

The Pendarren Experience

Primary Courses - Teachers Handbook

A residential course at Pendarren can be one of the high points in a child's school life. Courses are run in a friendly and caring atmosphere, and the blend of stimulating outdoor activities, field studies and evening work make for a memorable and truly educational experience.

Haringey's parents, school governors and headteachers can be assured that Pendarren courses are organised by qualified teachers with many years of experience in Outdoor Education. All hold First-Aid certificates and additional qualifications awarded by the National Governing Bodies for adventurous activities. Children are encouraged to adopt a sensible approach to the activities to enhance safety and enjoyment. Outdoor activities are conducted following strict Codes of Practice. These dictate ratios, equipment, clothing and emergency procedures. They also give guidance on good practice for staff to follow. The venues for field studies and adventure activities are carefully considered and chosen to suit the level of ability and age of the children involved. Most of the Primary option activities have strong cross-curricular links. All course options broaden and enrich pupils' experience. Your option choice could enhance and/or reinforce specific KS2 Attainment Targets. During the course pupils review and recount their experiences in various forms, allowing visiting staff to apply their own literacy strategies because of this, English Attainment Targets are not referred to in this handbook. However, where we can meet specific Attainment Targets in other subjects they have been listed with each option, this is also set out graphically on the chart at the end of this handbook.

Section one describes the half or full day activities led by Pendarren staff, which can make up most of your programme.

The **second section** describes options which are led by visiting staff from School. We ask that Schools choose and lead at least one half day in a week. Full teacher guides for each of the options are provided.

Section three sets out options which involve additional cost in order that children may participate. If Schools wish to choose any of these options the costs will be dealt with separately from the cost of the residential visit. Information regarding payment is included on the Option Choice Form. Early notification of your option choice is required to ensure that a booking can be made. Please use this handbook with the Option Choice form which is sent with your booking letter during the term before your course.

SECTION I Pendarren Led

1 Croeso (half day, usually the first session after arrival)

Croeso is Welsh for welcome. This session is a variety of activities that encompass many of the aims of the Pendarren Experience. Pupils will explore the environment around Pendarren and, whilst doing so, will have a variety of challenges and problems to solve. It is a good start to the course and is flexible enough to fit in with whatever time is available.

2 Mountain and Moorland (full day or half day)

The children have an opportunity to study the local countryside whilst walking up one of the mountains in the Brecon Beacons National Park. They will travel through woodland, farmland and over mountain and moorland seeing springs, streams, rivers, wildlife and plenty of sheep (in summer anyway). There are opportunities for simple map reading/ route finding, and learning opportunities in geography (e.g. land use, geology), science (e.g. habitats, rocks) and history (old hill forts and changing ways of life). Our local hills include Sugarloaf, Table Mountain, Bloreng and Skirrid – the pupils get a great sense of achievement no matter which one they climb.

KS2 Geography 1a, 1c, 1d, 1e, 2a, 2b, 2c, 2d, 2e, 3a, 3b, 3c, 3d, 3e, 3f, 3g, 4a, 4b, 5a, 5b Ma3, 3c, 4a Ma4, 2a, Sc2 1a, 1c, 3d, 4a, 4b, 4c, 5a, 5b, 5c, Science 3 1d, History 9, P.E, 11a, 11b, 11c

3 River Study (full day)

A whole day in which the group will be introduced to very basic geology by studying the interaction between the River Mellte and the rock structure it flows over; initially sandstone and later limestone and millstone grit. They will also come across waterfalls and caves. A visit to Porth yr Ogof cave is made, its interest being the effect of water on limestone formations and living things underground. Pupils can make predictions on how the river may change as they follow it from near its source and then actually visit the river to see if they were correct. The water cycle can also be incorporated into this day.

KS2 Geography 1a, 1d, 1e, 2a, 2b, 2c, 3a, 3b, 3c, 3d, 3e, 3f, 3g, 4a, 4b, 5a, 5b Sc2 1a, 1c, 3d, 4b, 4c, 5a, 5b, 5c, Sc3, 1d P.E 11a, 11b, 11c

4 Coastal Visit (full day)

A day visit to the unspoilt Gower Coast. There is usually a short walk to the beach with the opportunity to observe various coastal landforms and their specialised plant life, and sometimes seals bobbing about in the sea. On the shore the children investigate the wide variety of shore and rock pool life such as crabs and starfish. Weather permitting, there will be opportunity for beach games and a swim/paddle in the sea.

