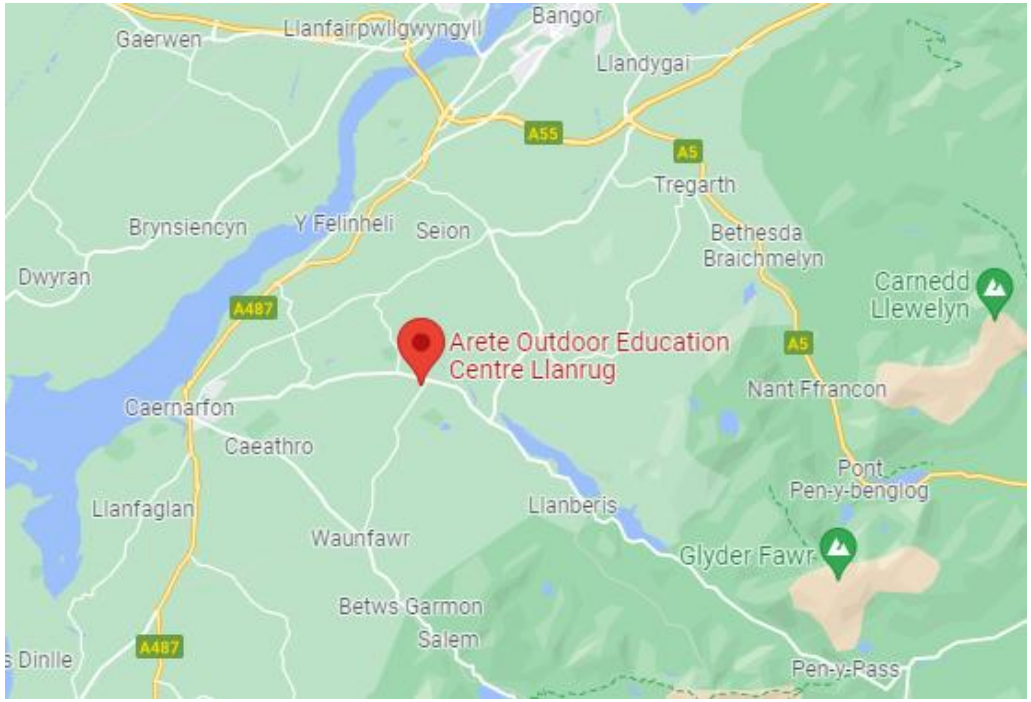
ARETE
OUTDOOR CENTRE

BRIDGETOWN SCHOOL
STRATFORD UPON AVON

Parent Briefing

Wednesday 14th January 2026

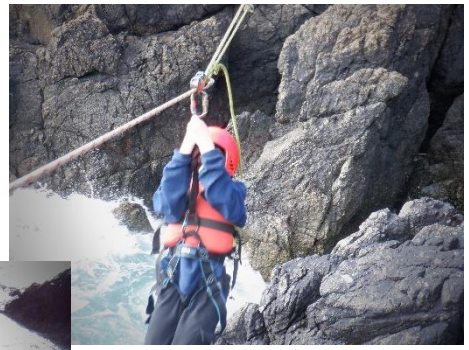
6pm – 7pm



Arete Centre Explained - YouTube

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https://www.aretecentre.co.uk/arete-centre-uk/



BRIDGETOWN SCHOOL
STRATFORD UPON AVON











https://www.aretecentre.co.uk/schools-youth/parents-guide/

ARETE OUTDOOR CENTRE

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AALA ADVENTURE ACTIVITIES LICENSING AUTHORITY · AMI ASSOCIATION OF MOUNTAINEERING INSTRUCTORS · MOUNTAIN TRAINING · BRITISH CANOEING · D of E APPROVED ACTIVITY PROVIDER · Quality Badge awarded by Council for Learning Outside the Classroom

BRIDGETOWN SCHOOL STRATFORD UPON AVON

ARETE OUTDOOR CENTRE

Meet the team

Miss Roberts







Mrs Thijssen-Jones

Miss Bird



Mr Storey



Miss Osmond (Mon-Wed)

Mr Szortowski (Wed-Fri)





Core aims of our visit
For our pupils to:

- develop a knowledge and understanding of outdoor adventurous activities
- take part in outdoor activity challenges, working with others to complete these
- develop personal responsibility and independence for themselves and to support others

How we achieve learning outcomes at Arete Outdoor Centre

A choice of activites

Correct level of challenge
Spotting & highlighting potential
Differentiation within the team
Chance for progression
Opportuinty to build rapport & trust with the same instructor

Residential stay

Building a daily routine
Ownership of equipment
Learning transferable skills for use at home
Developing independence
Having a commuinity ethos through living with others

Learning Outcomes



Personal Qualities

Confident
Creative
Work to overcome fears
Commitment & determination
Can identify their strengths and weaknesses
Self Reliance

