



## PENDARRREN HOUSE NEWSLETTER

[www.pendarren.org](http://www.pendarren.org)

No. 31 December 2018

### NEWS

This term saw some very exciting weather here in South Wales, namely record flooding of the River Usk near to Pendarren House which meant all local roads were closed. The Nedd Fechan River and the River Mellte which we follow during our River Study reached record highs and Porth yr Ogof, the group cave we use, flooded to the roof twice during the Autumn! Some of our team helped with the clear up of debris in the aftermath.



*River Usk at Abergavenny. The coach drives over this bridge en route to Pendarren.*

Our instructors monitor the river levels closely to ensure that groups are kept safe at all times.

### Staff training



We took the opportunity of a quiet week to get out and about to write risk assessments and look at a different venue for our river study and gorge walk on the Mellte and Sychryd rivers, getting very wet in the process. It's always good to do the same activities as a staff team as we get the same benefits from them as our groups do.

Our riding providers treated us to a mounted Christmas party! We have also managed to refurbish the climbing room and reorganise the kit stores.

## John Muir Award



In 2018, 450 pupils from Haringey who visited Pendarren have completed their awards. In order to achieve the award, they must Discover, Explore, Conserve and Share a wild place...we have plenty of wild places in and around Pendarren House!

For more information, visit [www.johnmuirtrust.org](http://www.johnmuirtrust.org)

## Christmas at Pendarren

Pendarren's very own Santa Claus surprised Bounds Green School at the end of term, spreading Christmas cheer. We always put on Christmas dinner for our schools in December and the centre is decorated by our visiting schools.



There was no snow this Christmas - although it did snow in early 2018 - which meant that Santa and his reindeer weren't held up by inclement weather!

## FRIENDS of PENDARREN

### Low Ropes Course

The Tottenham Grammar School Foundation have come to our rescue to fund a new low ropes course. The Friends of Pendarren will be making a contribution. The course should be ready for use by the end of March.

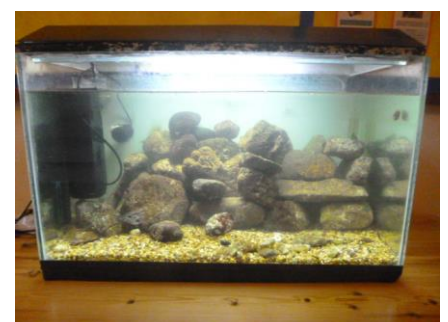
### High Ropes Course

This course may have reached the end of its life, we are currently waiting for the latest survey report. Depending on the report the Friends might be looking to raise money for a replacement.



## Fish tank

The rockpool sea tank in the main hall has proved very popular and the Friends have agreed to fund a larger smarter tank.



## Trees in the grounds

We have lost a number of over mature trees in our grounds in recent years and the Friends have agreed to fund some new trees. We have planted many native trees so some of these new trees will be a little unusual to add variety.



## Games

The Friends purchased some new indoor games for the autumn/ winter period. In summer the groups tend to spend more time outside and the Friends attention turns to making sure the students have resources for the garden.

## Carpets

The Friends have agreed to fund the replacement of some carpets in areas used by students. This includes some dormitories and the house lounge.

## VISITORS

### Our Schools

#### Campsbourne Primary School

10<sup>th</sup> - 14<sup>th</sup> September 2018



Pendarren has made me realise that I can do much more than I thought I and I am braver than I think and more capable than I know. It is such a lovely environment to be in. Lola

Pendarren is the best place EVER. I never used to do partner work a lot with my classmates but you guys gave me the best idea to be loyal to them and to work as a team. The place has changed my life and gave me a better experience. My life is better. ShedeH

Pendarren was tons of fun. I really enjoyed the caving, canoeing and climbing. I also enjoyed roasting marshmallows on the fire in bushcraft. I learnt from Pendarren that there are many parts of you that you didn't know existed. Lowri

I love that the outside isn't a busy city, that it's mountains and fields. I think it's brought both year groups together because of our teamwork and depending on each other. Megan

Pendarren was such a lovely experience! I could come here every day in a year! I wish we had longer! I learnt to take risks in order to have fun! I also found out that there are lots of fun sports that I'm good at! Thanks for such a lovely time! Elsie

Pendarren was a lovely place to stay because you get to know how to take care of yourself and to manage to do stuff by yourself, so when we get older we know how to make a bed, to clean up after yourself and all the other things we done here. Sade