KS2 Geography 1a, 1d, 1e, 2a, 2b, 2c, 3a, 3b, 3c, 3d, 3e, 3f, 3g, 4a, 4b, 5a, 5b, Sc2 1a, 1c, 4a, 4b, 4c, 5a, 5b, 5c, Sc3 1d Sc4 4d P.E 11a, 11b, 11c

5 Canoeing (half day)

A water-based adventure in Canadian canoes. Pupils will paddle open canoes, usually on our local canal which is only a 5 minute drive away.

KS2 Geography 1a, 2a, 2c, 3a, 3b, 3c, 3d, 3e, 3f, 3g, 4a, 4b, 5a, 5b, Sc2 5a, P.E 11a, 11b, 11c

6 Adventure Journey (half day)

An adventure journey with pupils following the course of a mountain stream, conquering challenges on the way as they scramble past cascades, slides and pools. A wet activity.

KS2 Geography 1a, 2a, 2c, 3a, 3b, 3c, 3d, 3e, 3f, 3g, 4a, 4b, 5a, 5b, Sc2 5a, P.E 11a, 11b, 11c

7 Climbing and abseiling (half day)

Pendarren has an indoor bouldering area and an outdoor climbing tower with an abseil platform. There is an opportunity for pupils to both climb and abseil during this session. During the climbing session pupils will learn about the equipment they will use to safeguard each other and learn about trust, responsibilities, and how to encourage their classmates.

Sc2 5a, P.E 11a, 11b, 11c

8 High Ropes (half day)

The High Ropes tower has a variety of challenges that will challenge all the students regardless of ability. Build your own tower on the Crate Stack, cross the Indiana Jones Bridge and make the Leap of Faith. All elements are designed to involve all the students in different roles and enhance working together.

Sc2 5a, P.E 11a, 11b, 11c

9 Bush craft (half day)

With the key focus on experimental play, one or more of the four basic bush craft skills will be explored. The four areas include Shelter Building, Water, Food and Fire. The program is designed to develop a greater understanding of the natural environment and promote self confidence. The content and focus of the session will vary depending on the season and weather conditions and often will result in the young people having experienced several different elements of bush craft.

10 Earth Romp (half day)

Earth Romp seeks to open children's eyes to their natural environment in a totally active way. This fun approach to environmental awareness uses all of our senses.

KS2 Geography 1a,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, Sc2 1a,1c,3d,4a,4b,5a,5b, Sc3 1d

11 Orienteering (half day)

We have a number of orienteering courses in the Centre grounds where the children can learn that using a map can be both simple and fun.

KS2 Geography 1a,1d,2a,2c,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, Ma3 3c,4a, Ma4 2a, Sc2 5a, P.E 11a,11b,11c

12 Castles (half day)

Over the centuries the Welsh and the English built many castles along the border to try and control the region. Some of these are well preserved such as Raglan Castle, with its moated keep, fortifications and dungeons. Other nearby castles include Abergavenny, Crickhowell, White Castle, Grosmont and Skenfrith.

KS2 Geography 1a,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, History

13 Caerleon Roman Isca (half day)

The Romans colonised Wales extensively from AD74 until AD300. A large garrison was established at Caerleon (Isca). Subsequent archaeological excavation has revealed an amphitheatre, barracks and baths. The visit includes the baths, amphitheatre and the Roman Legionary Museum. There are work sheets available.

KS2 Geography 1a,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, History 9

14 Stream study (half day)

This half day activity provides a number of options to study a local stream:

- pupils can make predictions and then use tape measures, stop watches, meter rulers to investigate the speed, depth and width of the stream. Pupils can display their results in charts and diagrams.
- the stream supports a diverse community of invertebrates which are easily captured. Pupils can collect these invertebrates and use simple dichotomous keys and data sheets to identify their bugs, draw simple food chains and pyramids and identify adaptations to the environment.

