



PENDARRREN HOUSE NEWSLETTER

www.pendarren.org

No. 30 September 2018

Summer Term 2018

News

It has been a truly glorious summer here in Wales! Record sunshine (of course, followed recently by record rainfall!) means that schools could make the most of long, warm evenings and fit even more activities into their visits. South Haringay School and a school undergoing their Silver DofE practice expedition camped on the lawn during their stay at Pendarren.



John Muir Award

Most of our schools are now choosing the John Muir Environmental Discovery Award as part of their stay and feedback has been excellent so far. This award can be adapted to run alongside any programme and encourages children to engage with, enjoy and care for wild places. Please indicate on your activity option booking form whether you would like to incorporate this into your stay; each child will receive a certificate which will be delivered directly to school. See the website for more information.

Low Ropes Course

Sadly, our sixteen year old low ropes course has been condemned as unsafe and is now out of use. This activity is well used and enjoyed by all our visiting pupils so we are currently trying to source funding for a replacement.

Transport

Visiting schools are now responsible for booking their own coach transport – a map and directions can be found on our website www.pendarren.org/contact

Grants

The Tottenham Grammar School Foundation have for many years supported Pendarren House and helped schools financially to enable all students to attend. Applications for assistance by means of a Somerset Grant on a "per pupil" basis are still welcomed. For information, visit their website at www.tgsf.org.uk



Availability

We have limited availability left for bookings in 2018-2019; please see the calendar on our website.

Website updates

Check our website for the latest forms, more details of new activities and descriptions of what we offer. The website has more information on each activity, forms for visiting schools, documents setting out the benefits of a residential trip to young people, kit lists and much more.

Mountain Leader Training Course

There will be a course running at Pendarren during half term (20th-25th October) for those aspiring to be qualified Mountain Leaders. Details are on the homepage of our website or at www.mountain-training.org



Friends of Pendarren

The **greenhouse** has produced bumper crops over the summer including a glut of courgettes which meant our kitchen staff had to get creative! Our visiting pupils have enjoyed picking a variety of fruit and vegetables and learning about how they grow. We have just planted some more salads so can continue using this wonderful resource with our groups throughout the autumn and winter.

We have refilled the **rockpool tank** with creatures from the Coastal Visit and it has quickly become the focal point of the Hall. We currently have shore crabs, hermit crabs, brown shrimp, a blenny, purple topshell (sea snails), a few dog whelks and multiple barnacles...as well as lots of tiny creatures such as tube worms.

The **pond** now has a lovely new bridge, thanks to our DofE Gold residential group (see end of newsletter).

Thanks to Rhodes Avenue Primary School for the illustrations in this Newsletter.



OUR VISITORS

Comments are anonymous this term due to the new GDPR regulations. We are looking into a way to make the comments more personal again for the next newsletter.

The Willow Primary School 16th-20th April 2018



Pendarren was terrific because it helped me with my confidence and learn more about outdoors. Also it was enjoyable to use collaboration because it makes you feel better working with others.

Pendarren has helped me conquer all my fears and has challenged myself and do new things I have never done before.

Pendarren has helped me to trust myself to do it on my own and my other friends has helped me a lot so I felt more confident than I did before.

Crowland Primary School
16th-20th April 2018



It was fun when we got to serve our friends at breakfast and dinner. I learnt that I could do things I never thought I would do.

I loved Pendarren soooooo much it was really fun to do all of the activities and I really enjoyed river study day. I thought this week gave us a chance to become more independent. Daniel Morden is an amazing storyteller and I really enjoyed his stories!!!

This was an epic residential trip. I loved everything from the activities to the beautiful views. I am sure I will come back for a visit. Thank you to all the Pendarren staff for all the help and support!

This trip has helped me improve confidence and I have learnt to spend time without my parents.

I loved Pendarren because it was an amazing experience. It was really fun and I learnt a lot about my friends and myself. I also learnt that I am more independent than I thought I was. The staff was really kind and I really enjoyed it. I would love to come back.

It was really fun to stay close to my friends and create a stronger friendship bond with them all. Our activities were fun and well planned.

St Ignatius RC Primary School
23rd-27th April 2018; 25th-29th June 2018

Pendarren was a fascinating and awesome challenge. I enjoyed the rock climbing and loved staying there with my friends.

I thought Pendarren was great fun. We learned lots of things there. I really enjoyed Big Pit, canoeing, rock climbing and travelling on the zip line.

