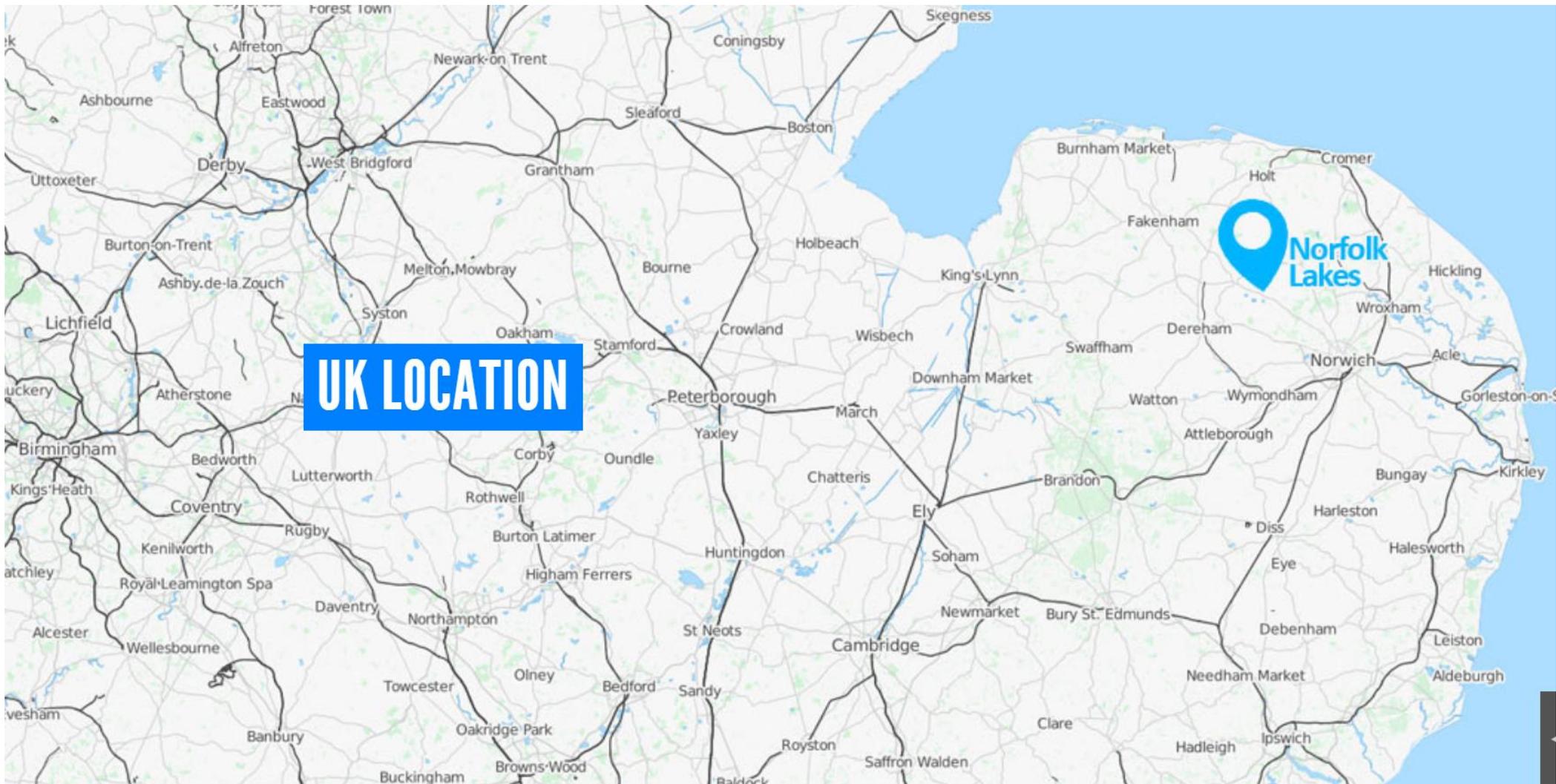


Year 6 - Norfolk Lakes 2024

Manor Adventures



**OUTDOOR PURSUITS FOR THE DEVELOPMENT
OF YOUNG PEOPLE**



Norfolk Lakes is an activity centre managed by Manor Adventure. Located in Lyng, on the edge of the River Wensum, it is only half an hour away from Norwich but you feel like you're on holiday while you're there!

