

ENRICHMENT WEEK

CREATING
REMARKABLE
SCHOOLS

HIGH ADVENTURE

- Depart - Monday 17th 8.30am
- Return – Wednesday 18th 3pm
- Thursday 19th – in school activities
- www.highadventure.co.uk



High Adventure – Meet the team



Olivia Noble



Ghaz Bhatti



Kathryn McTigue



Charlotte Briggs



Jonathan Mallatratt



High Adventure - Activities

- We hope you are ready for loads of fun activities. We expect you to get involved, challenge yourself and even face your fears. We expect you to show respect and always give things a go, with a smile!
- There will be a wide range of activities including:
 - High ropes
 - Orienteering
 - Canoe
 - Raft building
 - Caving
 - Archery
 - Zip wire



High Adventure – Accommodation

- Dormitory style sleeping with en-suite bathroom
- Communal dining room with lounge and social space
- Home-cooked food, local ingredients



HIGH ADVENTURE MENU

Monday

Breakfast: variety of cereal, toast, jam, baked beans, bacon & fruit juice
Lunch: a selection of sandwiches, crisps, fruit & a sweet treat
Dinner: roast turkey with potato, vegetables, yorkshire pudding & gravy with a High Adventure cupcake for dessert

Tuesday

Breakfast: variety of cereal, toast, jam, baked beans, poached eggs and fruit juice.
Lunch: a selection of sandwiches, crisps, fruit & a sweet treat
Dinner: chicken korma curry served with rice and tortilla chips with home baked sponge and custard for dessert

Wednesday

Breakfast: variety of cereal, toast, jam, baked beans, sausages and fruit juice.
Lunch: a selection of sandwiches, crisps, fruit & a sweet treat
Dinner: lasagne, garlic bread and salad with a High Adventure cupcake for dessert

Thursday

Breakfast: variety of cereal, toast, jam, baked beans, hash browns and fruit juice.
Lunch: a selection of sandwiches, crisps, fruit & a sweet treat
Dinner: jacket potato with various fillings with home baked sponge and custard for dessert

Friday

Breakfast: variety of cereal, toast, jam, baked beans, bacon & fruit juice
Lunch: a selection of sandwiches, crisps, fruit & a sweet treat
Dinner: spaghetti bolognese, garlic bread and salad with home baked sponge and custard for dessert

Saturday

Breakfast: variety of cereal, toast, jam, baked beans, poached eggs and fruit juice.
Lunch: a selection of sandwiches, crisps, fruit & a sweet treat
Dinner: fresh sausages with potato, vegetables and gravy with arctic roll for dessert.

Sunday

Breakfast: variety of cereal, toast, jam, baked beans, hash browns and fruit juice.
Lunch: a selection of sandwiches, crisps, fruit & a sweet treat
Dinner: sweet & sour chicken and savoury rice with fruit crumble and custard for dessert.

High Adventure – Kit List

Kit List

This list represents the minimum kit required for a residential week at High Adventure. The only adjustments you may need to make, is to bring less for a shorter stay.

- 2/3 T-shirts
- 2/3 Sweatshirts/hoodies
- 2/3 Trousers - Tracksuit bottoms or similar (NO JEANS)
- Socks & underwear (bring plenty)
- Warm jacket
- 2 x Large towels
- Pyjamas/similar
- Indoor footwear – trainers
- Comfortable indoor clothes
- Waterproofs (see note below *)
- Toiletry bag – Shampoo, soap, toothpaste & brush
- 2 pairs of outdoor footwear (that will get wet/dirty)
- Re-useable drinks bottle
- Lunch box - To take lunch with you on activities
- Medication (clearly labelled)
- Small rucksack/day bag
- Gloves & hat – for the cold weather
- Sun cream – for the hot days!
- Bin bags/carrier bags for wet clothes
- Torch & batteries

- You will need a packed lunch for the day that you arrive.
- Students must bring their own lunch box, reusable water bottle and mug.
- Students are responsible for their own belongings.

High Adventure - Downtime

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- There will be down time in the evenings, please bring any games or snacks to enjoy!
- Evening meal and activities will finish around 8pm.
- Students to go to rooms at this time (can be in each other's rooms).
- 9:30pm: Teachers will go around the rooms and tell students to get into their own rooms.
- 10:30pm: Teachers will go around the rooms again to say that its lights out.



High Adventure – Useful Info

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- Students shouldn't need to spend any money, but may wish to take a small amount (max £15) to spend in the tuck shop
- Any valuables taken is the student's responsibility, no phones will be allowed during the activities and must be left in your room.
- Contact number: 07510226362



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- Any questions?

