

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 in the centre 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. However, school groups in excess of 26 students will work in three groups and are asked to choose 2 visiting staff led activities. 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 then we trust that the charges will be dealt with in the manner and spirit of the Education Act 1988.

Please use this handbook with the Option Choice form which is sent with your booking confirmation during the term before your course.

SECTION I Pendarren Led

1. Table Mountain (full day)

A day during which children have an opportunity to study the local countryside. The walk takes students through woodland, farmland and mountain moorland. On the way we pass through a hill farm and a small village community. The summit of Table Mountain showing clearly the outline of an Iron Age hill

fort is the highest point reached. There excellent views of the Sugar Loaf and the Usk valley. There will be opportunity for simple map reading / route finding.

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,Sc3 1d, History 9, P.E,11a,11b,11c

2. Mountain Moorland (full day)

A walk on the Sugar Loaf, where the pupils will gain first hand experience of changing patterns of land use, farmland, forestry and mountain moorland. On the mountain the pupils will be able to explore the changing patterns of vegetation, collect samples and visit springs. Magnificent views from the summit permit easy identification of a variety of major landscape features.

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,Sc3 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 is made, its interest being the effect of water on limestone formations and living things underground.

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. Limestone Study (full day)

A physically active day exploring a local limestone area on foot. The day will include a visit to a cave and investigation of the old limestone industries and its associated transport systems. Much of the study is conducted within a National Nature Reserve containing unique examples of limestone flora and fauna.

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 History ,11 P.E 11a,11b,11c

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5. 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. On the shore the children investigate the wide variety of shore and rock pool life. Weather permitting, there will be opportunity for beach games and a swim 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

6. Munchline Monitors (half day)

This Earth Education option introduces students to food webs and chains. Who's munching who? Collect the evidence in your munch tray and build a pyramid of biomass. Students start off as trainee monitors but "hands on" experience soon leads them to becoming qualified Munchline Monitors.

KS2 Science Sc2 1a,1c, 3d,4a,4b,5a,Sc3 1d

7.Adventure (half day)

Ropes adventure A ropework-based adventure using abseiling techniques, caving ladders, etc.

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

Canoe adventure A water-based adventure in Canadian canoes

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

Mountain adventure A chance to get to the top of one of the local peaks. Pupils will be introduced to basic map reading / route finding skills.

KS2 Geography.1a,1d,1e,2a,2c,2d,2e,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5b Ma3 3c,4a SC2 4b,4c,5a,5b,5c, Sc3 1d, History 9, P.E 11a,11b,11c

Journey adventure. An adventure journey with pupils following the course of a mountain stream, scrambling up small waterfalls and meeting challenges on the way.

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

Climbing adventure Children are introduced to climbing in the controlled environment of Pendarren's indoor climbing room and outdoor tower. Pupils will progress from movement skills to the use of harnesses, ropes and helmets to safeguard each other on the 5 metre high tower.

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

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8.Industrial trail (half day)

An opportunity for pupils to explore the impact of the Industrial Revolution in the Clydach Gorge. The trail includes exploring the remains of an ironworks, industrial housing and transport systems such as the canal and tramways. The trail retraces the path of a tramway from the canal wharf in Gilwern to the excavations of the ironworks in the Clydach Gorge, a distance of approximately 1.5 miles.

KS2 Geography 1a,2a,2b,2c,3a,3b,3c,3d,3e,3f,3g,4a,4b,5a,5c, Sc2 5a,5b,Sc3 1d, History11

9.Earth Romp.(half day)

Earth Romp seeks to open childrens eyes to their natural environment in a totally active way. Based on the work of Steve Van Matre all of the group will be involved all of the time. This approach to environmental awareness uses all of our senses and is meant to be fun.

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

10.Orienteering (half day)

We have set up a simple orienteering course close to the Centre 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

11.Raglan Castle (half day)

An opportunity to visit a well preserved border castle, with moated keep, fortifications and dungeons. Initial construction of the castle was commenced in 1470, with considerable extension and modifications during the Tudor period. It was finally sacked and partially ruined in 1646. There is a worksheet available.

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

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12. 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

13. Stream survey (half day)

This half day provides a number of options to study a local stream. You can choose between two measuring components, or collecting and identifying. Pupils are encouraged to use suitable methods of measurement to create a depth profile or calculate the velocity. The stream supports a diverse community of invertebrates which are easily captured. The Centre will provide all the necessary equipment, guides and

keys.

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,

14. Big Pit Mining Museum (half day)

Big Pit is one of the oldest shaft mines in Wales and until 1980 was still working. 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. Work sheets available.

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

15. 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 re-enactments 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

16. 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 it's 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, it's 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,

18. 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,

19. 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

20. Open Space (half day)

This half day 'open' option for teachers who would like to do their own work with their own group. As the name suggests this is an opportunity to use the local environment as stimulus for creative outcomes—drawing, painting, music, drama, creative writing, movement. Materials and tape recorder may be available. Open Space requires some planning and consultation with the Centre staff. It is particularly recommended to teachers who have done an INSET Course at Pendarren and therefore had an opportunity to prepare their work in the environment in which it will take place. If this option is chosen, would you please inform the Centre of your plans and equipment requirements.