KS2 Geography 1a,1b,1c,1e,2a,2b,2e,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, Ma3 3c,4a, Ma4 2a, Sc2 1a,1c,4a,4b,4c,5a,5c, Sc4 1d

15 Big Pit Mining Museum (half day)

Big Pit is one of the oldest shaft mines in Wales and closed in 1980. It is now maintained as a unique museum of mining - an exciting development open to the public for underground and surface visits. Three hundred feet below ground, visitors equipped with safety helmets and cap-lamps will for the first time see what life was really like for generations of South Wales' miners.

KS2 Geography 1a,1d,1e,2a,2b,2c, 3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b,Sc2 5a, Sc3 1d

16 The Welsh Folk Museum (full day)

This visit provides a fascinating insight into the customs and life-styles of the people of Wales through the ages. The indoor exhibits include an agricultural section and a magnificent collection of material culture. The external exhibits show the development of housing and crafts in rural Wales, with many buildings including farm houses, watermill, tannery, chapel and school, reconstructed and furnished as they were in their period. It is possible to arrange a "Victorian Lesson" with the children dressed in costume in the school. There are also opportunities for "hands on" experiences in the reconstructed Celtic village, making wattle and daub, spinning etc. Schools wishing to use either of these reenactments will be sent additional information about the requirements for successful role-play.

KS2 Geography 1a,1d,1e,2a,2b,2c, 3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, History 9,10,11

SECTION II Teacher Led

Transport provided where necessary

17 Making maps (half day)

The small village of Llangenny provides an excellent area for map-making. The pupils are given a simple base map of the village and its surrounds and are required to complete the map by plotting the location of the houses, church, phone box and other features. They will be asked to make a suitable key and there is an option to measure and calculate the scale. Trundle wheels, tapes etc. are provided by the centre.

KS2 Geography 1a,1b,1c,1d,1e,2a,2b,2c,2d,2e,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b

17 Abergavenny Town Trail (half day)

This trail takes the pupils around the nearby market town of Abergavenny. Many of the interesting features of the town, its castle, cattle market, tithe barn and buildings from a variety of architectural periods are included in the trail. The compactness of the town centre shopping area makes for an ideal contrast with the pupils own local environment in Haringey.

KS2 Geography 1a,1b,1c,1d,1e,2a,2b,2c,2d,2e,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b

19 A walk along the Grwyne (half day)

A walk along the River Grwyne from the village of Llanbedr down to Glangrwyney. The route follows the river along its wooded valley passing Pendarren and Llangenny and the sites of three watermills. There is a simplified map to enable the students to do the route finding and a full teachers guide.

KS2 Geography 1a,2a,2c,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, Ma3 3c,4a, Sc2 1a,1c

20 A walk around Crickhowell (half day)

A walk of three and a half miles around Crickhowell and Llangattock. The walk passes an old port, the ruins of a Norman Castle and the old 13 arch bridge across the River Usk. The canal is followed from Gilwern Wharf to Llangattock passing along peaceful wooded areas before returning across the valley to Crickhowell. A full guide and maps provided.

KS2 Geography 1a,1d,1e,2a,2b,2c,2d,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b, Ma3 3c,4a, Sc2 5a, History 9,10,11, P.E 11a,11b,11

SECTION III - Additional charges

Transport provided where necessary.

21 Horse Riding (half day)

A chance for the children to have contact with an animal as well as it being an experience that is very popular. Children are issued with hard hats.

KS2 Geography 1a,2a,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b

22 The Black Mountain Falconry Centre (summer evening)

A family managed Centre run by professional falconers. The Centre brings the birds to Pendarren and displays the birds on the lawn at Pendarren House, the children can sometimes be invited to participate.

KS2 Geography 1a,1d,1e,2a,2b,2c, 3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b,Sc2 1a 1c 4a 4b 4c 5a 5b

SECTION IV General Information

Target Audience

The Primary Pendarren Experience is aimed at Year 6 pupils. There may be good reasons for bringing Year 5 pupils, or a mix of Year 5 and 6. However, since demand for places exceeds availability we ask that second visits should not take place until pupils move up to Secondary school.

