

Kestrel Class Residential 2024

East Barnby Outdoor Education Centre



motivational
learning in
inspirational
environments

Why an outdoor learning residential?

A wealth of evidence suggests that outdoor learning in the form of residential programmes and school trips can be a major contributor to good health and mental wellbeing for our children.

Primary-aged children taking part in activities often display improvements in their resilience, self-confidence, and their ability to get on with and relate to peers, which in turn boosts their sense of belonging.

Team-work builds trust, as well as skills such as collaboration and communication – all of which can support attentiveness, concentration, and performance in the classroom.

Why East Barnby?

Since 1940, East Barnby has been at the heart of real outdoor education in North East England. East Barnby on the Yorkshire Moors National Park coastline, offers exciting activities and opportunities that differ greatly from the classroom.

East Barnby has a team of qualified outdoor adventure and environmental conservation enthusiasts, fully licensed to deliver each activity on offer, from rock climbing up cliffs and exploring underground caves, to tracing the journey of a river from its source to the sea in a canoe. The East Barnby centre is inspected by the Adventure Activities Licensing Authority, and they proudly hold a number of accreditations.



**Who will be looking
after us?**

Mrs Wolfe

Mr Doohan

Mrs Bland

(over 17 years of residential
experience between us)

Meet the East Barnby Team

Whether it's rock climbing, paddling down a river, or surfing the waves, our team of outdoor teachers and tutors know the great North York Moors, inside out. Together with many years of experience, and qualifications in all the activities they deliver, our teachers and tutors know how to bring out the very best of real outdoor education adventure for students from primary school to post 16, and beyond.



What activities are on offer for the day?

Activities



Adventure race



Bodyboarding



Canoeing



Evening activities



Hill Walking



Kayaking



Mountain Biking



Orienteering



Raft Building



Rock Climbing



Sailing



Seashore Explore



Skiing



Paddle Boarding



Surfing



Wall Climbing



Windsurfing



Woodland Explore

What activities are on offer for the evening?

Dry ski slope

Common room + tuck shop

Orienteering/ centre quiz

Example Itinerary

MONDAY



Arrive and unpack



Bodyboarding



Night Alien Hunt

TUESDAY



Rock Climb Adventure



Night Sledging

WEDNESDAY



Canoeing



Nightline

THURSDAY



Mountainbiking



Orienteering



Night Campfire

FRIDAY



Bushcraft



Pack and depart



Stories to share and remember

What learning will take place?

Personal growth and understanding

Skills coaching

Team work

Leadership

Social awareness and skills

Knowledge and awareness of the environment

Students' motivation

Self-confidence and self-esteem

Decision-making

Communication

Problem solving

Time management

Goal/target setting

Meals at the centre

- **Monday – no packed lunch is required (this is provided by the centre when we get there)**
- **Breakfast – cooked and cereals/ toast**
- **Lunches will be sandwiches, crisps, biscuits, fruit etc**
- **Dinners – selection of mains and dessert**
- **Tuck shop available – no more than £5.00 spending money**

Where will I sleep?

Accommodation

For students:

- Can sleep up to 120 students
- Rooms accommodate 4 to 12 people
- Dormitory blocks accommodate 8 to 28 people and often are made up of a range of room sizes
- All bedding included (pillows, duvets, extra blankets, etc.)
- Dedicated toilet and bathroom facilities for each dormitory
- Accessible suite for additional needs



What will you need?

The courses at the centre involve a lot of time outdoors, whatever the weather. Therefore, there is a likelihood of clothes getting wet.

Hard-wearing, warm clothes are required!

DON'T buy new clothes for the trip!