Pendarren has taught me to be more independent and confident. I trust myself and other people from climbing on the climbing wall. I learnt to communicate better with other people from canoeing! This week has taught me things that I couldn't do before! Sleeping in dorms was funny and serving a dinner taught me to balance plates. All the staff are really nice and the disco made me tired, but I had a great time! I truly think this week was more than I could ask for! Sereny



**Harris Primary Academy Philip Lane**  
**17<sup>th</sup> - 21<sup>st</sup> September 2018**

I loved Pendarren because I got to try new stuff that I wouldn't be able to do at home and because I got to spend time with new people from the other class. Isabella

Pendarren has helped me become more independent and it has raised my self esteem. I have also gained new friends and got stronger with old friends. Hakeem

Pendarren has helped me have closer bonds with the year group and I have become more brave and my self esteem has risen. Astha

I loved Pendarren because I got to spend time with my friends and bond more with people I don't really like. My favourite part was the activities. I loved learning to be more independent. Grace

Thank you for the best time of my life. I enjoyed it and it helped me be more interactive with others and I learnt a lot about the activities. Jermaine

I loved Pendarren because it allowed me to consolidate my friendships not only with close friends, but also with other year 6's. Billy



The thing that I really enjoyed is that I had to be with my friends and I didn't like caving but when I got out of the cave I was very proud, so I loved it and thanks for the best TIME OF MY LIFE. Cuong

Pendarren has been the best experience I've ever had (so far). I've really pushed my abilities to the limits (and they've paid off). I feel mentally and physically stronger! Russhunna

I LOVED Pendarren as there were so many amazing activities. My favourite activity was caving! Pendarren also helped me build

independence and my bonds with other children. It also helped me to take a break from the stress I have been through. Pendarren was the BEST! Nikhil

**Rokesly Junior School**  
**24<sup>th</sup> - 28<sup>th</sup> September 2018**

Rokesly's Top 12 Things about the Pendarren Experience:



- Arielle, Iris, Hassan, Ashley, Becca, Violet, Noah, Abdullah, Shanae, Celeste, Sam, Benjamin

1. Getting through the caves
2. Visiting the coast and catching a Sea Scorpion
3. So many useful and interesting things
4. Canoeing
5. Learning about rock in the mountain
6. Rolling down a waterfall
7. Being out of the house and independent
8. Going through the Letterbox
9. Big Pit
10. Learning how to put my duvet cover onto my duvet and that making your bed is immensely stressful and frustrating
11. Night line as it is really fun and scary at the same time
12. Achieving being away from home

**Rokesly Junior School**  
**1<sup>st</sup> - 5<sup>th</sup> October 2018**

Pendarren is a really fun place in general and I would suggest it to everyone. Noah

Pendarren house is a lovely experience for everybody to enjoy plus you get to know your teachers a lot better. Alexi

Pendarren was a really fun experience thank you for everything. Anon

Next time I will make sure I will not to give up. Anon



Pendarren was an amazing experience and we learned many interesting activities. It was very fun and I got to know my teachers even better. It was fun working as a team and I couldn't have done it without my friends. Anon