Social Awareness

Acting responsibly
Supporting others
Creating friendships
Encouraging others to achieve
Acting for the common good
Team Work &Trust

Environmental Awareness

Broaden horizons
Aware of surroundings
Gain awe wonder &inspiration
Take responsibilities for actions
Take action for the environment

Enjoyment & Appetite for Learning

Motivated to achieve the best they can
Fully participates on tasks
Seeks new challenges & learning opportunities
Engaged to learn
Strive to improve & develop in all areas
New relationships built with school staff

Health & Well Being

Making healthy lifestyle choices
Enjoying tech free times
Noticing reduced stress and anxiety after participating in outdoor activity and being in the natural world
An overall positive impace on mental health

Feedback and Reflection

Give individual feedback
Use photos to trigger discussion
Observing & spotting improvment
Allow time to process information

Encouraging Learning

Championing great actions & behaviour
Handing out responsibility
Sharing knowledge
Creating the opportunity to try again
Develop resilience and perseverance

Kit guidance from Arete and getting ready at home before the trip

Bedding

One fitted single sheet, pillowcase and duvet cover.
Duvets and pillows are provided.



Kit guidance from Arete and getting ready at home before the trip

What will already be provided

At the centre they have specialist kit for the outdoor activities that includes rucksacks, waterproofs, fleeces, walking boots and wetsuits. Also helmets, wellies and buoyancy aids depending on the activity.

If you choose to bring your own walking boots they need to be older rather than new ones. From personal experience 99% of children have used the centre ones before – they are fit for purpose!



Kit guidance from Arete and packing tips

Activity clothing – recommended by Arete

- At least two pairs of thick ski or walking socks with a 'loop stitch'. Thin socks are hard on the feet and cause sores and blisters.
- At least two warm jumpers or fleeces with long sleeves
- Two pairs of warm trousers to wear during activities. Track suit bottoms are quite adequate or thick cotton trousers (like cargo trousers), walking trousers also some sport leggings if thicker can be suitable. Please **don't** bring jeans or thin cotton leggings for activities as they aren't suitable. Jeans are cold and do not dry well during the days, stay very wet OR thin cotton leggings (not warm enough).
- A selection of different T-shirts (long and short sleeved) or similar to wear each day during activities. Thermal tops are ideal if you have any.
- A warm hat and a pair of gloves plus sun hat and sun cream to cover all weather options.
- Shorts and swimwear(trunks or swimsuit). If your child is more skin sensitive then a rash vest can be useful but NOT essential. Extra old shorts to wear over the top of the wetsuits.

Other essential clothing items

- Underwear and nightwear (**pjs, light dressing gown, lots of pants!)**
- A set of casual clothes to wear around the Centre during the evenings.
- Toiletries and a large towel.
- **A second large towel or changing robe for changing outside.**
- **Two pairs of activity trainers** - At least one pair of old normal trainers to wear during water sessions and a dry pair for land activities and travelling to venues. Sturdy trainers with laces rather than thin soled slip-on shoes . *Not f*ootball astro shoes as the rubber is too hard and slippy on rock.
-
- **A pair of indoor shoes – light pumps, slippers**

Other items

- Pocket money if you wish to use the onsite souvenir and tuck shop.(Maximum £10 in coins in named purse or wallet)
- Torch with spare batteries.

- **NAMED** Sandwich Box (secure lid) and 500ml water bottle (any plastic bottle will do with suitable drinking spout).

- Medication if necessary.

- 2 spare carrier bags to return wet/dirty clothing.

- Children are well fed and do not need to take additional food

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Getting ready at home before the trip

- Prepare items on kit list – don't buy new clothes if you don't need to!
- **Label all** clothes, even socks and towels where possible
- Children **pack their own suitcase or holdall** (with guidance). Ideally this will be as soft as possible due to storage.
- Include any medication – details to come about this.







And you don't need….

- **Any** electronic devices: mobile phones/ipads/kindles or other communication devices.

- No sweets or additional food required apart from their packed lunch.

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Departure arrangements from school – Monday 16th March

- Time of departure will be between 9:15 and 09:30
- Must be at school between 8:30 and **8:45 (at the latest)**
- Children bring own suitcase/holdall, **The coach should be at school well before departure and the large travel bag can be taken to the driver as soon as you arrive.** If the coach is not here then drop off in the hall and leave bags in the designated area. These will be taken to the coach as soon as it arrives by staff and children.
- Any medication passed to **Mrs Thijssen-Jones** (including travel sickness medication and completed form).
- Pocket money given to **Miss Bird** in a named purse or wallet. Maximum £10 spending money in coins. **Children will need a packed lunch for the coach trip – in the ruck sack or bag they are using for the coach journey and not in their suitcase or large bag.**
- Last minute toilet, register and final chance for farewells.