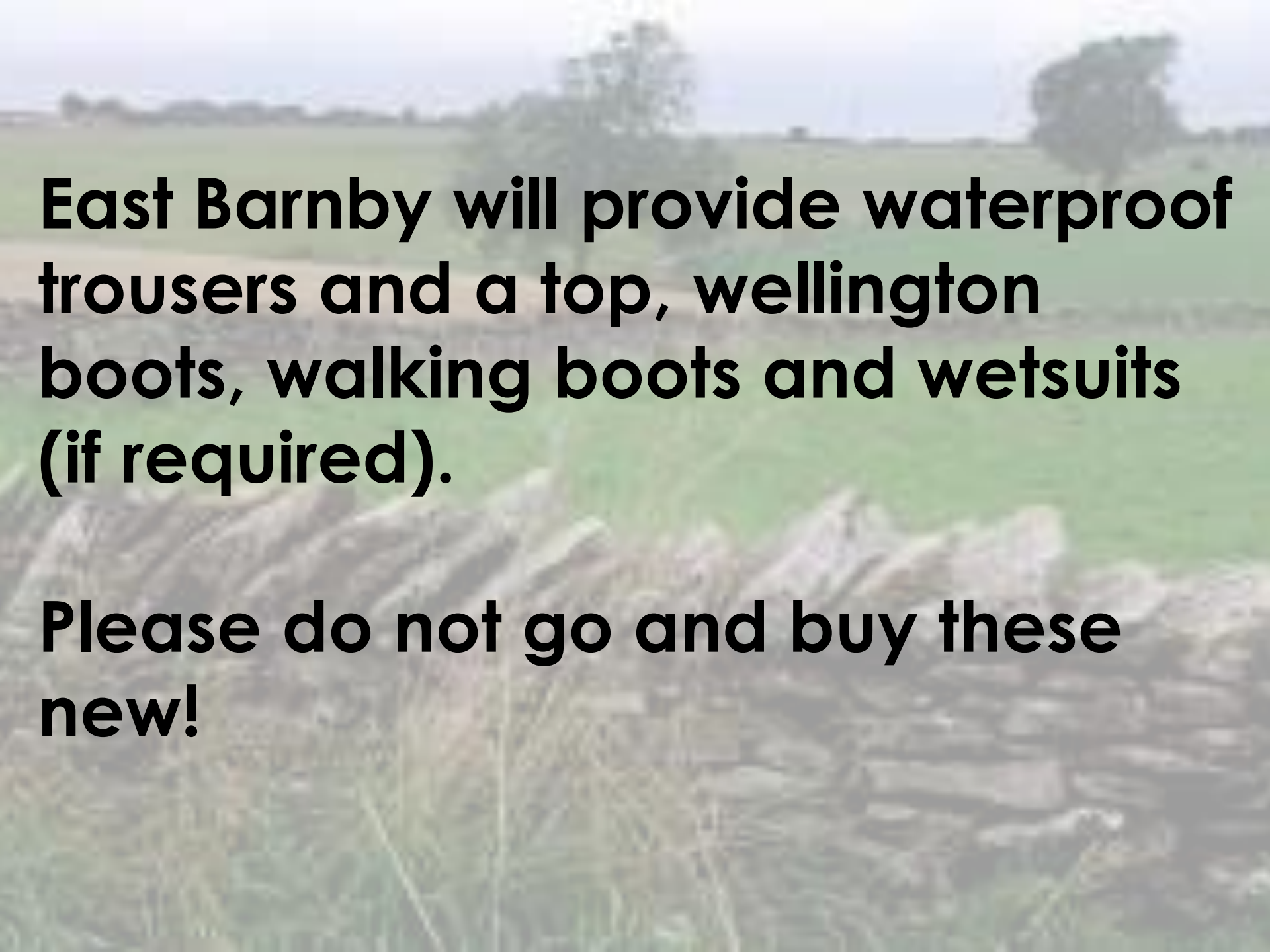
Clothes for the activities

FOR OUT ON ACTIVITY

- Old Trainers that can get muddy
- Clean shoes/trainers for the evening
- Wellington boots
- Warm/waterproof gloves or mitts, warm hat, scarf/buff/snood and/or sun hat
- Waterproof jacket or coat (you will be provided with a full set of waterproofs when you get here too but it is nice to have your own)
- 3 to 4 Warm shirts / T-shirts / thermal tops (avoid cotton)
- 3 to 4 Long sleeved fleece/hoodie/jumper/warm top
- Swimwear
- Several changes of underwear
- 3 to 4 trousers (no jeans), tracksuit bottoms or doubled-up leggings are ideal
- 3 Pairs thick socks
- 3 Pairs thin socks (not short trainers socks)

FOR EVENINGS / WHEN NOT OUT ON ACTIVITY

- Socks for the evening, when not on activities
- Casual clothes



East Barnby will provide waterproof trousers and a top, wellington boots, walking boots and wetsuits (if required).

