



Great Tower

Tuesday 23rd March - Thursday
25th March 2027

Why?

- ▶ New OAA Curriculum
- ▶ Increased confidence
- ▶ Experience of being away from home
- ▶ Gaining skills for further development at Outward Bound
- ▶ Reducing anxieties about going away in Year 6

Great Tower

At Scout Adventures it's all about helping young people to do their best. We believe that learning away can have a powerful, positive impact on young people's academic achievement.

This is supported with research by Learning Away, which suggests that a residential experience can lead to a 58% improvement in attainment at primary level and 77% improvement at secondary level.

Primary

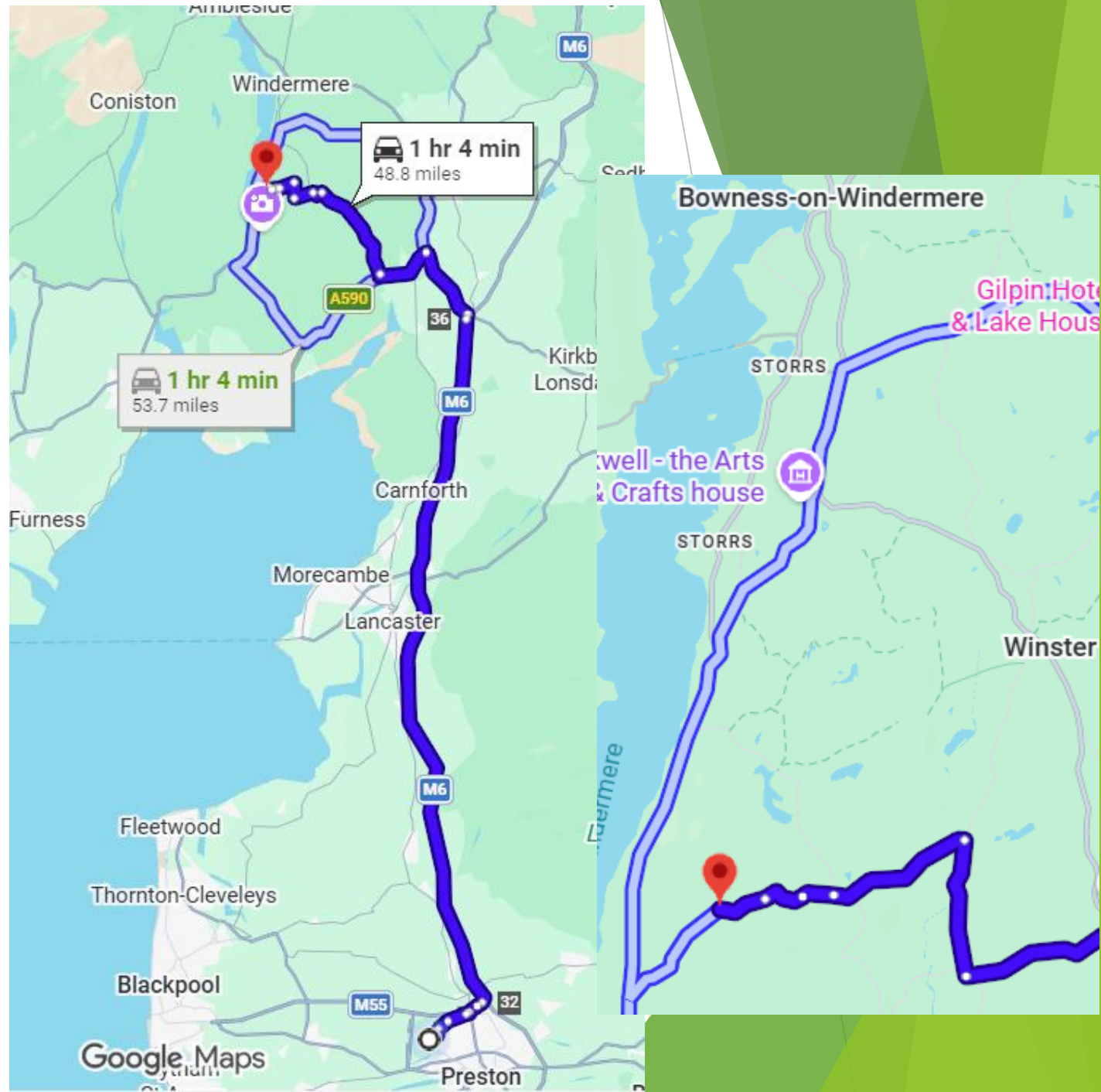
% of children who believed they improved in these areas as a result of a residential

Increased attainment	58%
Better engagement	72%
Improved relationships	75%
Increased confidence	83%

Location

We will leave school at approximately 11am - please come to school at the normal time - we will meet in the hall with your suitcases.