**Ferry Lane Primary School**  
**1<sup>st</sup> - 5<sup>th</sup> October 2018**



**West Green Primary School**  
**8<sup>th</sup> - 12<sup>th</sup> October 2018**

**Highgate Primary School**  
**15<sup>th</sup> - 19<sup>th</sup> October 2018**



**St John Vianney RC Primary School**  
**29<sup>th</sup> October - 2<sup>nd</sup> November 2018**



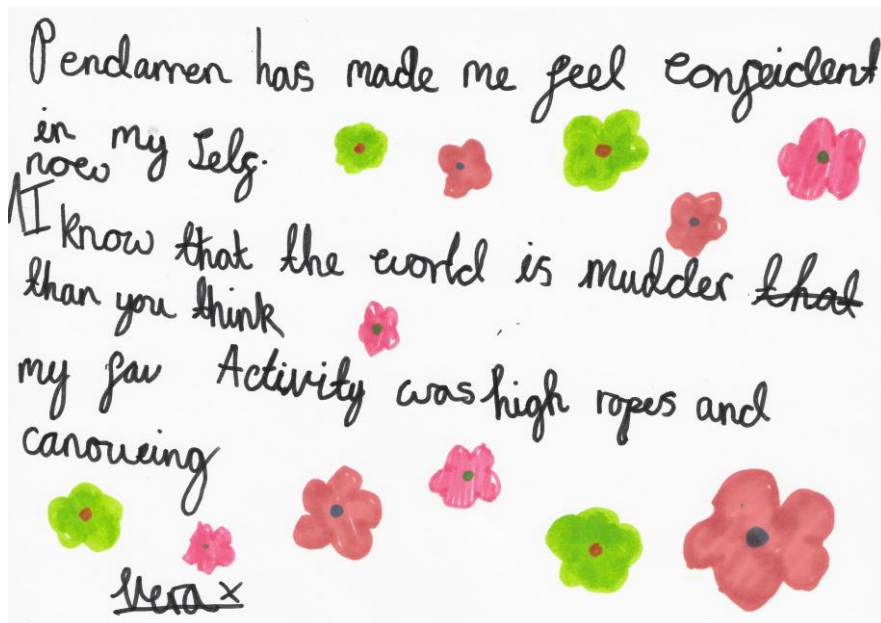
**Belmont Junior School**  
**5<sup>th</sup> - 9<sup>th</sup> November 2018**

I enjoyed not waking up for traffic.  
Mainal

What I learnt about myself in Pendarren is that I like a challenge and I got over my fear of boats. Ed

In Pendarren, I've enjoyed caving, canoeing and tight roping. It has made me learn to always stay safe, listen to other people and to always take part in things. Taeja

I have learnt to canoe and trust my friends to pull me up and make sure I don't fall down. Emilia



I enjoyed canoeing because we crashed lots of times and I learnt independence. Mateusz

I learnt how to work with other people and how to canoe, it was really fun. Mimi

At Pendarren I learnt to be more independent and to take responsibility. I really liked it so much and we did loads of activities. Erina

I've learnt about canoeing. I really did not want to do it, but now it is absolutely fun. It's also nice to be in nature, because London has not a lot of nature compared to Wales. Chloe

I have enjoyed watching the children learn in ways that would never be possible in school or London. They have loved every part and so have I. Thank you all! Class teacher

**St Francis de Sales RC Junior School**  
**12<sup>th</sup> - 16<sup>th</sup> November 2018**

I enjoyed Pendarren because it challenged me. I enjoyed the bedrooms because it was much more comfortable than my house. To be honest, I'm quite proud of myself. Yabsra

I learnt how to cope without my parents and siblings and to give everything new a go. Victoria

This Pendarren trip was very fun and enjoyable. There were a variety of activities I faced and had to persevere through. I would rate this as 9/10 as it was enjoyable. We were set challenges that I thought were impossible and hard but I did them! Jayden



I enjoyed Pendarren because at the beginning of the week I was so scared and worried, but now I can do anything! Mercedes

I found out at Pendarren that I could be really responsible. My favourite thing about Pendarren is the horse riding, I found it very fun to ride horses. Stephano

Dear Pendarren, I enjoyed a lot of things, especially the river study, it was a lot of fun. What I also enjoyed was the Big Pit, it was really interesting and was very educational. Jessica

It was really fun because we got to experience stuff that our parents wouldn't let us do. I was also happy that we got to share a room with our friends. William

**Welbourne Primary School**  
**19<sup>th</sup> - 23<sup>rd</sup> November 2018**



Murder Mystery was my favourite thing because it was fun but scary, I have conquered my fear by going to the very top on the High Ropes. I have improved my self confidence because I have pushed myself. Natan

The zip line was my favourite thing because it was fast and I was proud of myself for facing my fears. Sufyaan

I fulfilled my aims by working as a team when we had to pull people across the zip line. I really enjoyed the canoeing because it was wet. Saarah

I loved Horse Riding and River Study, because Horse Riding showed me how to like animals and River Study showed me the old time. Diyar



This week I showed confidence to my learning when I was afraid. I just went for it. The Horse Riding was great because my horse was the second biggest. Kamani

This week has helped me work with people I've hardly ever spoken to and because of this I've made lots of friends. My favourite thing about Pendarren is dinner because the food is yummy and I love to eat. Junecia



