



Your Residential at Thurston Outdoor Education Centre

by Thurston OEC,
Part of



South Tyneside Council



South Tyneside Council

This presentations aims to address

- **Where?** A bit of back ground on Thurston
- **Why?** Outdoor education is an important part of young peoples development
- **What?** What a day/week looks like
- **How?** Your role in making this a learning opportunity

What you may not know about Thurston OEC

- Every year over 2000 young people visit the centre
- Thurston offers courses for schools, youth groups and adult groups delivering a whole host of required personal and educational outcomes
- The centre is fully accredited as a learning organisation

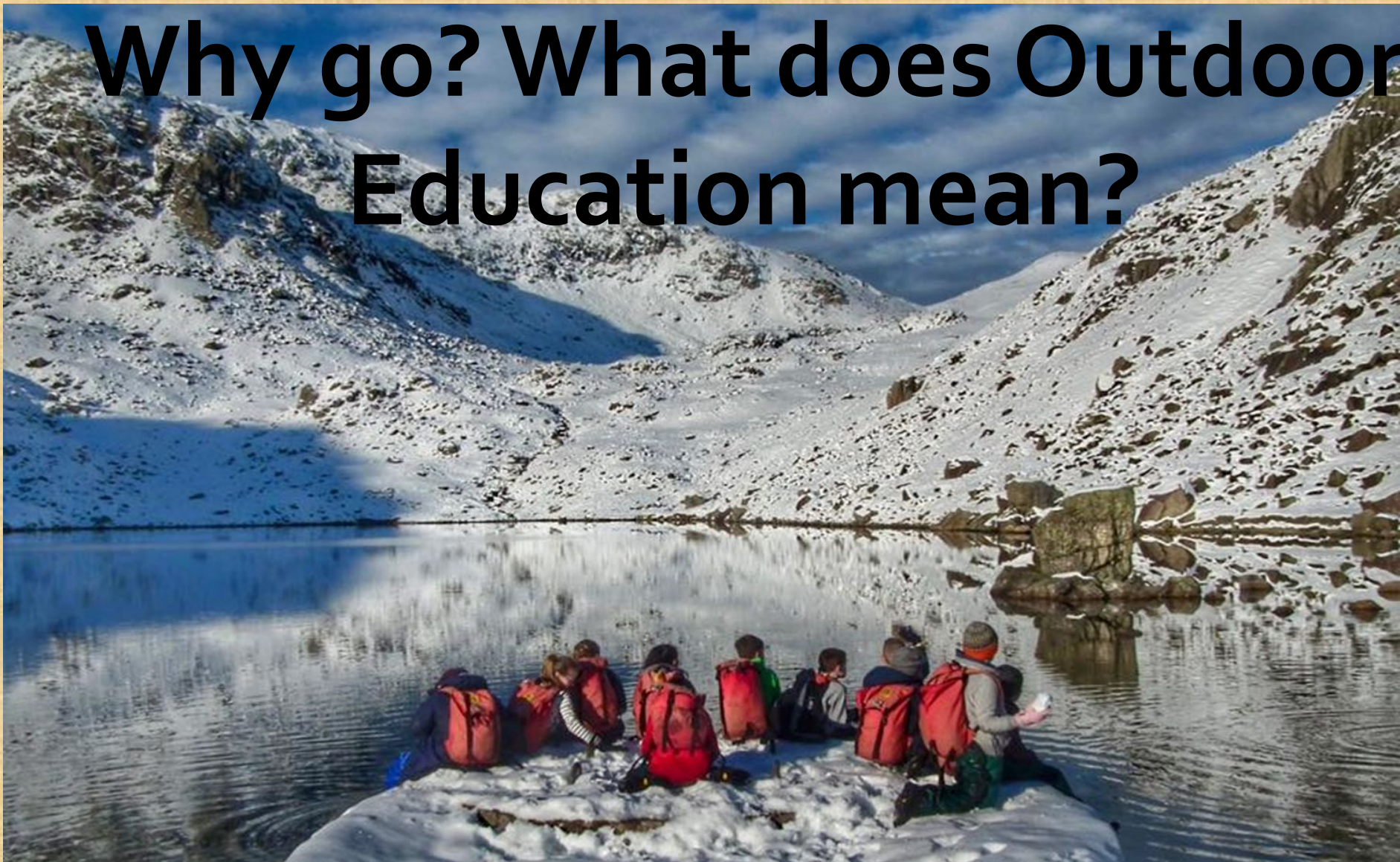


What else?