Parents are welcome to return to school at 11am to wave us off. We aim to return at approximately 2pm on the Thursday.



Accommodation

Windermere Chalet

Sleeps 24. Rooms include 5 x 4 beds, 2 x 2 beds. Male and female toilets and showers.

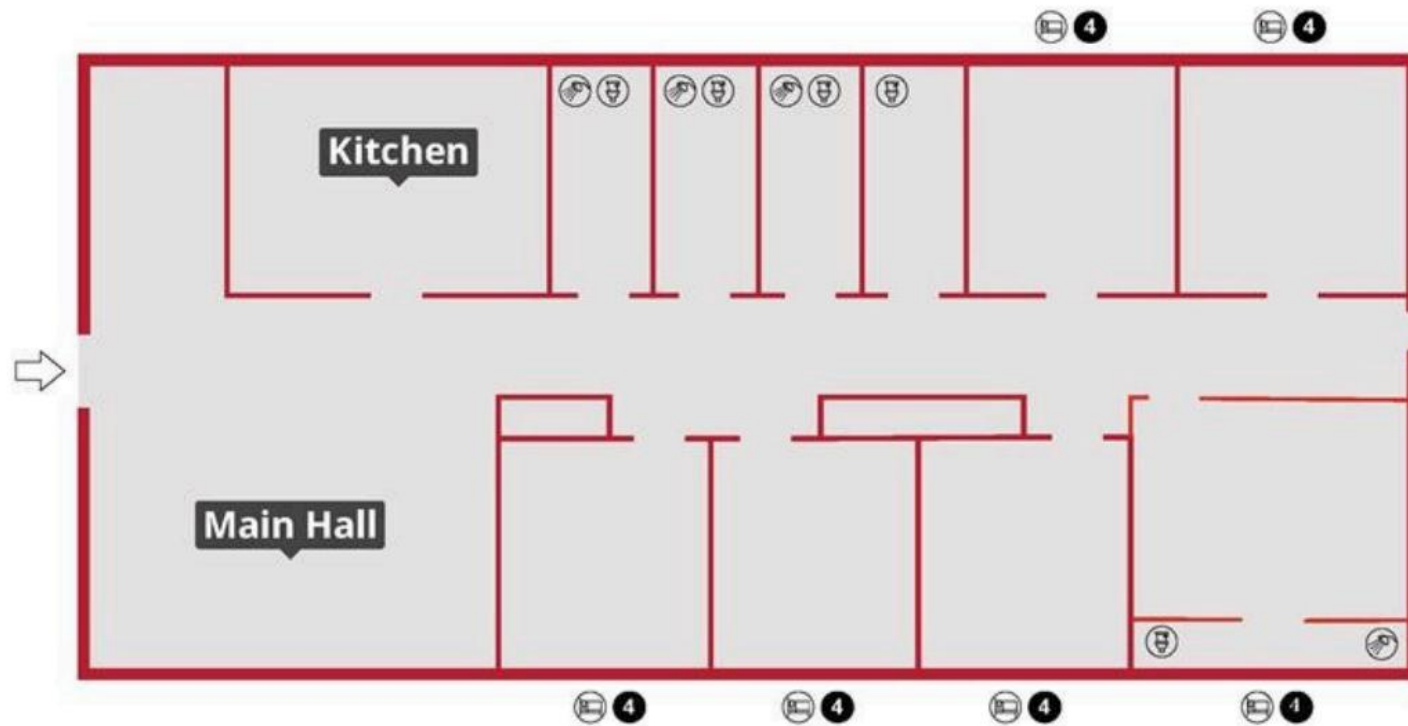
[Download floor plan](#)



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Windermere Chalet



Accommodation

Cartmel Lodge

Sleeps 36 people. Rooms included 4 x 6 bed, 2 x 4 bed, 2 x 2 bed. Complete with separate male and female showers and toilets.

