



PENDARREN HOUSE NEWSLETTER

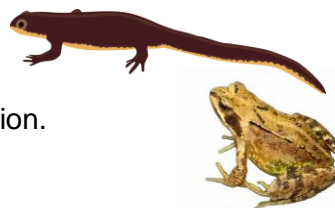
www.pendarren.org

No. 26 April 2017

NEWS

Grounds

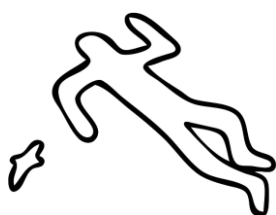
The pond is doing well and the water has held its level since it was renovated with support from the Tottenham Grammar School Foundation. The frogs and newts are back and we await the summer visitors.



Many of the trees at Pendarren date back to when the house was built. The redwoods are still growing well, no one knows how tall they will eventually grow. Some trees have reached the end of their lives and have to be felled before they fall down, one casualty was the fine larch on the drive. To compensate Pendarren has planted hundreds of trees over the past couple of years.

New activities planned:

The main part of the greenhouse was renovated last year and there are plans to use it for growing salad and other plants. This will be incorporated into a wider activity that's looks at where food comes from and the intention is for the students to be involved with looking after and harvesting the produce. There are also plans to finish renovating the remaining part of the greenhouse.



The Murder Mystery has proved very popular as an evening activity. We will be creating a similar resource in and around the Annexe for groups based in that building.

Building works

Some upgrading works are planned on the electricity distribution boards and the water storage systems across the Pendarren site. The intention is to continue operating as normal whilst this work is carried out.



Martin Skinner and LEJoG

Many of you will recall Martin Skinner, our ex-Head of Centre. He recently lost his first grandchild, Toby, to leukaemia. Until he sadly passed away, Toby was looked after by Great Ormond Street Hospital. On 16 August 2017 Martin will be undertaking a 1134 mile cycle ride from Land's End to John O'Groats, stopping en route to climb Snowdon, Scafell Pike and Ben Nevis, in order to raise funds for GOSH. If you would like to follow his journey, visit [Instagram@lejogfortoby](https://www.instagram.com/lejogfortoby). If you would like to donate, please visit www.justgiving.com/lejogfortoby

Friends

The Friends have funded shower bags to help students bring their change of clothes and wash kit to the showers. No longer will we find the odd sock alone in the corridor!

The garden picnic tables were past their prime so they have been dismantled and renovated, and with the Friends support Pendarren has purchased some new ones ready for summer.

The Friends provided some artefacts for the Time Travellers



Thanks to

Pictures and letters from Alexandra Primary, Earlsmead Primary, St Marys CE Primary, St Gildas' Primary and St John's Special School, Chigwell. The hand drawn envelopes in this newsletter are from Earlsmead Primary pupils (and James!).

NEW ACTIVITIES TRIALLED

The end of November saw Mulberry Primary School trialling our new **Time Travellers History Day**. This activity day was devised to help pupils learn about and understand the period of history from the Stone Age through to the Normans.

The pupils walked from Pendarren House up Table Mountain and back to Pendarren in glorious winter sunshine. They explored our local environment finding artefacts and legends. Finding an ancient well in Pendarren grounds brought to life aspects of the Stone Age including stone mallets and friction fire lighting. The pupils went on to Golden Grove where a Bronze Age stone stands at Druid's Altar. The children used bronze age weapons to role play on what may have been a sacrificial altar. They then walked up to Coed Cefn, an ancient Iron Age fort, where they found gold coins to examine. This was followed by the students attacking Table Mountain, another Iron Age fort, as Roman Centurions!

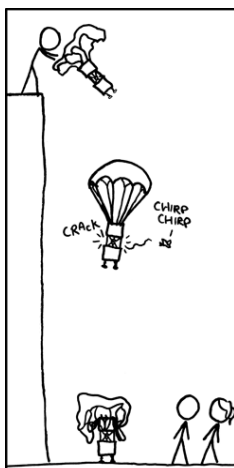
On the way back to Pendarren they managed to visit the 1000 year old yew tree at St Peter's Church to learn about Angles and Saxons followed by marauding Vikings down the river Grwyne. A final gruesome story of the slaughter of the Welsh kings by the Normans and the subsequent even more gruesome revenge took place at Butler's Bridge before finally staggering back to Pendarren House for a rest, after physically walking 10 miles, climbing a mountain and visiting the whole of the new primary history KS1 and 2 curriculum!



stone tool



The students loved their time travelling and were extremely enthusiastic throughout the day.



