

My Visit to:



HIGH ADVENTURE

OUTDOOR EDUCATION CENTRE

We will go to High Adventure on Wednesday 25th June. We will stay over for 2 nights and return to school on Friday 27th June. We will go by coach and we will be able to choose a partner to sit with. We will be able to take a small bag onto the coach with a book or game and a snack. We will stay in a centre near a village called Cowling in North Yorkshire.



We will sleep in dormitories and I will be able to choose one friend who I'd like to share a room with. There are between 4 and 8 children in one room. Boys and girls will not be mixed and there will always be an adult from Bowmandale nearby if I have any worries. Children normally sleep in bunk beds.



Adults going from Bowmandale are Mrs Joy, Mrs Lombard, Mrs Muller, Miss Singleton and Mr Taylor. These adults will stay at High Adventure the whole time to make sure we are happy and safe.

The activities we will take part in include canoeing or Stand Up Paddleboarding, archery, team building, high ropes and zip line, stream scrambling. Here are some pictures of some of the activities:



We will always be taught by qualified instructors and we will be provided with safety equipment to keep us safe. Sometimes we will be required to wear safety harnesses and helmets, or life jackets if we are doing water activities. These are always checked by the instructors to make sure they are fitted properly.

An adult from school will always be with my group so I can speak to them or ask for help if I need to.

At meal times, we will eat in the dining room on long tables where I can sit with my friends. We will make our own packed lunches (with adults to help if I need it). This is an example of the menu but the food might not be quite the same as on here.



Breakfast

Beans, hash brown, egg, toast, cereal, tea, coffee & fruit juice or water

Lunch

A selection of sandwiches, crisps, fruit, a sweet treat & fruit squash or water for your refillable drinks bottle.

Evening Meal 1

Spaghetti bolognese, garlic bread and salad with ice cream for dessert

Evening Meal 2

Local butcher sausages with mashed potato, vegetables & gravy with a High Adventure cupcake for dessert

