



**John Muir Award Residential
Geography Department
Information booklet
November 4th -7th 2016**



Dear Parents and students,

This information booklet should hopefully answer your questions in relation to the trip and inform you of the itinerary as it currently stands.

The conservation award has three levels. Discover – Explore – Conserve. This residential will allow students to complete the 24hrs required to meet the criteria for the first level. Once we return to school we will decide whether we can feasibly run the next levels of the course.

Over the 4 days students will take part in 9 different sessions which cover the criteria or exploring the outdoors, discovering new skills, learning about the environment and promoting individual development.

7-8 activities take place outdoors and students will be expected to have warm and appropriate clothing. There is the possibility to dry clothes overnight and even wash them if required, however please follow the kit list to ensure pupils are appropriately dressed.

Students will be on the grounds of the centre for the duration of the trip so will need very little money. There is a shop and café on site which students can use each day if they wish; furthermore we will need to stop at services on the way down and the way back, money may be required if they wish to purchase snacks. If students do wish to bring some spending money I would suggest they need no more than 5-7pounds a day!

Students need to arrive at school for 8am on Friday 4th November and we will be returning to school on Monday at approximately 5pm; students will get in touch with parents on our return journey to advise of exact time of arrival.

On the morning of arrival at school students will be given a task book they are to complete throughout the weekend to show they have completed the necessary requirements for the award. Failure to complete the tasks will result in the award not being achieved.

If you wish to find out more about the John Muir Award please visit <https://www.johnmuirtrust.org/john-muir-award>

Also note that this award is not just for young people (our staff will also attain the award on this trip). If you actively enjoy the outdoors with your children you can apply to do the levels of the award yourselves.

Itinerary

Our group will be split into 4 different activity bands on arrival which will mean the order they complete activities may be slightly different.

Over the weekend all pupils will complete the following activities

- Campfire
- High ropes
- Low ropes
- Conservation studies
- Bush craft
- Archery
- Twilight walk
- Morning walk
- Shelter building
- Navigation
- Problem solving

Each morning pupils will be expected to explore outside before breakfast (this is a requirement of the award) as such we will take a short walk around the grounds to see what we can find.

Breakfast is served at 8am and activities commence at 9am each day. Lunch will be served in the main hall between 12:30 and 1:30; however when students are doing bush craft they will cook their own lunch over their fires. Evening meals will be taken together in the hall before evening activities commence.

Dependant on evening activities students will have half an hour down time before they are to be in their designated rooms, lights out will be half hour after this. Between 10:00 and 10:30 every night.

Kit list

Please ensure your son/daughter has a selection of layers they can wear, it will be cold, wet and windy on most days at some point. Students must come prepared for this.

Check list – Outdoors

Warm/waterproof coat

Hat and gloves

2 x day trousers (not jeans!)

Under layers (thermals or leggings) – just in case

Walking boots/trainers outdoors and a pair of indoor trainers.

Wellingtons (if they have them – not compulsory)

2 x Jumper/hoodie

Several pairs of socks (thick and thin so that you can layer)

T-shirts (3 thin – 3 over layers)

Layers are much better than one thick jumper – some activities will require more layers than others.

Check list – indoors

Change of clothes for indoor wear

Wash kit, towel, nightwear

Sleeping bag

Drinks bottle

Any required medication (please ensure that we know about this before departure)

Please note if your child chooses to bring their phone or other expensive technology it is solely their responsibility and not that of the school.

Note for students – please try to organise with the other students who will bring hairdryers or straighteners, you do not all need your own individual ones! It is also likely to be wet and windy so straightening your hair is rather pointless....

GENERAL ADVICE TO STUDENTS

Remember you are representing yourselves, your parents, staff and the school, your behaviour at all times should reflect this. Certainly we will all have a much happier trip if all our party act in a pleasant, considerate and responsible way.

This trip is an opportunity for you to mix with different people, try new activities and gain an award which you can use for applications later in life. Engage with the staff, learn what you can and most importantly lets have fun!

The following notes must be adhered to strictly:

- No member of the party is to leave the chalet at night or the grounds in which our activities take place – We will be outside in the evenings you must stay with the group and not wander off from the trails.
- No drinking of alcohol or smoking is allowed.
- All students should ensure they are familiar with the fire drill procedure – Instructions for this will be carried out on arrival.
- If you have any problems, members of staff are available day or night. Do not hesitate to contact a member of staff at any time – we are prepared to deal with any problems. Please tell us about any worries you may have. Do not “bottle up” problems, the sooner you share them the sooner they are solved.

PLEASE

Keep your rooms' clean and tidy at all times.

We will be dealing with many activities leaders throughout our trip please treat ALL staff you encounter with respect. Greet them politely and always thank them for their services.

MEDICAL TREATMENT

Parents are reminded that the staff will act “in loco parentis” if emergency medical treatment is required and will act in place of parents in signing any necessary forms to allow medical treatment to be carried out. Minor health problems will be dealt with by staff who are qualified in basic First Aid.

PACKING LIST

Please note we are only going for 4 days. Pack light! We do not need your entire wardrobe!

PERSONAL VALUABLES (digital cameras, iPod/iPads etc.)

You will be responsible for these. If they are lost or go missing we are not insured to cover the costs. There is no need for you to bring any entertainment because we will be very busy, although a good book or some homework wouldn't go amiss!