[Download floor plan](#)

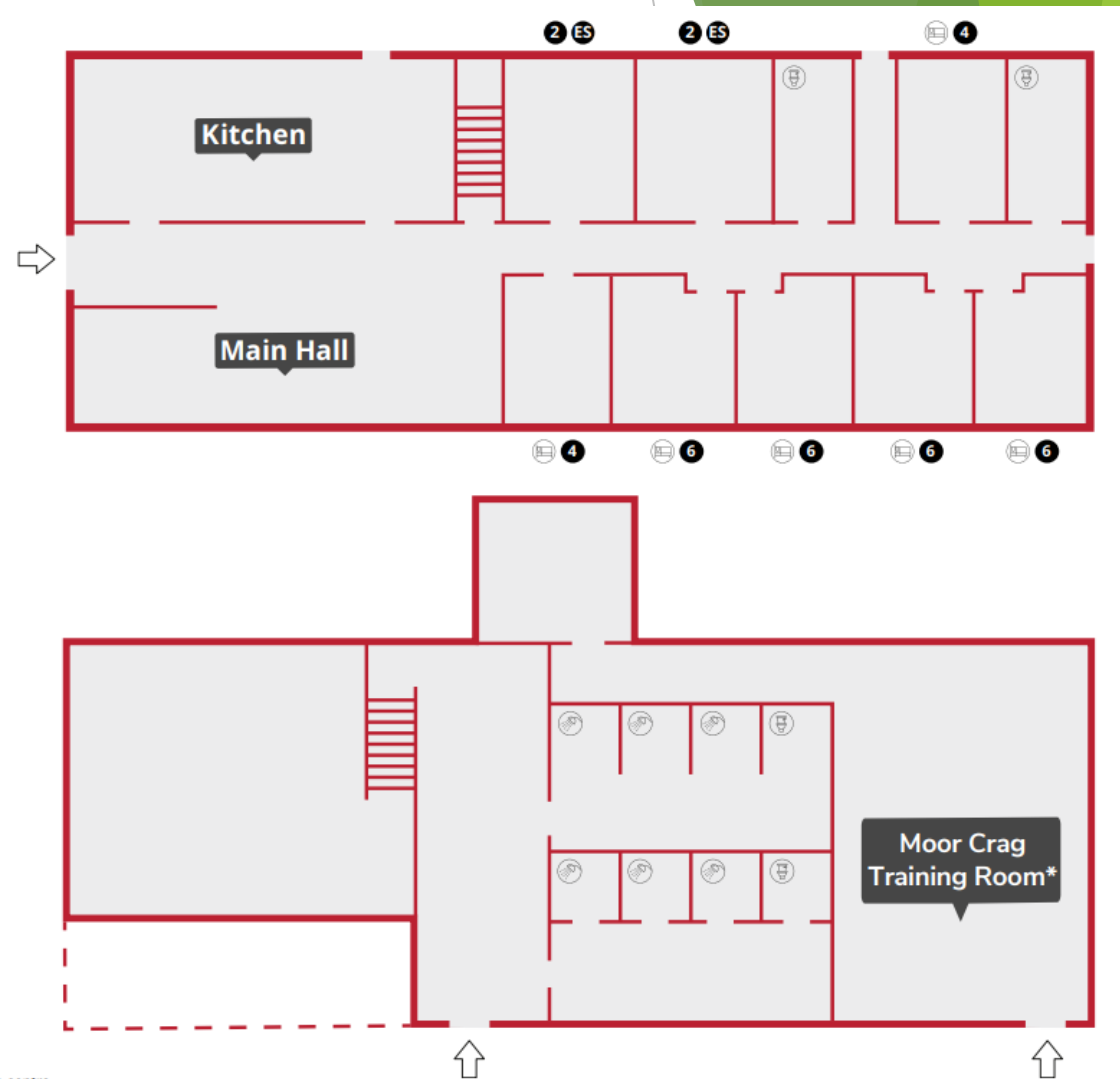


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Cartmel Lodge

Cartmel Lodge



* If you wish to use or book Moor Crag Training Room please contact the centre

Dining

Meal times and locations

All meals are served by our team in The Bield dining hall.