The staff at Pendarren were very kind and they encouraged us when we were doing activities especially the climbing.

The Pendarren Experience offered us new life opportunities by helping to develop our skills when we worked in groups. It also helped us to become more independent



Taking part at Pendarren helped everybody with their confidence and maturity. As far as I know, there was less conflict and bad moods. We enjoyed working in groups.

Pendarren is a wonderful inspirational place to be. Every day we got to know more about each other.

Pendarren brought us closer together as we worked in teams. We experienced new things like rock climbing. Big Pit coalmine was good because we learned lots about the past.

At Pendarren I enjoyed the Adventure Journey the best with the sliding in the water. Also when I was climbing on the tower I went to the top and was so happy when I had achieved that.

Pendarren was great as I faced my fear of heights and climbed to the top of the tower. At canoeing I learned new skills like making an emergency stop. Big Pit was a dark place for the coalminers when they worked there and we experienced the same darkness on our visit.

Rhodes Avenue Primary School

1st-4th May 2018; 8th-11th May 2018



Pendarren was one of the best experiences EVER!! I learned to conquer lots of my fears, learned lots of new and interesting facts and most of all had an amazing, awesome exiting time.

I loved the activities. It was so much fun to do the caving, canoeing, and the river walks. I loved waking up to birdsong instead of traffic in the morning, and knowing that I was free.

I REALLY liked Pendarren house because everyone is really friendly and you get to do very fun activities with your friends.

Drawing by Rhys



With the High Ropes I was at the very top. I could feel myself trembling with fear but I did not look down. Instead I looked up and to the view. It was breathtaking. I could see mountains, rivers and loads of sheep. Then I closed my eyes and thought how proud my parents would be and how safe I was at Pendarren. I managed to cross the rope and back to the middle before I flew down.

I really liked Pendarren because all the staff were really nice to me and everybody else. I liked serving people because when we get home we will start doing more chores. On the high ropes, all of the staff were really supportive and so were my friends. I enjoyed my stay at Pendarren. Thank you!

My favourite activity was caving and canoeing. I felt brave when I had to lead the class through a hole and sit on a dead tree (caving). It was funny when we had to do the hokie kokie in canoeing and it was also fun when we switched our lights off and touched each other's noses.

Drawing by Araav



"Caving" by Samson

Venturing into the mouth of the gloomy cave, I felt apprehensive and a bit resentful, but Luke was very encouraging so I soon forgot most of my anxieties.

But, the most challenging thing of all was the responsibility! Such as: making our beds, tidying our rooms, putting our wet clothes in the drying room, serving food. However, I loved the experience (I felt very grown up).

I realised that crate stacking includes a lot of teamwork. I think this was because three people pull together and work together and count on each other.

I felt really brave when we were out on the fields with the high ropes towering over us. I decided to go to the top but I didn't regret it but I did feel myself trembling so I turned and looked to the side. It was breathtaking! I saw mountains, trees and sheep all over the place! When I came down I felt so proud of myself.

Holy Trinity CE Primary School **21st-25th May 2018**

I managed to achieve things I thought were impossible and really difficult to accomplish and I also became much more independent and adventurous.

I learnt a lot whilst I was staying in Pendarren. I have learnt to look after myself and I have even become much more independent and also to look after others. Pendarren was a really good and fun experience because I have been able to do a lot of things on my own now and I am really proud of myself.

Here in Pendarren I have learned that teamwork is essential and having a week in outdoor learning has impacted on how I see the environment.



During my time in Pendarren I've learnt how to work as a team, especially when we were on the crates. I also learnt about the environment, which I was not used to, and the view was amazing. Most of what I did was a challenge but I learnt how to trust myself and others.

It was amazing, before Pendarren they were things that I thought I would never do. It also made me rethink my life choices and who my real friends are; the ones that take me for who I am not for always being on their side.



West Green Primary School
21st-25th May 2018

In Pendarren you show independence and develop social skills. I got to know people a lot better than I would in school. It was probably the best experience I ever had in my life.

When I came here I learned things I never learnt before. I faced my fear and learned independence. We discovered things in caves, mountains and so much more. The most important though is that I never gave up.

I have learned lots of things and I faced my fears. I also learned lots about my friends and teachers. The best part was when we worked as a team and helped others. Lots of thanks...