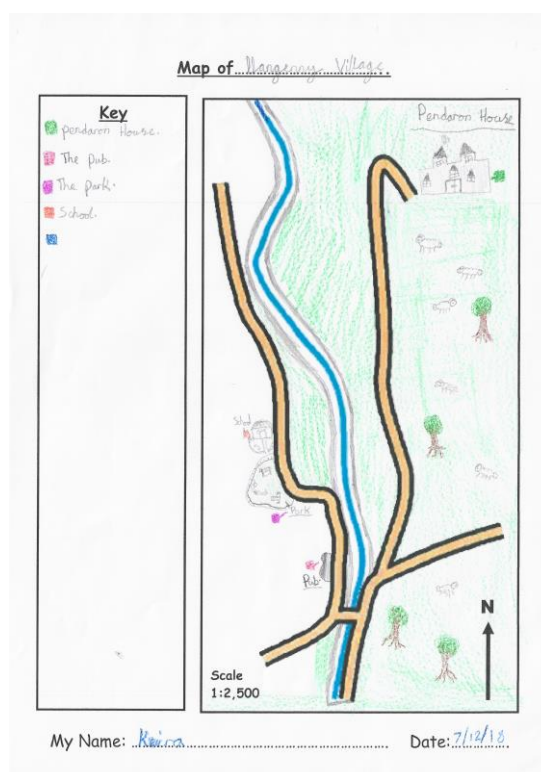
My confidence has improved because I went into a cave and it was really dark and I loved the Horse Riding. Jia Qi

I have listened this week and shown good resilience, confidence, responsibility, helping others, cooperation, teamwork and more! Pendarren has taught me these and I learnt them and I am remembering how to use that technique. Conseille

Pendarren has helped my teamwork skills by showing me that I used to be so bossy, but now I listen to others. Koral

*'Sheep' Artwork by Jia Qi, Welbourne Primary School*

**Mulberry Primary School**  
**26<sup>th</sup> -30<sup>th</sup> November 2018**



## Stroud Green Primary School

### 3rd - 7th December 2018

I have learnt how to be responsible of making my own bed and me having to put my clothes in the drying room. Selina

Pendarren has helped me get off of my phone and when I'm at home I won't give everything to my Mum, I will do it myself. Helin

I have learnt to abseil down a rock climbing wall and I learnt how to canoe with others. It's helped me because it makes me think always try your best and I came here with my friends and not my family and I loved spending time with my friends. Melea

I have achieved independence and life skills such as surviving in the wild. Pendarren has shown me that I can do it and by explaining how I can achieve this!

My best bit has been such fun to be just me and my friends. Sasha

Pendarren has introduced me to old challenges and new challenges, this has made me independent, focussed, more organised and I had FUN. My favourite Pendarren Experience was when we made fire because it made me feel like a proper man of the jungle. Gabriel

Pendarren has helped me improve my confidence because I used to be shy around people that weren't really my friends, I've also bonded with others. Cole

Pendarren has shown me that being solo is not always good and teamwork makes the dream work, and the teachers are always giving you important things to do and never give up. Keanu

In Pendarren you have to have quick thinking and make the right decision. Tamsin

Pendarren has helped my life skills by making me more independent and shown me how to stay alive in the woods. Kiera

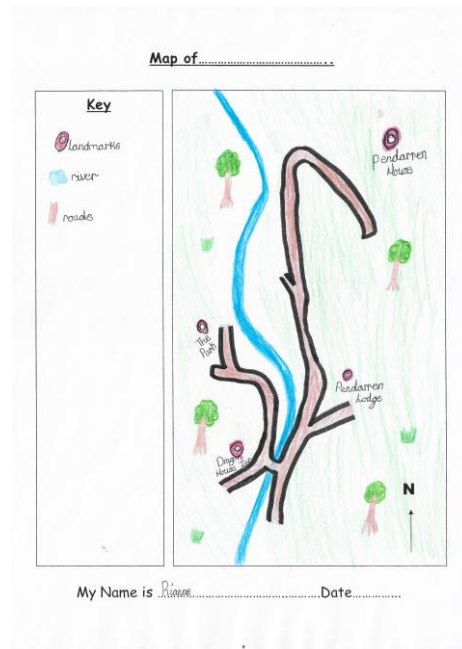
This week I feel like I've started to bond with other people and also I think it's been a new beginning for me. I also loved crawling through the caves! Tyler