Breakfast is usually at 08:00, lunch at 12:30, and dinner at 17:30.

	Breakfast	Lunch	Dinner
Mon	Pancakes and maple syrup Fresh fruit and yoghurt selection Toast with spreads Choice of cereals	Variety of freshly filled sandwiches Crisps Fresh fruit Cake or cookie	Sweet and sour chicken with rice Macaroni cheese and garlic bread Chocolate cake, yoghurt or fresh fruit
Tue	Croissants Fresh fruit and yoghurt selection Toast with spreads Choice of cereals	Variety of freshly filled sandwiches Crisps Fresh fruit Cake or cookie	Chicken burger Vegetable burger Served with potato wedges and salad Ice cream roll, yoghurt or fresh fruit
Wed	Sausage or bacon breakfast rolls Vegetarian breakfast rolls Fresh fruit and yoghurt selection Toast with spreads Choice of cereals	Variety of freshly filled sandwiches Crisps Fresh fruit Cake or cookie	Pasta bolognese Vegetable pasta bolognese Served with garlic bread Apple pie and custard, yoghurt or fresh fruit
Thu	Croissants Fresh fruit and yoghurt selection Toast with spreads Choice of cereals	Variety of freshly filled sandwiches Crisps Fresh fruit Cake or cookie	Chicken casserole Vegetable casserole Served with potatoes and vegetables Strawberry trifle, yoghurt or fresh fruit
Fri	Pancakes and maple syrup Fresh fruit and yoghurt selection Toast with spreads Choice of cereals	Variety of freshly filled sandwiches Crisps Fresh fruit Cake or cookie	Fish kiev Vegetable kiev Served with chips and garden peas Raspberry pavlova, yoghurt or fruit
Sat	Mini English breakfast Fresh fruit and yoghurt selection Toast with spreads Choice of cereals	Variety of freshly filled sandwiches Crisps Fresh fruit Cake or cookie	Chicken fajitas Vegetable fajitas Strawberry cheesecake, yoghurt or fresh fruit
Sun	Sausage or bacon breakfast rolls Vegetarian breakfast rolls Fresh fruit and yoghurt selection Toast with spreads Choice of cereals	Variety of freshly filled sandwiches Crisps Fresh fruit Cake or cookie	Roast beef Vegetarian roast Served with vegetables and Yorkshire puddings Ice cream, yoghurt or fresh fruit

Activities

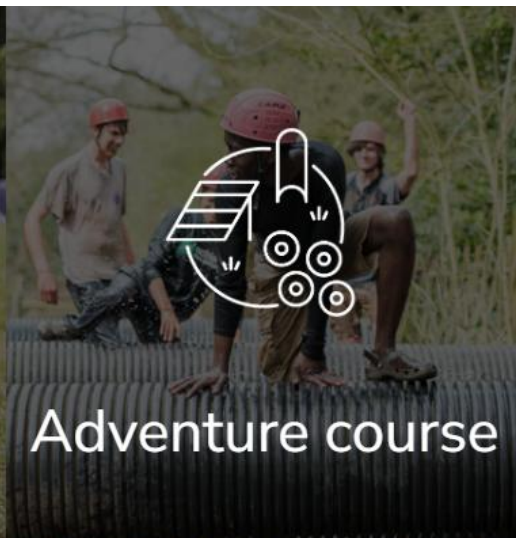
<https://www.scoutadventures.org.uk/about#lg=1&slide=0>