An aerial photograph of the Norfolk Lakes resort. The image shows a large, multi-story red brick building complex situated in a lush green landscape. In the foreground, a large, calm lake is visible, with a small dock and several yellow kayaks or canoes lined up along the shore. The background features rolling green hills and a residential area with many houses. A blue rectangular box with white text is overlaid on the image, reading "NORFOLK LAKES".

NORFOLK LAKES





Once you enter the site, everything you need for the trip is there. The accommodation is in the brown buildings on each side at the bottom of the picture, indoor activities and mealtimes take place in the middle building, but most of the time is spent doing outdoor activities based around the lakes.

WHAT MAKES MANOR ADVENTURE DIFFERENT?

- First class facilities
- Safe secure location
- Quality instructors
- Tailor made programmes to suit each schools objectives
- 19 outdoor pursuit sessions per week (Monday-Friday)
- Profits re-invested every year since 1991
- 93% re-booking levels
- Much more offered compared to competitors for a similar price (in many cases for less)
- Only six centres as opposed to 10-40 centres, therefore management control much stricter

THE FOOD IS CHILD FRIENDLY, PLENTIFUL AND NUTRITIOUS

- Full cooked breakfast
- Substantial lunch
- Excellent cooked dinner
- Always plenty of choice
- Vegetarians, Vegans & special diets catered for

HEALTH & SAFETY

- AALS Licence
- Regularly inspected by Health & Safety Executive
- Approved centre status



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- Conform to all Governing Body Guidelines
- Each outdoor pursuit Risk Assessed
- 4X4 Rescue vehicle
- Radio linked outdoor pursuits



INSTRUCTORS

Our reputation is very dependent on quality of instructors. Extensive recruitment process - far exceed blue chip companies

- For every 20 vacancies we receive over 500 applicants
- 50 Invited to assessment weekend
- Then 30 short listed to selection week

COURSE BENEFITS FOR EVERY CHILD

Every child benefits enormously from the course, especially children who are not necessarily academic or sporty.

- Education outside the classroom
- Develop an inner confidence
- Personal achievement
- Develop self esteem
- Develop social skills
- Develop team building skills
- Experience new / exciting outdoor pursuits
- Learn respect for others

OUTDOOR PURSUITS PROGRAMME

- Leave school to arrive at 14.30
- Students shown to dormitories
- Fire drill
- 1st outdoor pursuit at 15.30
- Each outdoor pursuit lasts 1.5 hours
- 2nd outdoor pursuit at 19.15
- 5 outdoor pursuits per day
- Depart after lunch at 13.30



ACCOMMODATION FEATURES

- Duty Instructor (24 hours)
- Schools stay together: eat, sleep and do outdoor pursuits
- Atmosphere like a mini Olympic village



- Each building is split into three houses –each one has two dorm rooms, bathrooms and a room for an adult.
- There will be 4-6 children in each room. (Boys and girls will have separate rooms.)
- The centre always has a Duty Instructor on call overnight, just in case of any emergencies.