SECTION III - Additional charges

Transport provided where necessary.

21. Pony Trekking (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 Rhondda Heritage Centre. (full day)

The name Rhondda is always associated with coal. At one time there were over forty pits in the Rhondda valley and now they have all gone. The heritage Centre is situated on the site of the old Lewis Merthyr Colliery and has been developed into an award winning museum. Imaginative use has been made of the colliery buildings to tell the story of the Rhondda using multi-media presentations. There is a visit underground along the old workings. The underground visit is entirely simulated and is very realistic. There are a number of 'hands on' experiences for the pupils to engage in and a variety of work sheets are available.

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

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

The Main House provides comfortable accommodation for 26 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 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. There is a suite of 13 computers with internet connection which students may use under supervision in the evenings. In addition there is a small library with a selection of books suitable for Geography, History and Science work at Key Stage 2.

Swimming Pool

There is a small enclosed swimming pool at Pendarren which is used during the summer and early autumn. It is also available as a canoe training pool throughout the year.

Camp-site

As an alternative to using the accommodation above a small campsite is available at the Centre 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.

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 areas of student organisation that help would be most appreciated, i.e.

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.

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

Although there are no shops near by, the Centre does have its own shop selling soft drinks, sweets, post cards and small gifts. Postage stamps are sold. 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.

Equipment

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. A personal kit list is included below. Please remember that children will need to move their bags around and keeping size and weight to a minimum by not bringing unnecessary items will make this task easier for them. 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.

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

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Meals

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

Children's Kit List

All specialist equipment is provided by the Centre. We supply all children with a waterproof/windproof jacket, over-trousers and rucksack.

1. Thick sweater or fleece (at least 2).
2. Thin sweaters or sweatshirts (at least 2).
3. Long sleeved shirts and/or 'T' shirts
4. A warm anorak or ski-type jacket.
5. Underclothes and warm underclothing in winter
6. Hat, scarf and gloves (essential in winter)
7. Night attire and handkerchiefs.
8. Wash kit; toothbrush, towel, soap, comb and shampoo
9. Trainers (1 old pair for activities,1 pair for indoors).

10. Warm leggings or trousers (3 pairs). Tracksuit/joggers are suitable
11. Swimming costume. (April- October)
12. Large towel for activities (other towels required in Centre).
13. Thick socks -loopstitched-(at least 3 pairs)
14. Wellington boots (if already owned)
15. Sun hat and sun cream (April-Sept)

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

Old clothes are most suitable for Pendarren activities

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Log Book/Diary

Pages for each activity can be used daily to provide opportunity for the children to record the days events and take home a diary of the week. If you wish to add pages, this will be possible as the books are made up weekly.

Evenings

After the days' 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 (please bring / tapes / CD's but not tape / CD players). There is also a large selection of board games available.

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.

SECTION V How to Book

Booking is on a school year basis. Application forms are sent out during the Spring term for the following school year. All booking requests and enquiries should be made directly to Pendarren.

Charges

A charge (reviewed annually) is made towards the cost of board and lodging. Additional charges, i.e. Pony Trekking should be dealt with by the school in the manner and spirit of the Education Act 1988.

Insurance - School Parties

In addition to the course fee, there is an extra charge for insurance, which provides cover mainly for personal accident, personal effects and money. This charge is NOT optional. All courses at the Centre which involve Outdoor Activities at any time in the week are required to be insured at the higher premium for the full length of the course. Parents of students under the age of 18 will be asked to sign a form giving consent to the student's attendance at the course.

Administration

Once courses have been confirmed you will be sent an option choice form to be used in conjunction with this handbook to plan your programme. Help in programme planning is available by ringing or writing to the Centre. You are welcome to arrange a pre-course visit to Pendarren and in some circumstances it may be possible for a member of the Pendarren staff to visit your school.

Contacts

Pendarren Office:

Jan Withers. Administrative Assistant,

Head of Centre:

Martin Skinner,

Pendarren House , Llangenny,Crickhowell, Powys NP8 1HE

Tel: 01873 810694 Fax: 01873 811986

email: office@pendarren.org

SECTION VI Equipment available at the Centre

Computer suite /Internet

Maps of the area - all scales

Selection of Books

O.H. Projectors

Digital Cameras

CD roms

TV with video

Clip boards

Large trays

Aquaria

Insect cages

Animal cages

Longworth Mammal traps

Moth trap

Pooters

Hand lenses

Cassette Tape Recorder

Stereo microscope

Spring balance

Binoculars

Collecting containers

Funnels

Beakers (glass & plastic)

Measuring cylinders

Test tubes and racks

Soil test kit

Ranging poles

Land chain

Soil sieves

Butterfly nets

Dipping nets

Thermometers

Conical flasks

Quadrats

CONSUMABLE MATERIALS SUCH AS PAPER, PENCILS ETC. CANNOT BE PROVIDED.