Abseiling



Activities in a box



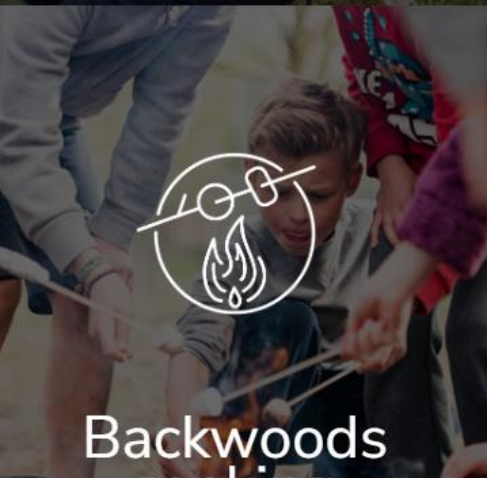
Adventure course



Aeroball



Archery



Backwoods cooking



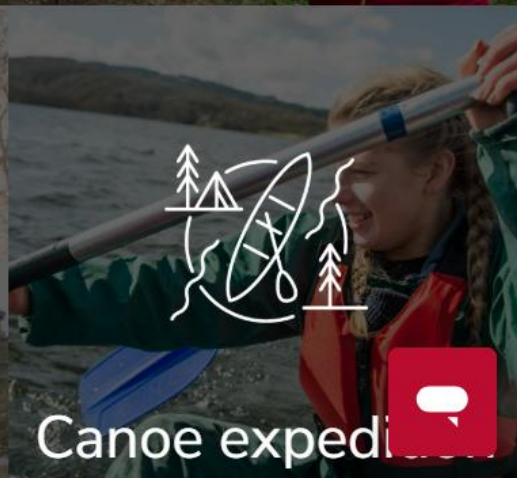
Bouldering



Bridge building



Campfire



Canoe expedition



Canoeing



Caving



Circus skills



Crag climbing



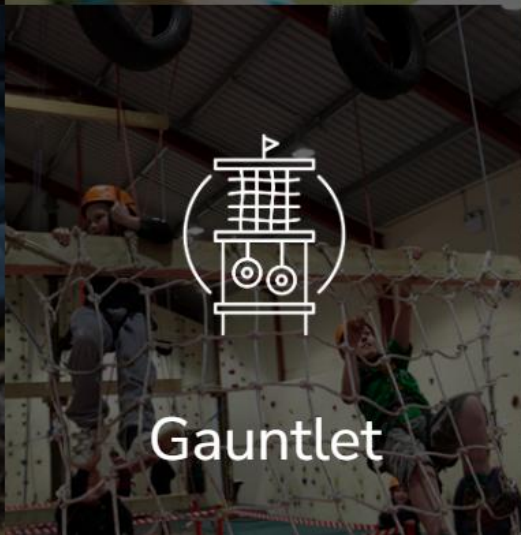
Crate stacking



Fell walk



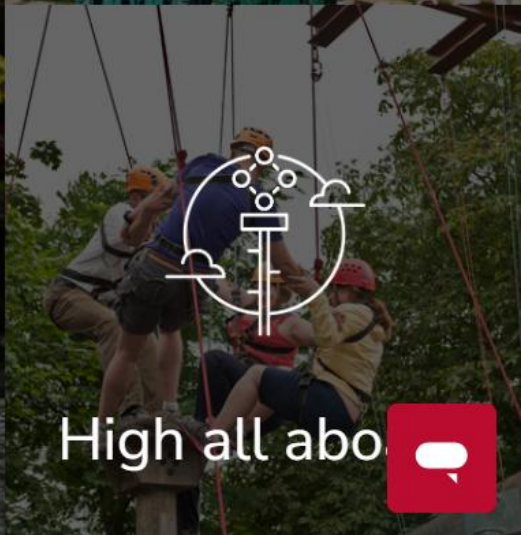
Firelighting



Gauntlet



Ghyll scrambling



High all abo





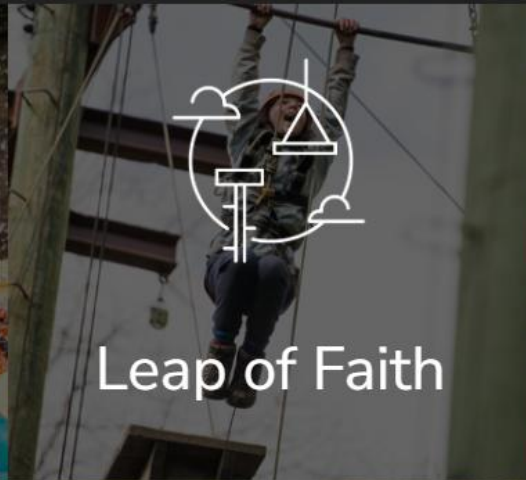
Hike



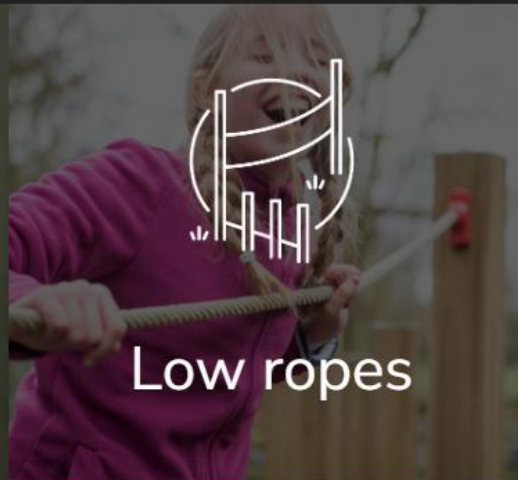
Jacob's ladder



Kayaking



Leap of Faith