Bruce Grove Primary School
4th-8th June 2018

I think that Pendarren House is an amazing place where you can get to know everybody better from your peers to teachers! You learn so much about yourself that you may have not know before, it also helped me to trust in my friends better and to take care of myself. If you ever get the chance to go to Pendarren don't waste it! Trust me, you will regret it. It's a once in a life-time chance so you should take the opportunity and go for it. Going there will help you to learn some life skills that will aid you along the way.

A very exciting/fun experience and amazing opportunities to learn new things and be responsible for yourself and actions. There are many activities and it is a bonding experience for you and your friends before the transition to secondary school. You also get to co-operate with your friends since most activities like caving were the whole group was included! This was a very good experience. This trip was the best because we did things we never done before and also we did experience about lots of things about rivers, rocks all of these kinds of things. I learn to make friends and also to work as a team to do things together.

St Michael's CE Primary School
4th-8th June 2018

The pupils had an amazing week where they were engaged, challenged and built up resilience and teamwork skills. Allowing them to take risks on activities was invaluable.



Drawing by Simone

Belmont Junior School
11th-15th June 2018



I thought I couldn't do some things but gave them a try and realised I could. I was also able to explore with my friends which me and them both really enjoyed which I absolutely loved.

I learned to be more independent by making my own bed, serving food and doing a lot of cool/fun activities.

The Pendarren experience was stunning! I found out that I could be a braver, better me and it will help me immensely in the future. I learnt to socialize with people better and I loved the caving. Everything at Pendarren was great for me and I learnt that teachers are real people.

It was hard to steer the canoes but when we worked together it was much easier.

My experience in Pendarren was amazing. The activities were challenging and the instructors were very good. I learnt to not judge a book by its cover.

I love how supportive the teachers are and how I learnt how to be responsible of my own mess.

St Martin of Porres RC Primary School
18th-22nd June 2018



Pendarren was an amazing experience and I learnt that you should always overcome your fears and you will never fear again. It was a great experience, but was also terrifying when we had to rock climb blindfolded!!! But now I've done it I feel really proud.

I did a lot of things I've never thought I would ever do in my life. Also, I learned new things and had so much fun with my instructor and teachers. I got to know my friends more and more about their personalities.

I did things I never dreamed of doing. I also overcame some fears. It was an opportunity to spend time with my friends and do some super cool stuff. On top of all that I learnt super cool facts and information about coal, caves, climbing and sea creatures. I loved going to the beach and jumping all the waves even if the water was super cold. The mine was very fun and factual and was very cool plus we learnt a lot.

I faced my fears (caving) and learnt to listen.

Pendarren was the highlight of primary school, thanks for making it so fun.

I really enjoyed everything and would definitely recommend it. I would love to come hear again or re-

live the entire thing. I especially enjoyed the canoeing and caving (river studies). This trip has been the most fun I've had almost throughout the whole year, I really enjoyed it.

St Paul's & All Hallows' CE Junior School
18th-22nd June 2018



I LOVED THIS EXPERIENCE!! I learnt how to classify rocks, classify bugs and sea creatures, the food was amazing and I felt like we had connected even more.

Pendarren was adventurous, my favourite bits were Big Pit, coastal visit and caving. It was fun to learn and explore.

Pendarren was a great experience as it helped me to learn more skills and explore other things.

I liked this experience because it helped me boost my independence.

Holy Trinity & St Silas Primary School
25th-29th June 2018

I think that Pendarren is a very good place to come to and would definitely recommend it to other students who want to have an amazing time and have lots of amazing memories to think back to.

Pendarren teaches you how to be independent and how to look after your self. It teaches you to work well with you fellow students and also gets you ready for secondary school.

I really enjoyed my stay in Pendarren. It has made me realise who I am and taught me how to do things on my own.

I really liked the experience here and I enjoyed it with my friends and meeting new people, I have never done caving before and it was amazing.

What I have learnt in Pendarren is how to work with each other in a team, you can't do everything on your own.



Lea Valley Primary School
2nd-6th July 2018

This Pendarren experience has really taught me to be more independent and to do things that I have never done in my life. I think the Pendarren experience would help children who are quite lazy and would be so amazing for them.

Pendarren taught me that you can't do everything on your own.

I liked when we all got to experience something new and that we all got to spend time with each other.

Pendarren was an amazing place to be at. I learnt how to canoe and enjoyed caving. It was a privilege to be here.

Blanche Nevile School for Deaf Children
9th-13th July 2018



I love Pendarren and the beach because I liked playing with my friends I liked caving today, I liked the challenges.

I loved to go to the beach because I liked playing in the water. I liked doing abseiling off the rocks and want to do that again.