The Egg Drop

Alexandra Primary School trialled our new Design & Technology evening activity. In 6 small teams (one of which comprised of just Mr. Banton!) the students had 40 minutes to design and make a parachute for their egg along with something to protect it from an impact. The eggs and their parachutes made their way up to the top of the Pendarren fire escape for testing ... they were duly launched and sailed back down to a hard or soft landing, depending on how the design worked. The result: of the 6 eggs dropped 3 broke, 1 cracked and 2 survived.

Bounds Green School
16-20 January 2017

After getting familiar with the environment on Monday afternoon, Tuesday saw the groups head out for a full day's activity. Some groups headed up into the mountains to Maen Llia to visit the Bronze Age standing stone before exploring the limestone caves a few miles down the valley. After such a busy day a good shower was provided courtesy of the Scwd Clun Gwyn waterfalls to wash away the grime! Other adventures during the week involved our full day canoe/bushcraft trip. We paddled the canal past the breath-taking winter landscape of the south Wales mountains, stopping off in the woods for a good warming fire, hot chocolate and the odd marshmallow here and there!

It was so fun I got to do things I that never did.
Lyddie

I had a great time in Pendarren, I learnt a lot about Nature, my friends, my teachers and also myself. Pendarren is awesome, they should keep up the good work and I wish we can go again!!!
Siar

At Pendarren they helped me build up my confidence and now I feel like I can do anything.
Poppy

I think Pendarren really helped me to overcome my fears and the leaders were nice and kind. It was really fun and also quite scary at times but the leaders made sure we tried it but we did not have to do the activities. My favourite activity was canoeing and caving.
Jess

I really enjoyed Pendarren House I became more independent and I will come back any day 1000000000% thank you for my Experience's at Pendarren.
Maya

I loved it because we were learning to be independent and I met the outside world a lot more also I had a lot of fun at Pendarren.
Steven



St Gildas' RC Junior School
30 January - 23 February 2017

Pendarren got me to realise that living is not that easy but it is fun.
Betty

I learnt how to be a better person and a better friend.
Georgina

I learnt things that were never known by me before and I tried hard in everything we did even if it did not go to plan; that is what Pendarren makes you do, push yourself to personal furthest.
Amelia

At the beginning I was nervous to do activities such as caving but all of the teachers helped me conquer my fears.
Maximo

I had a lovely time, and do not want to leave.
Madison

I really enjoyed how we all came together as a team and supported each other when it was needed. And how as a year group we bonded a lot.
Gabrielle

I learnt to open my eyes.
Myrto

Pendarren it's so calming I would like to stay here longer and I want to thank the staff for helping us along the way.
Tyrone

I really liked going on the beach and finding animals in the rock pool, it is good that you can do things that you wouldn't do but with Pendarren's waterprouths you can.
Charly

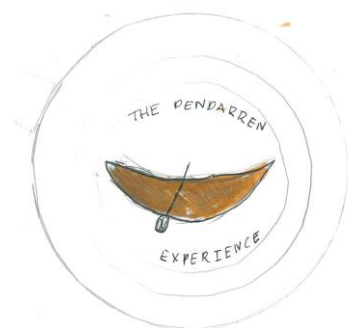
I have learnt that if you persevere, then you can do anything - even if it seems impossible. Pendarren has helped me to move on from my childish ways and to become a more independent human being, and going to move on to the Secondary school life.
Rosa Clare

Here at Pendarren is good and I personally think it's good but after I got really wet but I pushed myself through all of it and my confidence went up a lot, and I loved it there and I liked my roommates; it was nice and funny.
Kye

This Pendarren experience was the time of my life. I conquered my fears and achievements. This has definitely changed my personality. I worked with people I have never worked with before. *Emily*

If you push your self you will reach the unknown. *Anna*

The Pendarren experience enabled me to find things I never knew I was capable of doing and made new friends I never knew before. I liked how you were free in the house and you didn't have an adult watching over you the whole time. *Sian*



Pendarren was the best experience and most activities I did in one day...period. *Zac*

Coast day ... Me and my friend, Maxwell, found 2 crabs, 2 starfish, 2 sea snails and 1 crab leg that was torn off the body! River Study ... my heart was pounding when I saw the colossal spiders! Once you told us we had to turn our lights off I was frightened that the spiders would come; but they didn't!

Mabel

I liked Pendarren because of the history and how the building is surrounded by nature which we never experience in London. *Annabel*

Table Mountain walk ... I have to say the view was tremendous, even better than the one on Monday. We were also inside the clouds!