Accommodation & Facilities

Pendarren House is a comfortable building with large rooms, overlooking the Usk Valley near Crickhowell in South Wales. It has been adapted to serve as an Outdoor Education Centre for Haringey Schools. There are two blocks of sleeping accommodation available each with their own toilets, showers and common rooms. These are known as the Main House and the Greig Annexe. The Main House and Annexe accommodation may not be suitable for pupils, students or staff with disabilities. Accessible accommodation is available at The Firs and is normally reserved, if necessary, at the time of booking.

The Main House

The Main House provides comfortable accommodation for 30 pupils and 3 staff. Mixed groups can have a maximum of 20 of either gender. In addition to the areas mentioned above, the Main House has a drying room and a dining room which are shared with groups using the Greig Annexe. In the basement of the Main House are recreation rooms and classrooms which are available for either group.

The Greig Annexe

The Greig Annexe is a converted stable block. It can accommodate 20 pupils and two staff in a compact first floor unit. Mixed groups can have a maximum of 12 of either gender. On the ground floor of the Annexe are kit stores shared with the groups using the Main House. The Main House and the Greig Annexe groups are normally programmed separately but have equal access to Pendarren facilities including staffing and transport.

Countryside Study Centre

This well equipped classroom block separate to the main building is used for briefings and for evening follow up work. In addition there is an interactive whiteboard and a small library with a selection of books suitable for Geography, History and Science work at Key Stage 2.

Classroom 1 and 2

In the Main House, these rooms have an interactive whiteboard, DVD player and a library for primary pupils.

Swimming Pool

There is a small enclosed swimming pool at Pendarren which is used during the summer and early autumn.

Camp-site

A small campsite is available for use during the summer months. Tents and a covered cooking area are provided for groups of up to 15 people. This facility is intended for independent, self programming groups. Help with programme planning is available including assistance with the acquisition of any specialist staff required. However, in addition to the small charge for the camp-site the cost of transport and staffing is the responsibility of the group.

Transport to Pendarren

Transport by coach is door-to-door from your school to Pendarren House.

Visiting Staff

In order that the week may run smoothly, visiting staff are asked to involve themselves, together with the Centre Staff, in the day-to-day running of Pendarren. It is in the area of student organisation that help would be most appreciated, i.e.

- General pastoral care and discipline.
- To supervise the dining room duty groups.
- To supervise dormitory tidying up in the morning.
- Ensuring pupils are in bed at the appropriate time.
- Assist on activities where possible.
- To supervise indoor follow-up work and evening sessions.
- General pastoral care and discipline.
- One member of Staff must be in the Centre/Annexe with the group at all times.
- Safe-keeping of pocket money, etc.

The Centre Staff finish duty when the lights are turned out at bedtime and will leave the buildings set for the night, i.e. fire doors shut and certain lights left on. One member of the Pendarren Staff will be on duty overnight at the Centre and available in an emergency. If fire should break out and/or the fire alarm sound, the students should be guided, where possible, from the buildings by the appropriate exits and assembled in front of the House, where a check can be made. A fire practice routine will be carried out on the first evening.

Pocket Money

Pocket money is necessary, but not in large amounts. Small notes and coins should be encouraged and a secure locker is provided for the safe keeping of money and valuables. Although there are no shops near by, the Centre does have its own shop selling soft drinks, sweets, post cards, stamps and small gifts. Many of the visits have souvenir shops. It is recommended that visiting staff operate a 'bank' to keep the pupils' money and valuables safe.

Course Programme

Duration

Courses usually run for 5 days commencing on Monday at 12.30pm and concluding the following Friday at 12.30pm. The work involved on a Course will be demanding and participants should ensure that they are fully prepared to work in all weather conditions.

Other periods are available, some schools visit for a shorter period including weekends. Contact the Centre if you interested.

Living together

During courses, considerable emphasis is laid on developing a harmonious community atmosphere and some participation on the part of the students in the daily running of the Centre is necessary. This normally entails care of the equipment, keeping the dormitories and Centre tidy and some dining room duties.

