JUMPERS, HOODIES OR FLEECES	3
TROUSERS	2
T-SHIRTS	3
LONG SLEEVED BASE LAYERS/ TOPS	1
SHORTS	1
NIGHTWEAR AND PYJAMAS	1
CASUAL CLOTHES FOR TIME AROUND THE CENTRE AND TRAVEL	1 set
UNDERWEAR INCLUDING SOCKS	5
THICK WALKING SOCKS	2 pairs
SUN HAT, SUNGLASSES, SUN CREAM	1 of each
WARM HAT AND GLOVES	1 pair
TOWELS	1



Equipment



Equipment



WATCH (WITH ALARM IF POSSIBLE)	Yes	Don't just bring a phone for telling the time - the battery won't last long enough.
SWIMWEAR PLUS T-SHIRT AND SHORTS FOR USE IN WATER	1	This is a minimum number. Bring a rash vest if you have one. It's also a good idea to bring a couple of bin bags with you to carry any wet clothes in.
TOILETRIES , inc. blister kit, plasters, insect repellent, personal medication, lip salve, hand sanitiser, wet wipes, talcum powder (for your feet), etc.	Yes	Don't bring aerosols. Miniature toiletries would work well for saving space on the Ultimate Expedition. Don't forget asthma inhalers or epipens if needed.
£10 KIT DEPOSIT PLUS SPENDING MONEY	£	You won't need more than £10-15 per week for spending money. All centres have a small shop which sell healthy snacks and souvenirs.

**Please remember to bring personal medication.
If you have any contact/ medical updates to make please email
mail@hgs.rklt.co.uk**





STUDENTS WILL NEED A PACK LUNCH ON DAY 1

Students will eat their lunch on arrival at Howtown and Ullswater.

Sandwich bags will be provided for those eligible for free school meals. Please email me direct if you are eligible but plan to provide a pack lunch for your child.





WHAT NOT TO BRING!

- Students will be provided with walking boots and waterproofs as part of the £10 deposit. They are welcome to bring their own.
- Jewelry
- iPads
- Aerosols and penknives are strictly prohibited
- **No vapes**



BEHAVIOUR

REACH values

Be kind to others

Be respectful

Be excellent

Have fun





Cost £340

COST AND NEXT STEPS

- Deposit £60 due March 1st 2024
- 7 monthly payments of £40

Full balance to be paid
by 31st October