- In 2013 the centre celebrated its 30th Birthday as Thurston OEC
- A great deal of investment and regeneration in the last ten years
- Ongoing developments & improvements



Why go? What does Outdoor Education mean?



At Thurston, outdoor education means becoming aware of and practicing key life skills in memorable and adventurous environments.

What do 'life skills' include?

Leadership of self/others

- Confidence
- Stepping out of comfort zones
- Resilience
- Problem solving
- Goal setting
- Being on time
- Organisation
- Planning
- Making decisions
- Thinking skills
- Listening and speaking
- Respect for others
- Empathy

How do you do that?!

Activities



Expectations



Approach



The House ...



Entrance



Showers and changing



Lounge



Come in and see....

Dining Room



Dormitories



Staff team

- Instructors;

Richard Croft
Mac Knowles / Johan Hoving
Jen Steventon

- Catering team;

Nick Burrows
Helen Sodeau

- Domestic team;

Jackie Barrow

- Administration team;

Cheryl King

- Trainee instructors;

Lukas Fairweather
Josh Rothery



What does a week look like?

- A typical week looks like this;
 - Day 1; Arrival, settle in, get kit issued and some group activities in the centre grounds
 - Day 2; Adventure day
 - Day 3; Lake/Centre day
 - Day 4; Mountain day
 - Day 5; Pack and depart



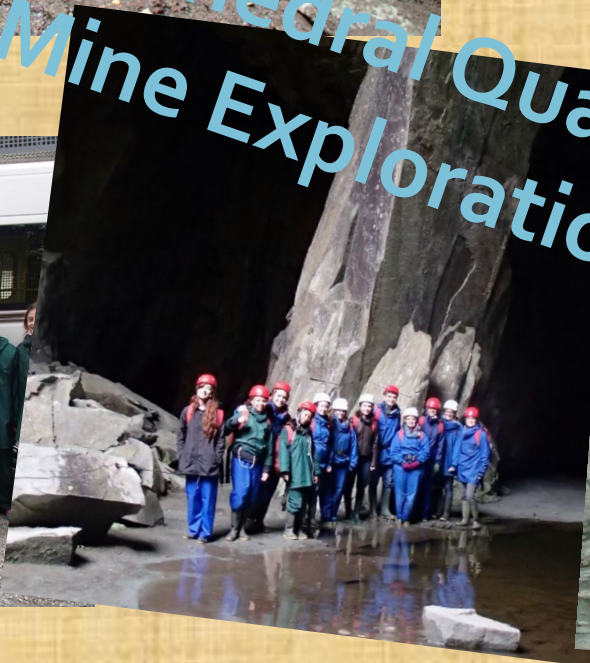
A day in the life of Thurston

7 – 7.30am	Get up and get dressed! Tidy room
7.50am	Meet in the lounge
8am	An instructor will take us to breakfast
8.50am	Breakfast over, ten minutes to do our chores!
9am	Meet our team and instructor, our activities begin
4.30-5.15pm	Inside for showers and changing
5.30pm	Dinner time!
7pm	Classroom for some diary time with our teachers
7.30pm	Evening activity with the whole group
8.30/9pm	Activities finish for the evening
9pm	Barn time until bed!
9.30-10.30pm	Bed time

Adventure day

Ghyll Scrambling

Cathedral Quarry Mine Explorations



Centre/Lake Day

Tree climbing



Bushcraft



Sailing



Rafting



Climbing wall



Jetty Jumping



Kayaking



Canoeing



Mountain Day



How you can help...