Adam

When I went to Pendarren I was an independent person, but Pendarren and the group made me rethink that and even on day one I realised that teamwork was fun and

made an activity easier. I have come back a new person, because a lot of things in Pendarren changed me. For instance, I developed more friendships in the group, I tried things that were almost unheard of before and I am more helpful as I developed more skills on our trips. Pendarren was inexplorable it was so good. Lastly I would like to thank anyone who entered the Pendarren family this week as nothing would have happened without them. *Amelia*

My favourite activity - caving .. it was so good because it allowed me to experience something new and be with my friends and all be freaked out together. *Ellie*

At the end of the day I liked the Murder Mystery about who killed Lord Doyle .. it was very scary the fact it was at night time! *Jasmine*

I am Cerys, the one who sat in the back of the minibus singing the Wheels on the Bus and other songs to annoy my fellow companions. ... a fun but safe, action packed and giggle-crammed week.. *Cerys*

.. that reminds me, as well as being the best week ever this has also been my wettest week ever (but I was always first in the shower). My parents still don't believe I walked up Sugarloaf Mountain without lying on the floor and panting (I normally start panting when I walk up to top of my house!). *Joshua*



I also learned new things that were edible like for example sticky weeds which have hairs on them and stick to cotton wool and also I learned that you can make sugar out of sugar beets not just sugar canes and my teacher/instructor let us and gave us a chance to eat a sugar beet which was less sweeter than a sugar cane. I also learned that there are two different types of cow farms there is a dairy farm with black and white cows and a beef farm with plain brown cows and white cows.

Emily

I found out that I am better working with a team than on my own. This trip helped me get to know other people and the teachers better.

Niamh



St Ann's CE Primary School 13-17 March 2017

Pendarren was very fun, it was fun being in a room with my friends and learning different things about each other. I talked to people I wouldn't normally speak to back at school. Pendarren really brought Year 6 together.

Niniola

I like Pendarren, as it allowed us to learn to do things independently. The activities were amazing; it allowed us to bond with other people. I wish I could there again. It's the best.

Jaquan

I liked the activities we did so I could find out what I can do and what I can't do. I liked the rooms they gave us, they really big and really comfortable. They teachers were kind to us and make yr6 come closer together. Thank you Pendarren house.

Kyle

Pendarren helped show a different side of my personality and show me that I could do things I have never dreamed of! I never knew I could climb blindfolded.

Rosa

I got to know other pupils that I never play or talk to at school.

Jorja

Pendarren education centre helped me to learn that I can do things that I thought I wasn't capable of doing like climbing a mountain I recommended a lot of children to come and visit this outdoor education centre they would have a lovely time and learn so many things.

Alyssa

I was so happy helping my best friends overcome their fear. I learnt a lot I recommend other children to come here.

Amira

When my friend was scared on the climbing wall and persevered and succeeded.

Terell

That if you go to Pendarren then you'll believe in yourself more.

Shem



Risley Avenue Primary School 20-24 March 2017

It is one of the best trips I have ever been on thank you for this experience.

Rehmaan

I mostly enjoyed when we went wall climbing and it was great fun.

Blessing

I really enjoyed things we did this week that we have never done.

Natalia

It was amazing and I enjoy it a lot and I also learnt things I couldn't do before.

Lexi

I think Pendarren was a great experience and I can get along with other people.

Justice



Chestnuts Primary School 20-24 March 2017

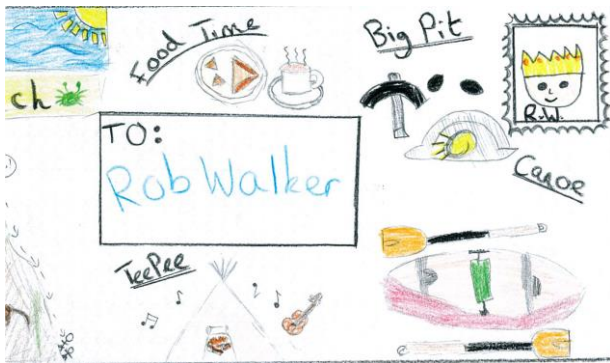
I thought that here in Pendarren I would not have to do caving and was horrified but when I entered the cave I was more exited than scared and had a blast with a huge smile on my face. *Adam*

I loved Pendarren to the high ropes to the caves. I learnt to trust my friends in heard situation and to help them. I will keep a memory of the caves because I thought I couldn't make it thank you Pendarren. *Ashton*

Limestone was made of lots of little sea creatures. *Ryan*

My favourite thing I did was the high ropes because I wanted to do something I never did before and I wanted to fall so I could fly. *Tasia*