OUTDOOR PURSUITS AVAILABLE

Archery
Bivouac Building
Canoeing Kayaking
Caving
Climbing
Lake Walk
Fencing
Orienteering
Scavenger Hunt
Film Studies / Video
Manor Olympics

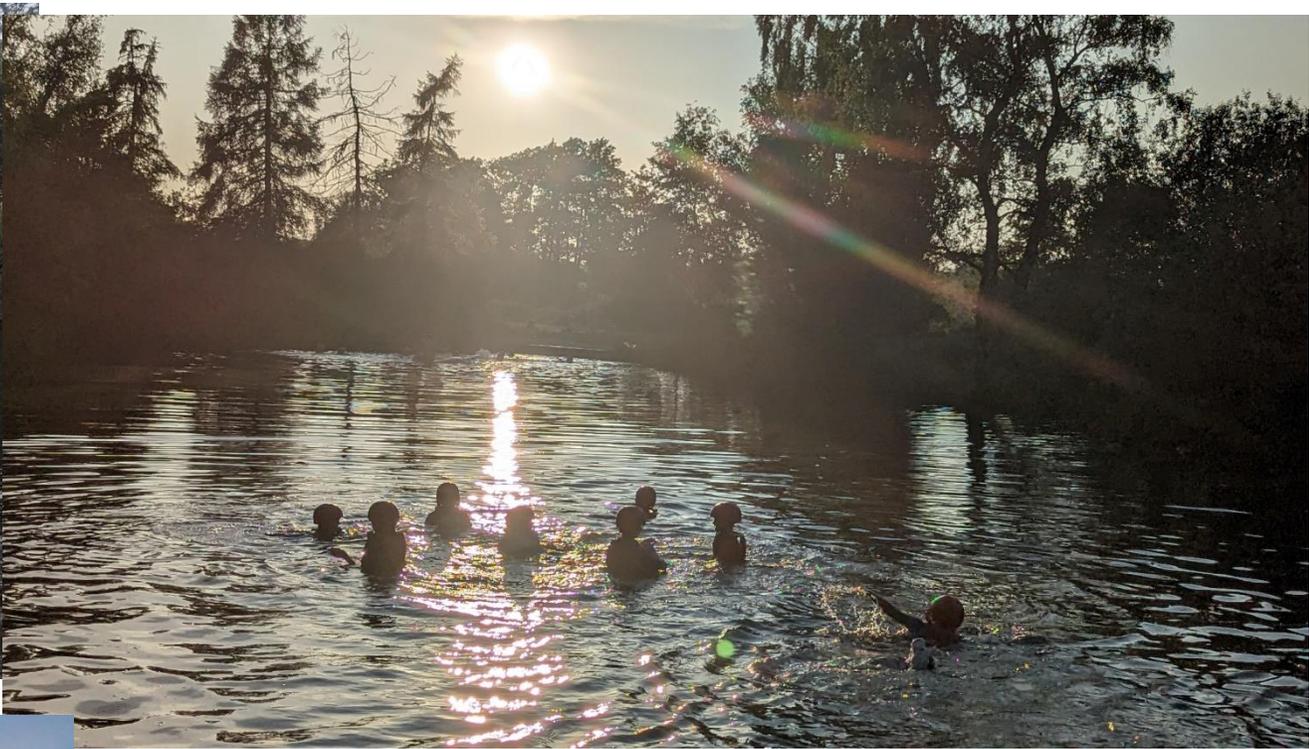
Stand Up Paddleboarding
Raft Building
Rifle Shooting
Volleyball
Wide Games
Giant Stand Up Paddleboarding
Nature Reserve Studies
Blind Trail
Camp Craft Skills
Compass Work
Nature Trail

Sailing
Initiative Exercises
Low Ropes
Obstacle Course
Quiz
Survival Skills
Team Games