I had a very good week, the best day was the beach.

Thank you Pendarren for this wonderful week that I enjoyed.

St Mary's Priory RC Junior School
9th-13th July 2018

I have not only learnt about other people but myself as well, like that I am confident and can do anything.

I learnt how to work with other people and not just my friends. I learned to do things I never thought I could, I feel like I came out of my shell and I would recommend Pendarren to shy people so they can too.

What I liked was that Pendarren proved going out and playing with friends was way better than going on your phone or iPad.

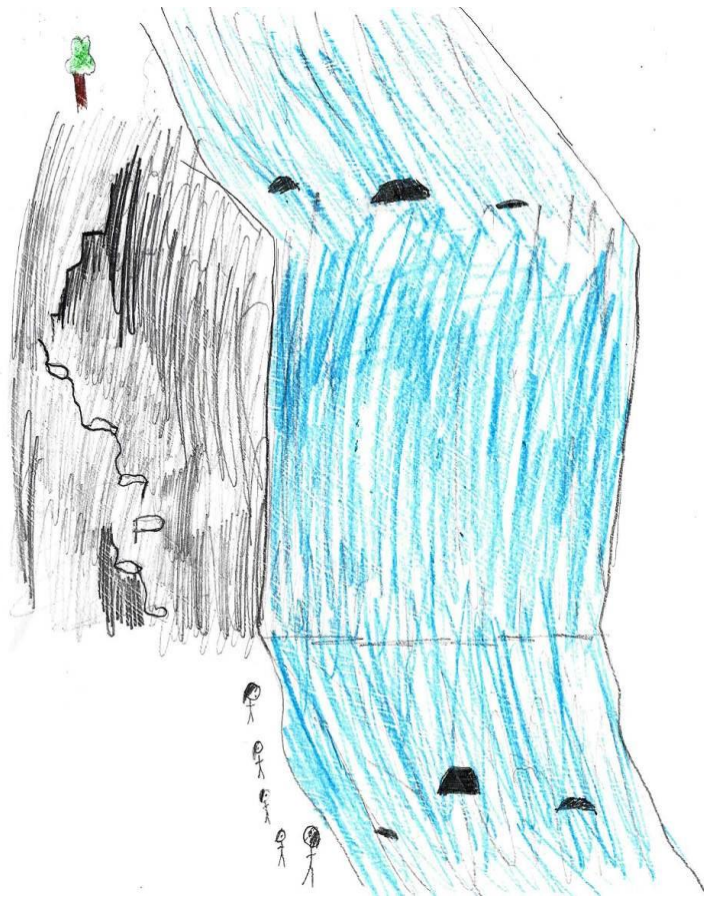


South Haringay School
19th-20th July 2018



I found that this last week was a very enjoyable week I learned about things I have never learned before and learned how to support each other in all ways thank you to everyone in Pendarren for giving me the opportunity to learn things that I thought I was never going to learn in all the activities and it was very nice to spend this time with my friends in Pendarren I enjoyed it soooooo much!!!!!!

Everything here in Pendarren was amazing. I learned how to do things that I never thought I could do. This led us to trusting each other a lot more and we also felt more comfortable talking to teachers thanks to this trip.



The staff were very respectful. The food was very delicious and I like that they did a wide range of choices so if you didn't like one thing you would be able to choose from other things that you like. It was fun that you in a way got separated from your friends in a way and you got to know other people and make new friends. I think that Pendarren has brought us together even though its the end of the year it has made us realise that we can all have fun together. It has made me realise that you don't always need to be on electronics and you can read or go outside and do something active. High ropes made me realise that if you trust the people that are holding you there is nothing to be scared of when you up high and has made me more confident in the people around me. I had an excellent time and I thank all the staff for having us.

It was really fun to stay with my year and I have become more independent. I recommend this to other people as it is good for developing your mind set.

Drawing by Elsa

DofE Open Gold Residential



We ran a DofE Open Gold Award residential week which involved caving, climbing, gorge walking, canoeing and the John Muir Environmental Discovery Award. Everyone successfully completed the course and had a great time making new friends and learning about the Brecon Beacons.

A new bridge was built over the pond and much of the weed cleared out as part of the John Muir Award.

Staff Training

We also took the opportunity during the residential week to get out for some staff training using different locations.

This picture was taken in Little Neath River Cave.





This was also taken in Little Neath River Cave and shows stalactite formations.



Drawing by Alice

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