I have really enjoyed all the activities provided for us but out of them all I liked canoeing the best as we learnt how to work together and even though I sometimes got annoyed when we got stuck we always pulled our way out of it so I have learnt to have faith in my team mates as they will pull through. Your team mates will be there when you need them so I have learnt to give people a chance. *Shakira*



I enjoyed caving because we could fit through tiny spaces. I will always remember the excitement of Pendarren. I have learnt to trust my friends a lot more and I have made some more friends as well. *Grace*

Pendarren is a place that is very challenging, also something that you thought you could not have done before, and you had the opportunity to do it, and you could! Even less scarier than you thought, and this is also a place that we will probably never get the chance to come again. But you could have good memories,

like when you are having something negative, you can think about how wonderful and challenging Pendarren was! *Fabio*

My memory of Pendarren was the mountain walk because I didn't know I could walk a lot and I loved the snow when it came into my eyes. *Steven*

Chestnuts Primary School 27-31 March 2017

On the hike I felt as if I couldn't do it and wanted to give up but the instructors and teachers urged me on so that when I got to the top I felt so proud of myself and my friends! *Olivia*

I love the fact that Pendarren acknowledges events for example my birthday which was soo fun and they gave me birthday cake!!! Thanks to all the staff who organised it!! I would come back any time and it will be a big sorrow to leave: *Jazlin*

I did things that I thought I would stop BUT I NEVER GIVE UP because the Pendarren staff and teachers were very supportive. It's a once in a life time experience. *Tansel*

Pendarren is a good place to reconnect with the world around you and learn to respect the people you work with. *Edith*

I really enjoyed coming because I learned how to be more independent, the scariest but funniest activity was canoeing because I got to swim in the canal. *Xiomar*

P problems to solve
E exciting adventures
N never give up
D determination
A always try your best
R ridiculously fun
R really tiring
E enjoyable
N neat

Isabelle

Pendarren was really fun because..... I learned not to give up, I trusted my friends more than I usually would, I also conquered some of my fears by caving and high ropes. Pendarren also helped me be a little more confident in myself and I had so much FUN! *Sadie-Rae*

It's an amazing experience I've learnt teamwork from bushcraft, independence

from doing the duvet and pillow cases and determination from caving; its been a blast!!

Ella

Pendarren has taught me a lot about trusting myself and knowing I could do something. It helped me achieve more than I expected it made me strong and fearless and it will make me look on life a lot differently.

Jasmine



Holy Trinity CE Primary School 29-31 March 2017

I liked Pendarren because you had to not sleep with your parents and learned about how adults cope without their mum or dad.

Emelia

I found out a lot of things I never thought of doing and I learnt things about myself even I didn't know. I really enjoyed my stay here and I really like the way I never have thought of doing without any technology.

Zoe

I love it HERE!!!!

Joel.O

I love Pendarren and I would like to come again, I might come here with my secondary school (Hornsey school for girls).

Verdi

If you are scared of high ropes or zip wiring you don't have to be because people in your class are going to keep holding you while you are in the air.

Charis-Jane

Some questions like I learned about myself more and that I found out that I could do things on my own I answered them "not at all" because I could already do them.

Kadeem

I really liked Pendarren because I have tried things that I never did before and I learned how to be without my mum. I really really liked this place I wish that I could do it again.

Diana

St Ignatius RC Primary School 24-28 April 2017

In wonderful weather our Year 5H pupils thrived on all their new experiences but it is better coming from them!

The beds were really comfortable and the food was very healthy.

In the countryside you are as free as a breeze in your face.

I loved playing outside and going down to see the horses.

Jorge

I liked feeding the horses with grass, the black one was enthusiastic but the brown one was calmer.

When we went canoeing we had a great race even though we came last.

Daniel

The rock climbing was best and it tested me to see if I was brave enough.

Amelia

I liked being able to share a room with my friends, the food was delicious and the staff were really helpful.

I also enjoyed playing football outside.

Anthony

At Pendarren we could do lots of new things we could not do in London

Our instructor helped us to learn all about the area.

Ardan

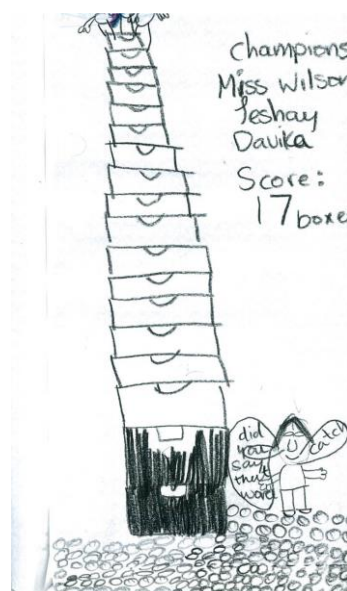
Pendarren takes you away from the TV to do adventurous things outdoors.