Low ropes



Mountain day



Mountain expedition



Orienteering

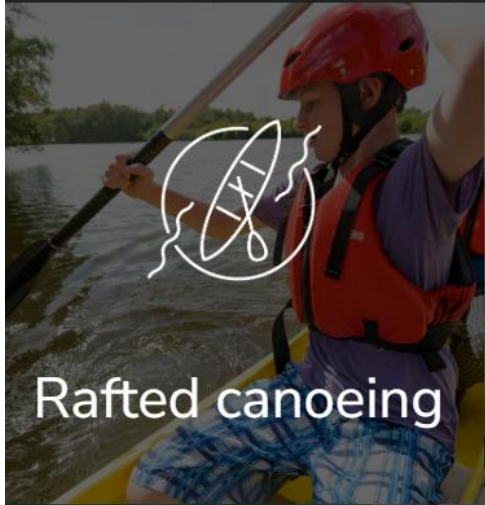


Pioneering



Raft building





Rafted canoeing



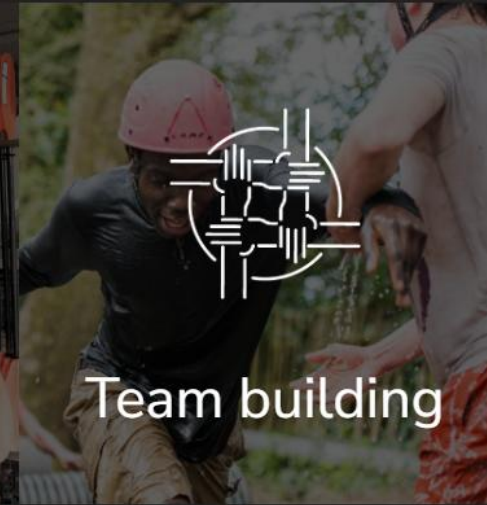
Sensory trail



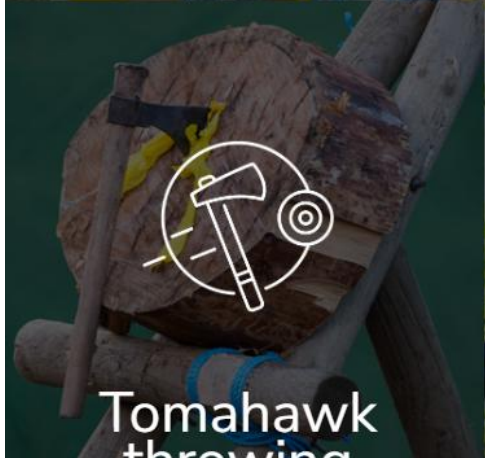
Shelter building



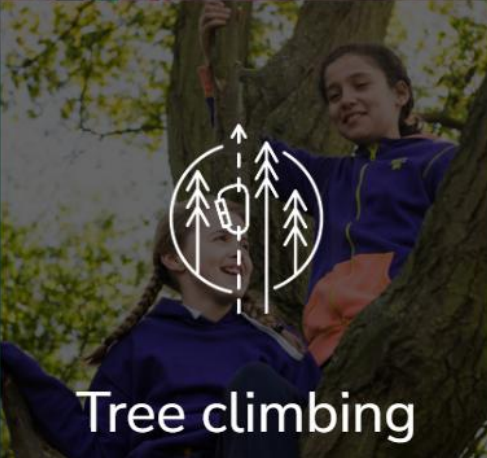
Stand up paddle boarding



Team building



Tomahawk throwing



Tree climbing



Zip wire



Kit list

All visits

- Suitable clothes for outdoor activities
- Waterproof jacket and trousers
- Gloves and hat in cold weather
- Sun cream and hat in warm weather
- Closed toe, sturdy footwear (e.g. trainers)