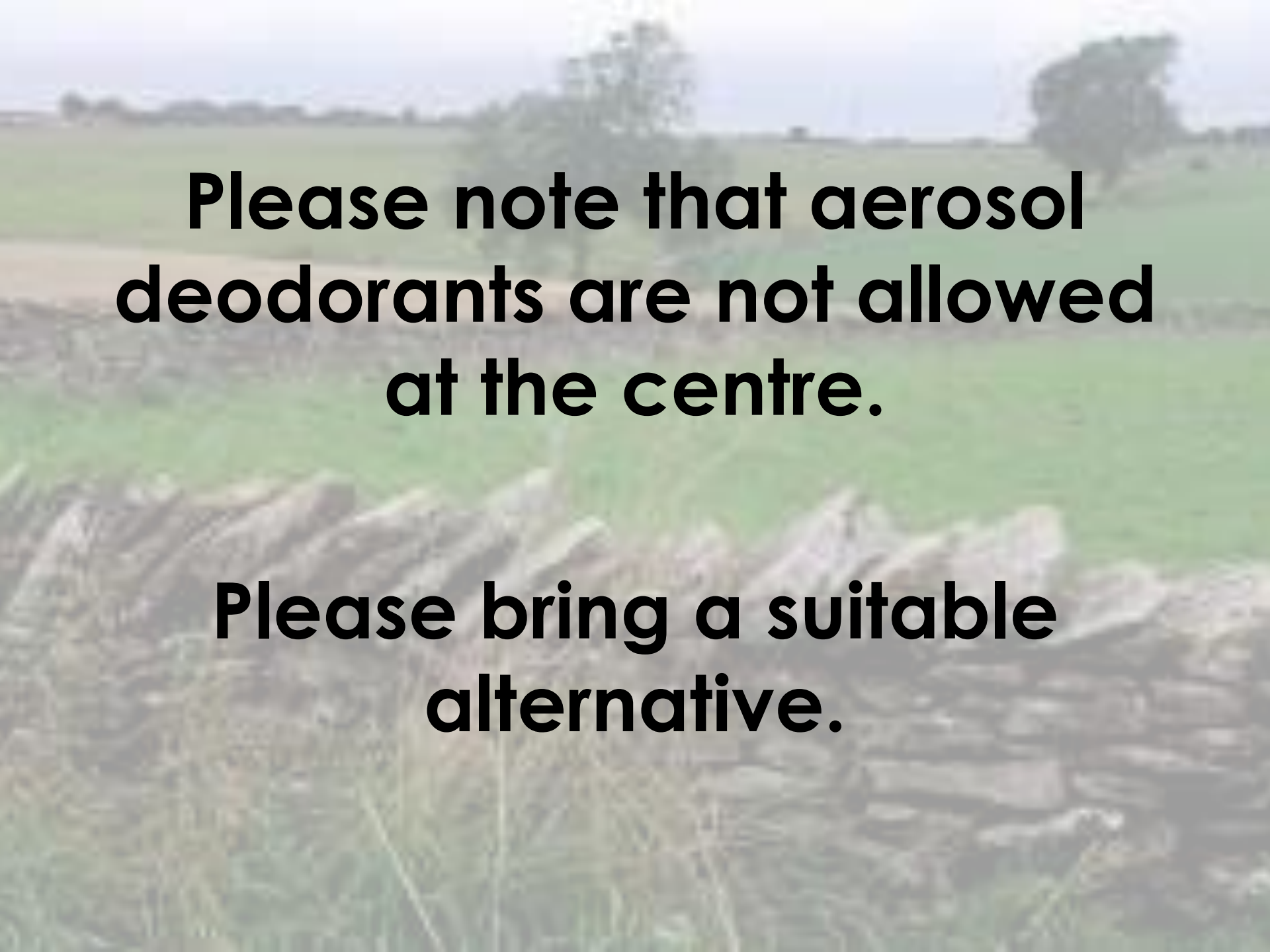
Please do not go and buy these new!

Other essentials

- 2 Good-sized towels
- Drinks Bottle (1 litre minimum)
- Plasters for blisters
- Toiletries
- Personal medication
- In summer: Sun block (factor 30 minimum), and a sun hat