I liked getting a good night's sleep and the food was great.

Munachi

The rock climbing and the zip wire was the best and I liked having a shower after the activities.

Tong



I discovered lots about different animals and enjoyed exploring near mountains.

Katherine

At Pendarren everybody is given the chance to work together and you get to know people better.

I liked helping others to do activities.

Manuell

I really like that when we canoeing because we were working as a team and not alone so we get to know each other more. That way we can know if they like it or like it a lot.

Kacper

I liked all the nature there more than England there was so much fun the climbing and going through the seas and love Pendarren food THANKS PENDARREN.

Runako

The thing I like about Pendarren is that you get to work together as a team and being independent, also earning people's trust and help each other by working together and listening to what other people want to say.

Manuella

I really liked about the rock climbing because I was trying it by myself but I just had a little bit help from my teacher. Now I know that I can do it by myself.

Dawid

I really enjoyed my stay at Pendarren House because the food was Fabulous, the trips and the adventure was nerve-racking, amazing, FUN and phenomenal. I WISHED I LIVED HERE AND I LOVE THE ANIMALS AND THE COUNTRYSIDE.

Obosa

I think Pendarren is a very good place to learn to do things your self. I think I know my friends and my teacher more. It was a fun time to go on the journeys and have more fun than playing at home because you would never do the things we done in Pendarren at home.

Julia



St Paul's and All Hallows CE School

24-28 April 2017

I think that Pendarren was a great chance to express myself to others and to always never doubt challenges.

Joel

Pendarren has helped me to become a better person in life.

George

Pendarren helped me to work with others and not on my own. It helped me to be more confident around others. Also the teachers were more open minded because we weren't in school. Pendarren was the best time I had had out side of London.

Tijai

They teach me that you can always get something done if you try and try.

Adebowale

I loved Pendarren because it was very inspiring and it taught me to do things I thought I could not do. It also taught me to never give up.

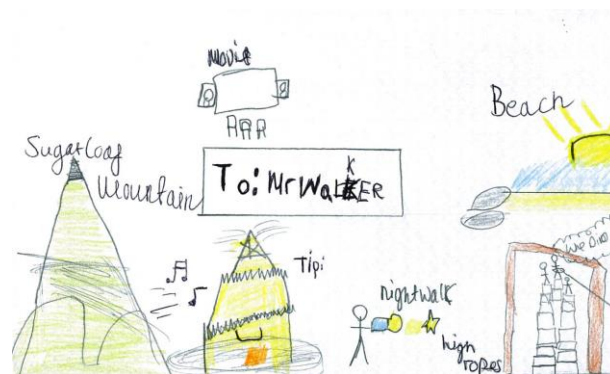
Georgette

Pendarren was an opportunity I will never forget it helped me to socialize with others and understand each others better. Teachers are easier to understand and are not as strict at Pendarren then they are at school.

Onari

Pendarren helped me to be more confident about myself and it helped me to let go my inner fears.

Kayne



OTHER NEWS

Admin

Pendarren has 41 provisional bookings from Haringey schools and now the portal is open for schools to confirm those bookings. Bookings are available up to August 2018.

Haringey Council are now using EVOLVE to authorise residential trips. All schools have been notified. Please continue to use the Pendarren parental consent form which is available on the Pendarren website - www.pendarren.org



And some more new GCSE and AS courses:

Mountain Ash Comprehensive School

5-7 April 2017

St John Baptist Church in Wales High School

3 and 5 April 2017

In the Spring Term two local schools contacted Pendarren to see if we could run **GCSE and AS Hillwalking** courses. We got to work and ran some day courses for St John's High School from Aberdare in order to train and assess the students for their AS, whilst Mountain Ash Comprehensive School chose to stay with us for 3 days to complete their GCSE Hillwalking module. Following their visits we have had more enquiries from local schools but fitting them in is a problem.

Work Experience placements

At the end of February / beginning of March we had two students from Highgate Wood School doing a week's work placement with us. This is what they had to say:

"We learnt and worked upon our patience, persistence and power both mentally and physically. We had the most rewarding experience at Pendarren as the staff treated us as capable equals and gave

criticism and praise where needed, allowing us to excel into the newly exposed working environment and made us feel very welcome. We worked with lovely children to help them bond as a team and overcome some of their fears, to prepare them for life ahead. Thank you very much, we made memories that we will remember for ever.

Iola and Eleanor

Newsletters

All the previous Pendarren newsletters are available to view on our website - www.pendarren.org



If there is anything you would like to see included in future newsletters, please let us know.



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