Overnight stays

- Pyjamas
- Toiletries and towel

Caving, ghyll scrambling and water activities

- Warm, long sleeved top and trousers
- Swimwear to wear underneath clothes
- Closed toe, sturdy footwear with laces
- Towel

Mountain days

- Closed toe, sturdy boots with ankle support

- Any medication that you might need
- Hair ties if required
- Money for a souvenir or snacks
- Water bottle and food as needed
- Rucksack

- Torch and spare batteries
- Sleeping bag and pillow
(bedding provided at Great Tower and Hawkthirst)

- Bag for wet clothes
- Change of clothes and shoes for afterwards
- String or cord to secure your glasses

- Thick walking socks

Top tips

- We supply all safety equipment such as helmets and harnesses. We only supply wetsuits where required, but you're welcome to bring your own.
- We recommend leaving jewellery, valuables and easily damaged items at home.
- Look for quick drying, light fabrics like fleece - avoid jeans, cotton and heavy fabrics.
- Flip flops, Crocs, sandals and wellies aren't suitable for our activities.
- Don't forget to label anything that might get lost!
- Don't bring your best clothes or shoes – they will get wet, muddy and worn!



Staffing

- ▶ Mrs Rainford
- ▶ New Year 5
Teacher
- ▶ TBC
- ▶ TBC

Things to Note...

Packed lunch for the first day.

Medicines - Please complete a form at the office.

Type B Consent Form.

Calpol

If you would like your child to be able to have Calpol whilst we are away, please complete and return the Calpol letter.

Parental/Carer Consent and Medical Information Form for Type B Educational/Off-Site Visits and Adventurous Activities (This form is to be completed in full by the parent/carers and returned to the School/Service)

1. Details of Visit

Visit to:

Alternative Activity (Plan B):

From: (date/ time) To: (date/time)

Child's name: Date of Birth: Form/class:

I agree to my son/daughter/ward taking part in the above stated visit/activity and having read the information sheet, agree to his/her participation in any or all of the activities described. I acknowledge the need for good conduct and responsible behaviour on his/her part and that the school/service reserves the right to prevent my son/daughter/ward continuing with the visit/activity in the case of poor behaviour. Further, I understand that there would be no entitlement to a refund of monies paid. I agree that I will update the school/service with any medical information or changes to emergency contact details.

S/he is capable of swimming 25 metres unaided

Yes/No

Cottam Primary School, Heybocks Lane, Cottam, Preston, PR4 0RT. Tel: 01773 202028. E: bus@cottam.lancs.sch.uk

Children at the heart of our school. School at the heart of our community.

Dear Cottam families,

In our experience, we have often found that whilst away from home, children can experience some mild head and tummy aches, often due to tiredness and we have found that a bit of Calpol can often help to ease some of these symptoms. Therefore, we have decided to take a school bottle of Calpol that can be administered to a child if required rather than asking everyone to provide their own.

Please find below a permission slip regarding administration of Calpol during our Rock UK Visit. If you agree to school administering this medicine if required, please can you complete the slip below and return to school as soon as possible.

Yours sincerely,

Miss West
Year 6 Class Teacher

To be returned to the School Office or Miss West as soon as possible

I give permission for a member of Cottam School staff to administer Calpol to my child if required, during our Rock UK Visit. I understand that in giving permission I take the responsibility for any Calpol administered to my child.

Name of child: _____

Signed by parent / guardian: _____

Date: _____

Costing

- ▶ £162 per child
- ▶ £25 deposit before Friday 17th July
- ▶ Payable through Parent Pay
 - ▶ Options on parents pay to pay more frequent, smaller amounts or less frequent larger amounts
 - ▶ Please speak to us if you have any concerns so we can support you and your child.