19 OUTDOOR PURSUIT SESSIONS MONDAY TO FRIDAY









Week 1 SAMPLE Menu	BREAKFAST	LUNCH	EVENING	DESSERTS
MON	Choice of cereals Full English Fruit & Toast		Bolognaise, chicken & leek pie, lemon & chilli pork, sauté potatoes, peas, sweetcorn	Chocolate brownie
TUE		Soup, sausage roll, filled rolls	Chicken curry, bbq pork, chilli, rice, carrots	Ice cream
WED		Pasta Carbonara, chicken goujons, minced beef pie	Roast Dinner, Yorkshire pudding roast potatoes, mixed veg	Eclair
THURS		Jacket potato & choice of filling, Filled wraps	BBQ, salad	Cup cakes
FRI		Pizza, fish fingers, macaroni cheese	Steak pie, chicken kiev, Cumberland sausage, broccoli	Ice cream
SAT		Soup, quiche, Cornish pasty, filled rolls	Beef curry, sweet n sour chicken, cottage pie, mixed veg	Do-nuts
SUN		Roast Dinner, roast potatoes, Yorkshire pudding mixed veg	Chicken wings, steak bake, Scampi	Muffins

** (Sun/Mon/Fri) - Day of departure - packed lunches will be provided in cases where **all schools** on site are leaving

- **Cooked breakfast**
- **Substantial lunch**
- **Big portions for dinner**
- **Always plenty of choice**
- **Vegetarians, Vegans and allergies are all catered for.**

Key Questions Often Asked

- What do they need to wear?
- You will be provided with a kit list which details the clothing needed. Many of the activities require long sleeves and trousers, so plenty of leggings or tracksuit bottoms are advised -along with layers for the top half. They will need to bring at least two pairs of trainers or similar, as they are likely to get wet!

Rooming and day groups

We understand this can be a source of most of your child's anxiety about sleeping away from home.

So we do our utmost to group them with friends and who they feel most comfortable with

We will talk to them about this and get them to write 4 names down they would like to share a room with and who they would like to be in a day group with-I stress there is no particular order for names on their list



I do encourage them to put names different names done for room and day group. They spend a lot of time with each other which can cause friction so mixing with as many different friends can dilute this.

I do promise (which I don't often do !!) that they will be grouped with at least one name form their list.

Important Information

- You now have a Kit list and Medical forms
- Please return any necessary forms to school as soon as possible
- **The children will need to bring a sleeping bag and their own pillow**
- Can you please make sure everything is named
- Clothes will get wet- one pair of shoes that will get wet to wear for all water based activities

Important Information

- The children are not permitted to bring phones or any other electrical devices- there are no plug sockets in the children's rooms to charge anything and the week is a device free zone
- Children are encouraged to bring some small activities for the coach journey, reading book/comics/card games/ activity books/colouring. Please just bring them in a smallish rucksack.
- We will be stopping on the way for lunch so please provide a packed lunch in a disposable bag along with a water bottle. Please no fizzy drinks
- Do they need any pocket money?
- No. The kit list will detail everything required for the trip and they will not need to purchase anything else whilst they are there.

Medicines

- As stated on the medical form we will take Calpol, Nurofen and Piriton so no need to bring individual bottles- we can't store 32 bottles!!
- Please bring in any medication the week before ensuring it is clearly named with the dosage written on a label
- We will obviously have first aid kits with plasters etc.
- Travel Sickness Pills

If your child requires a travel sickness pill please administer one before coming to school. We will be taking our own supply for the return journey

Day of Departure – 17th June

- We plan to leave at 9.30am
- Please arrive school at 9am – after the rest of the school have come in
- Children come to class to register
- Parents are very welcome and encouraged to stay and wave us off

DON'T LET YOUR CHILD
READ THE NEXT SLIDE !!!



Letters

- Each year on our last evening we have presented a letter that you have written to your child which has always been quite emotional !!
- However the children have thoroughly enjoyed this night, having possibly never received a letter from you. It is quite something to see their reactions
- We don't tell the children about this, although children withholder brothers and sisters obviously might have written to their siblings on a previous school journey. So we do try and keep it a secret as much as we can
- Could you please do this the week before and give the letter to Mrs Francis in the office

Day of return – Friday 21st June

- We plan to arrive back at school by 4-30pm - 5pm
- We will send a parent text when we are close to school to give you a 30 minute warning.

Any Questions