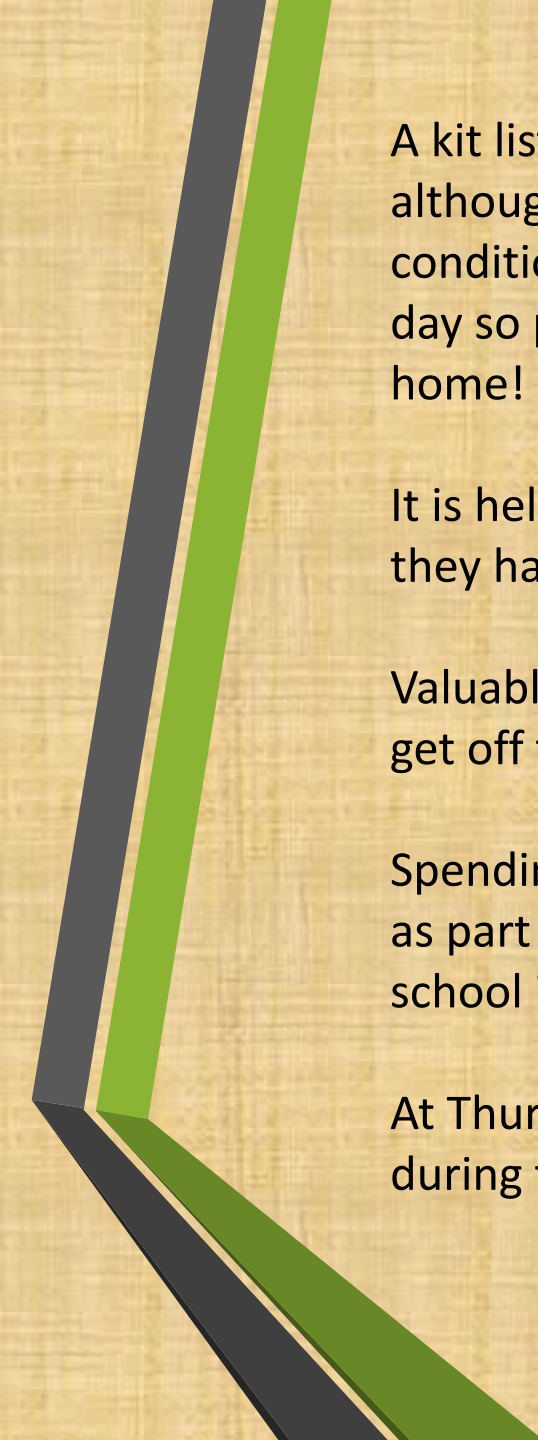


Hints and Tips for Parents!

Packing

- Kit list
- Labelling/knowing what they have packed
- Valuables - None!
- Spending money - £10
- Phones - No technology





A kit list will be available as part of the joining instructions from school, hat gloves and sun cream although may seem seasonal are worth packing what ever time of year your child is visiting as conditions can be changeable on the hill for example. Students can have to change up to twice a day so plenty of clothes is not a bad thing, at then end of the day they don't wear it they being it home!

It is helpful if students help or do their own packing as it is more likely they will remember what they have taken. Labelling clothing with your child's name is of great assistance

Valuables such as electronics, tables or mobile devices will be collected by staff once the students get off the coach, it is not advisable they are brought to Thurston.

Spending money, children are invited to bring some money for the tuck shop and for special trips as part of their days out, on occasion we will go for ice cream or hot chocolate in a café. Your school is likely to provide guidelines on how much they advise to take.

At Thurston there is no network service at all therefore do not expect to hear from your child during their stay, remember in this case no news is definitely good news!

Hints and Tips for Parents!

Pondering ?

Home sickness

Expectations

Confidence