A typical day at the Centre for school parties would be:-

07.30	Rising bell
08.00	Breakfast
09.00	Activities
17.00	Return to Centre
17.30	First Evening Session
18.30	Dinner
19.15	Second Evening Session
20.30	Recreation
22.00	Lights out

Meals

Cooked breakfast is provided, if required, together with a packed lunch at mid-day. A cooked dinner is served after the day's activities. (Lunch is provided on arrival on Monday and a packed lunch for the return journey home on Friday afternoon).

Pendarren Equipment

All visitors are provided with waterproof and windproof clothing, boots and rucksacks and with specialist equipment for all activities, but it is also very important that sufficient suitable clothing is brought by each person.

Pendarren House has rugged, waterproof digital cameras which will be used to record the pupils' experiences during the week, the pupils have the opportunity to buy a CD with the photographs.

Pupil's Kit List

Please note that visiting pupils need to bring their own bed linen (a sleeping bag is not suitable).

- 1 Bed linen to include single duvet cover, single sheet and one pillow case *;
- 2 Water bottle
- 3 Warm tops, sweatshirts or jumpers x 3 (fleece is ideal)
- 4 Shirts or T-shirts x 4 (some with long sleeves)
- 5 Trousers x 3 (jogging bottoms or leggings)
- 6 Jeans x 1 pair (for evenings)
- 7 Underwear (enough for the week)
- 8 Trainers x 1 pair (old ones, for activities)
- 9 Trainers x 1 pair (for inside wear)
- 10 Large towel x 1 (for activities)
- 11 Swimming costume (April – October only)
- 12 Hat, scarf and gloves (essential in winter)
- 13 Nightwear / pyjamas
- 14 Dressing gown and slippers (optional)
- 15 Wash kit – towel, soap, toothbrush and toothpaste
- 16 Thick socks x 3 pairs
- 17 Wellington boots (if already owned) should be brought for primary school and field studies courses. Can be borrowed from the Centre for no charge.
- 18 Walking boots (if suitable, bring them along)
- 19 Sunscreen and peaked sunhats for late spring / summer term

Waterproof jacket and trousers will be provided.

At least one set of casual clothes is required for evenings in the Centre, together with soft shoes or slippers (indoor use only). Old clothes are most suitable for Pendarren activities. Students also require writing materials, personal first aid kit i.e. plasters etc.

Students may wish to bring cameras but radios, CD players etc are not allowed. Mobile phones must not be carried by students during teaching and activity sessions.

* If necessary Pendarren can provide this bed linen but there will be a charge for laundering.

Telephones

There is a pupil / student payphone available for incoming and outgoing calls (based in the HOUSE). The number is **01873 810487**. Pupils / students have a very full programme but are most likely to be available between 8.00 to 8.30 am and 5.00 to 6.30 pm. Students are not permitted to carry mobile phones on activity or study visits.

Log Book/Diary

Pages for each activity can be used daily to provide opportunity for the children to record the day's events and take home a diary of the week. These pages will be available on the website for teachers to download before the visit.

Evenings

After the day's activities some time is expected to be used for follow-up work and after this there may be time to use the limited grounds of the Centre for ball games, etc. We open the shop during the evening for the children. There is also a large selection of board games available.

Bring tapes, CDs, DVDs or mp3 players if you wish to show a DVD or have a disco. (There is no ipod dock). Staff may wish to bring a laptop, however there is limited wi-fi access.

Bring consumable materials such as paper and pencils. Pendarren is currently expanding the activities on offer to visiting staff to run in the evenings.

Transport

Travel to and from Haringey is provided, leaving your school by 7.30 or 8.00 am on Monday, returning at approximately 5.00 pm on Friday.

Contacts

Pendarren Office:

Jan Withers Administrative Officer

Acting Head of Centre:

Andy Lewington,

Pendarren House, Llangenny, Crickhowell, Powys NP8 1HE

Tel: 01873 810694 Fax: 01873 811986

email: office@pendarren.org

PENDARREN
HOUSE
OUTDOOR
EDUCATION
CENTRE



TEACHERS
HANDBOOK

PRIMARY
COURSES

THE
PENDARREN
EXPERIENCE