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STRATFORD UPON AVON

Departure arrangements continued…

Saying goodbye!

We have the majority of Y6 children going so it would be appreciated if you bring your child, register, say your goodbyes and then wait to wave us off outside if you wish.

Journey and arrival at Arete

Depart school at 9:30

- Stop along the way for early lunch and use of toilet facilities at M6 services – usually about 11:30. Last year Sandbach but depends on the traffic.
- Arrive at Arete between 1.30 and 2.00pm
- Meet Arete staff and our course director and leader for the week
- Tour the facilities and site orientation
- Walk and acclimatisation
- Kit issued (children must know their own boot size)
- Dorms allocated.
- Duties allocated.
- Activity groups



Activity Grouping, Dining Hall and Dormitory arrangements

- All children will be organised into groups of 10 for activities. Each activity group will have a member of staff from Bridgetown plus a fully qualified instructor who leads the group. There may also be a university student too who is training in outdoor education. Mr Szortowski and Miss Osmond will share a group.
- Dormitories between 4 and 10
- Dining tables – same table for the week
- Children with specific dietary requirements will be seated together to ensure their food safety re allergic reactions etc.
- Rota for jobs will also be organised for the week such as boot room tidying, laying tables, serving supper etc.

Daily Routine

All timings are approximate but a typical day will look like this:

7:00am – Get up, washed and dressed for breakfast.

7:30am – Start making their packed lunch (sandwiches, fruit, cake/crisps and water

8:00am – Breakfast, tidy dorm and rota jobs

9:00 – 9:30am – Meet instructors, activities for the day, get suitably dressed and organised

10:00am - 4:30 pm- Out for the day's activities in their groups

4:30 – 5:30pm –Afternoon snack, return equipment and 'chill time'.

5:45pm – Dinner, chat about the day, make food choices for the next day

Evening – activities outdoor in the grounds lead by the lead instructor: nightline, night-time walk and an indoor chill games session.

9:00pm – 10:00pm Supper, getting ready for bed and lights out

Outline Itinerary



All children will have experience of activities that are based in the mountains, water (river or lake) and coastline. Our requested main activities will be chosen from:

- **Gorge scrambling**
- **Canoeing**
- **Weaseling**
- **Rock climbing**
- **Mountain Walk (weather dependent)**
- **Seashore Study and Beach**
- **Underground mines (often if a very wet day)**
- **Evening activities**











There is not a set programme but the activities planned and selected for each group will be fed by the following factors:

- Weather
- Water confidence
- Group ability and how they are working together through the week
- Right level of challenge
- Overall the children will do very similar activities and not one group doing more than the other – all experiencing as many activities as possible – full day or half day (2 activities in a day)

Returning back home – Friday 20th March

- Morning activities – depending on how organised we are at packing! Last year groups still fitted in zip lining, mountain walk and rock climbing…squeeze every last second of fun out of the week!
- Leave Arete at 1:00pm and make a loo stop on the way home
- ETA between 5.30pm and 6.00pm but this depends on the traffic.
- We will phone school when we are well on the way home and then the school office will send out a text message to give the approx. time back. We text again once we get off the M40, being about 20 minutes from school.
- Please wait on the front KS2 playground so we can leave the coach easily. You and your child will be able to collect bags etc. once we are all off the coach.

Forms and Medication – part 1

https://www.aretecentre.co.uk/pupil-medical-consent-form/

Please complete by Friday 13th February

Forms and Medication – part 2

- Medication on the day should be clearly named and given to Mrs Thijssen-Jones– this will all be noted in our medical book. This must only be prescribed medicines so daily vitamins tablets aren't part of this – well fed and lots of fresh air!
- Please ensure any travel sickness tablets have been taken prior to arriving at school and hand in tablets for the return journey. These must be named and not loose in a bag.
- If there are any changes re medication or health matters there will be an opportunity to update the week before we go as we send out a few reminders and this forms part of that.

Keeping in touch...

- No mobile phones permitted on the trip but all staff will be in contact with each other and update school each day.
- School will text to say that we have all arrived safely.

- A daily text message will be sent to all Arete parents to update on weather and share general information about how the whole group is getting on. If there are any concerns regarding an individual child, staff will contact those parents in the first case and then a member of the senior leadership team at school will be contacted. This has only had to happen a few times when children have been ill.

- In case of an emergency from home, the first point of contact is school, please do not call Arete. We will then be contacted by school.

Final reminders...

Please ensure that final payments are made.
If you have any questions about this then please speak to Miss Osmond or the school office.

The final 2 instalments due are on 1st Feb of £75 and then final payment of £65 on 1st March.

The week before we go we will send out a reminder of a few points as well as meeting with the children to talk through this again and answer any of their questions.

There is no work requirement that the children have to do. This is a an outdoor learning experience and it is about being there in the moment as well as wo much learning about being independent and taking personal responsibility.

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Any questions?