## Bounds Green School

### 10<sup>th</sup> - 14<sup>th</sup> December 2018



During Pendarren I've met a funny man called Neil. My best part was canoeing and bushcraft as we made shelters and I learnt how to paddle. I also learnt that I would rather be a tubby Bushcrafter than Bear Grylls, this will be useful if I ever decide to fulfil my dream of becoming a survivor in the woods. I conquered my fears whilst caving. When I get home I bet I will be more independent thanks to our daily duties. I will miss it all. Bethan



In Pendarren I can't believe all the FUN things. When we went into the waterfall felt worried because I don't like getting my clothes wet but I went in and had fun. My favourite activity was caving because I wanted to conquer my fear of getting really soaked. Thank you for making me having the best week EVER. I feel great having done amazing stuff. Romeo

Pendarren has been one of the best experiences of my life. I have done things that I never thought I could do. Caving with actual lights on our helmets made me feel like a coal miner (which was quite a weird feeling). Staff are strict at the right times and more encouraging than ever. I wish success for Pendarren for many years to come. Nico

This trip to Pendarren has taught me that not all of life is sadness, it is also happiness, teamwork and friendship. Sure there is disappointment and failure but thats how life is and I appreciate it a lot. My favourite parts were canoeing and crate stacking because it needed REAL teamwork and you might even make new friends. Finally I loved spending every time with my instructors!! =) I will NEVER forget Pendarren EVER and ...THANK YOU!!! Rejana

I've had a wonderful time. I really enjoyed canoeing because it involved a lot of teamwork and we had to listen very carefully to each other. I also enjoyed caving because we went through small holes and had to look after each other. Also in the future I want to teach my children all the stuff I have done here and tell them I've been to Pendarren. Ugne

### **Bounds Green School 17<sup>th</sup> - 21<sup>st</sup> December 2018**

All the time I've been at Pendarren has taught me teamwork and to face my fears, which are all great life skills. There are many other things that are great here like the fantastic food and lovely rooms. A great bit of advice I can give is just to get on with it! Ariel

In Pendarren I've found out that teamwork gets you further. I've had a wonderful week with all the activities and all the teachers. Alex S

My best time was when we went canoeing, I jumped in the river twice. I was cold to the bones! If I were to relive Pendarren again I 100% would. Pendarren has helped me with teamwork, responsibility and nature. It also helped improve independence and to socialise. Exploring fresh air felt amazing to breathe in then out. Sabian

Pendarren has been the best experience EVER! I enjoyed the activities. I faced my fears and I learned new skills and new things. My favourite activities were canoeing, caving and climbing a waterfall. I am going to miss being in Pendarren. Hessa

I really enjoyed being at Pendarren. It was really fun and a very good adventure. Thank you for such an amazing experience and such a good time. The activities were really fun. Although being cold most of the time, everyone had an awesome time. I definitely got lots of things out of this trip. Thank you for all these opportunities. Isla



Pendarren has been a great experience for me. Ever since I walked through the door I knew I would have a great time. It has taught me to face my fears, get a better experience of the countryside and try new things. Nearly all of the activities have been new to me. I especially loved the adventure journey and river study. Serving each other food made a big difference, you aren't being lazy and letting the adults do it. Pendarren has made me become more independent, resilient and daring. Theo

In Pendarren I faced so many fears and learnt so much. The staff have been so welcoming. I couldn't have had a better experience. I would love to come back. Gracie



*Bounds Green pupils using our newly refurbished climbing room.*

## **OTHER VISITORS**

Once again, the annual Llangenny Flutes course & concert in August was a huge success.

Later in the same month, 35 students from Hereford 6th Form College camped on the lawn for their DofE Gold preparation weekend.

### **Rock Climbing Instructor course**

In September, we delivered a 2-day training course to a group of people working towards their Rock Climbing Instructor Award. Here at Pendarren we offer training courses for the Mountain Leader Award, Rock Climbing Instructor Award and Local Cave Leader Award so if you are looking for a qualification to lead groups on school trips to the countryside or mountains, visit <http://pendarren.org/courses/ngb/>

*Thanks again for an excellent course over the weekend; I thoroughly enjoyed it and thought everything was delivered really well. Jade*

*Also just wanted to say how much I enjoyed last weekend & how useful it was, I learnt loads which will help me over the winter. Phil*

### **The Firs self-catering bungalow**

The Firs was used by two family groups over the summer holidays and both are wanting to book again for 2019.