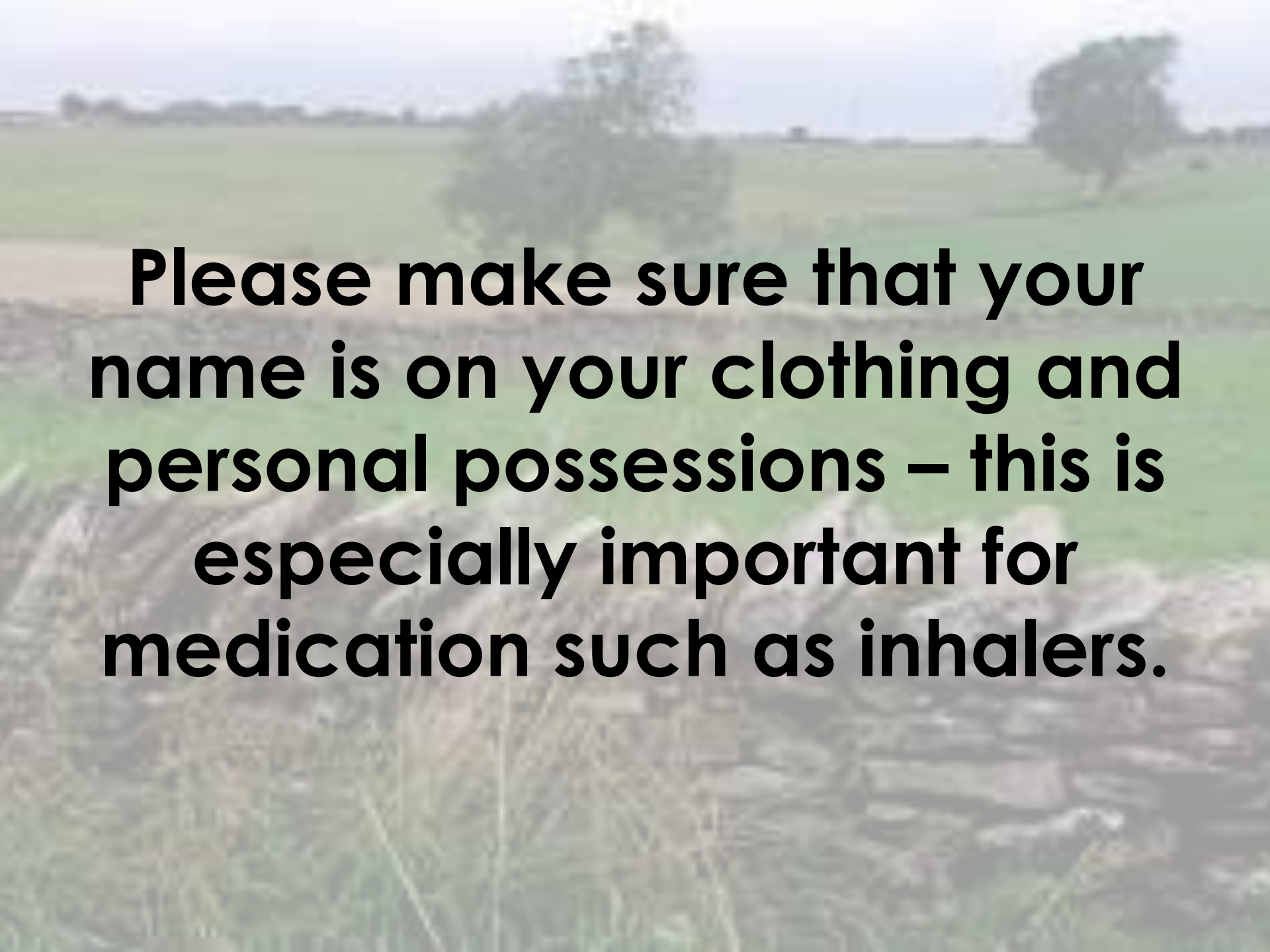
Useful Items

- Torch + spare batteries
- Small daysack
- Writing materials
- Lypsyl or lip salve
- 2 to 3 Black bin liners
- Flip Flops (for the shower)
- Books/playing cards
- Cuddly Toy
- Sunglasses (in summer)




**Please note that aerosol
deodorants are not allowed
at the centre.**

**Please bring a suitable
alternative.**



Please make sure that your name is on your clothing and personal possessions – this is especially important for medication such as inhalers.



**Please do not bring any
technology - mobile phones,
smart watches, i-pods, etc.
This will be confiscated.**

The Gift Shop

£5 is sufficient to bring, as spending money. Sweets and gifts are available from the Tuck Shop costing between 50p - £5.

Students may bring small change for the tuck shop (preferably change).

Leaving & Returning to School



What do I need to do next?

- Complete the medical/emergency contact form and return asap
- Speak to a member of the staff team attending East Barnby if you have any personal/additional questions



Any questions?

Parent & Carer Hub