



AN EDUCATIONAL ADVENTURE TO REMEMBER...

Kingswood - Colomendy

An Introduction to Kingswood

We are raising the bar to provide the very best outdoor learning experiences.

WE ARE EXPERIENCED

Founded over 30 years ago!

WE ARE SPECIALISTS

We now welcome over 165,000 young people from more 3,500 schools each year.

WE ARE SAFE

Founding members of the British Activity Providers Association (BAPA) and have all the expected accreditations.



ALTO Association of Language Travel Organisations



Inspiring Learning Outcomes



Teamwork

Developing the ability to work constructively as a team member.



Communication

Enhancing speaking and listening skills, plus non-verbal communication.



Resilience

Finding positive opportunities for learning through exposure to failures or setbacks.



Leading and supporting

Thriving in both roles through reflection, communication and building positive relationships.



Challenge and risk

Understanding the challenges and consequences of controlled and healthy risk-taking.

We use...

PLAY
DISCOVER
EXPLORE
CHALLENGE
ADRENALINE
REFLECT

...to deliver...

MENTAL & PHYSICAL WELLBEING
CURRICULUM SKILLS
ENVIRONMENTAL AWARENESS
IMPROVED ATTAINMENT

...and achieve our learning outcomes.

CONF!DENCE

LIFE SKILLS

RESILIENCE

COLOMENDY: CENTRE FACTS

Loggerheads, Nr Mold, Denbighshire, Wales, CH7 5LB



Location: Set within an Area of Outstanding Natural Beauty and a Site of Special Scientific Interest in beautiful woodland with views of Moel Famau.

Outdoor highlights: Activities integrated into the stunning woodland, including a high ropes course woven amongst the trees, and an exceptionally realistic caving system built into a natural rock seam.

Indoor highlights: Spacious sports hall for team games, fencing and recreational activities.

Sleeping

We offer a home away from home

You'll find welcoming rooms in our comfortable dormitory style accommodation. You will sleep in a choice of standard accommodation, or Adventure Lodges, all of which have bathroom facilities and a daily housekeeping check. All of our accommodation is secure and comfortable and all bedding is provided. Pupils sleep in gender separated areas, with separate showers and toilet facilities, and teacher rooms are located close by to allow for plenty of supervision.



A residential experience with us is all inclusive.

- ✓ Full and varied programme tailored to your group's aims and objectives, including evening activities and expert instruction from our highly trained staff
- ✓ Full-board accommodation with tasty, healthy food cooked on the premises
- ✓ One free group leader place for every ten young people
- ✓ En-suite rooms for adults at most centres
- ✓ A comprehensive information pack, parent presentations and launch materials
- ✓ A specialist dedicated team available to support you throughout your experience
- ✓ Downloadable risk assessments for all our activities and centres

Accommodation...



TOTAL BEDS: 571



438 in standard rooms
(sleeping 4–16 in each room)

133 in Adventure lodges
(sleeping 11–19 in each lodge)

Packing List

As well as all the usual items, we have compiled a list of essential items for your stay.

ESSENTIAL ITEMS
Toiletries <u>etc</u>
Pair of shorts
Activity Clothes (old & no problem getting muddy) Must include long-sleeved t-shirts & suitable trousers)
One small packet of jelly sweets, teddy bear, book
Waterproof clothing (jacket and/or trousers)
Water Bottle
Pair of old trainers for activities & indoor footwear
Large plastic bag for dirty clothes
1 Bath towel/towels
sun cream and hat depending on the weather
Night Clothes/pyjamas
Socks and underwear
Thick sweater/fleece
Optional insect repellent

Children will **not** need:

money, cameras,
electronic games or
mobile phones...

so please don't pack
any of these items.

NEW MENUS

We have spent time this year reviewing, discussing and tasting our menus to ensure they give a balanced variety of dishes and have a wide appeal for hungry tummies. On your residential you'll enjoy tasty and nutritious meals in our diners to keep your young adventurers going throughout their action-packed itinerary. We serve three freshly prepared healthy buffet style meals each day with plenty of variety available – including hot and cold meals, a salad bar, at least one vegetarian option and plenty of water available at all times. We can also cater for most dietary requirements, which we'll ask you to let us know about before your trip.



SAMPLE MENU

BREAKFAST

Pork sausage, vegetarian sausage, baked beans, scrambled eggs and fresh tomatoes
Toast with jams and marmalade
Selection of cereals
Natural yoghurt and fruit compote
Seasonal fruit segments

LUNCH

Homemade vegetable soup with croutons
Cheese and tomato or pepperoni pizza
Sweetcorn and seasoned potato wedges
Salad bar
Apples, pears and oranges

DINNER

Lasagne and vegetable lasagne
Roast chicken breast marinated in Cajun spices
New potatoes and peas
Garlic bread slices
Salad bar
Chocolate brownie

SALAD BAR (AVAILABLE AT LUNCH AND DINNER)



Meals...



Adventure Choice

The original Kingswood experience



Ages:
7 to 11

Learning outcomes



Challenge and risk



Teamwork



Problem solving

- Combining a variety of activity sessions, from aerial adventures to fun problem solving initiatives.
- Programme of adventure experiences which encourage your pupils to bond and work together as a team.
- We'll work closely with you to build you a tailored programme from our range of physically and mentally challenging activities to create memorable outdoor adventure!





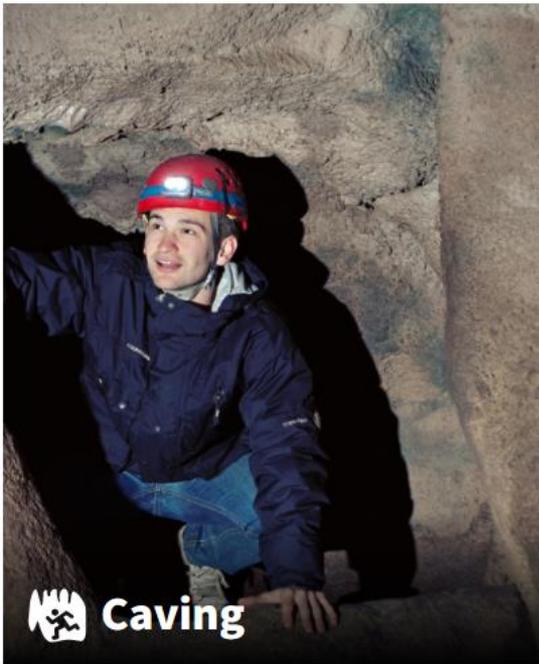
 **Abseiling**



 **Balance beam**



 **Campfire**



 **Caving**



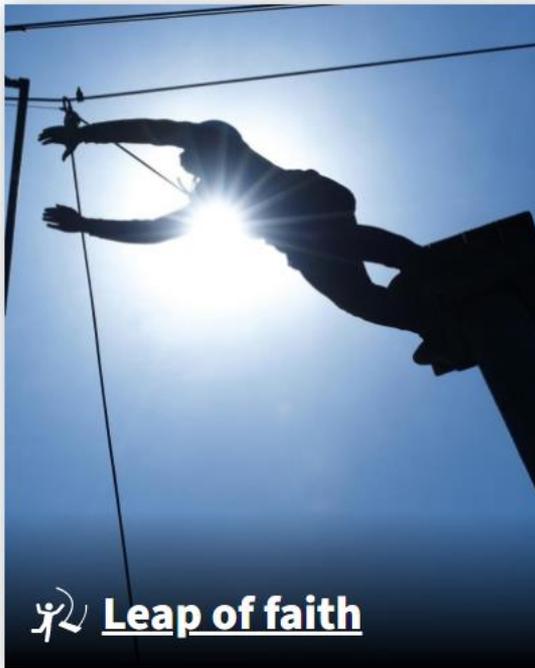
 **Climbing**



 **High all aboard**



 **Laser**



 **Leap of faith**



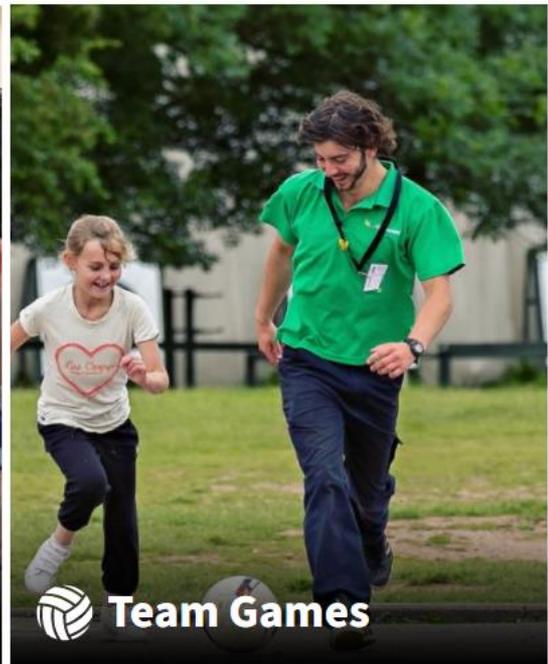
 **Nightline**



 **Problem solving**



 **Scrapheap Challenge**



 **Team Games**

Safety and wellbeing

We know how daunting it can be letting your child go on a residential visit, so we do everything we can to make it a safe and enjoyable experience for all.

Our policies and procedures are designed to make sure we adhere to the highest safety standards at all times:

- Continual safety and first aid training for all staff
- Regular checks on equipment before and after every activity session
- Qualified First-Aider on centre 24/7
- All staff are fully DBS checked.

We create a warm, supportive environment for students so they quickly feel at home. All our activities are progressive, allowing students to join in at whatever level they're comfortable with.

We have found the best way to help children cope with being away from home is to keep them busy, having fun from dawn 'til dusk.

Kingswood cannot guarantee 100% safety for personal items brought onto centre and they will not be covered by insurance. It is therefore advisable to leave valuables – cameras, mobiles, iPods, MP3 players, computer games, jewellery - at home. A clearly named disposable camera is acceptable.



Arrival...



Guilden Sutton Church
of England Primary School.

1. Be BRAVE around wasps.
2. Try and go to sleep in the dark. (Get a good night sleep.)
3. Trust the equipment will keep you safe and will not let you fall.
4. Make memories being away from home.
5. BELIEVE IN YOURSELF.
GIVE IT A GO!

Communication...



Teamwork...



Teamwork...



Den building...



More activities ...



Free time...





Key Information

11th – 13th September 2024	Price total: £200	Payments can be made in instalments via School Spider.	Full amount to be paid by 1st July 2024.
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If you have any concerns regarding payments, please speak to Mrs Rainford.

You can view how much you have left to pay via your School Spider profile or Mrs Lloyd can inform you.

You can visit www.kingswood.co.uk to find more detailed information.