



PARENT PACK

Valewood Primary School

Leave:-

Sherwood Avenue: - 9:15am Monday 30th June 2025

Return:-

Sherwood Avenue: - 3:30 – 4pm Wednesday 2nd July 2025





ABOUT US

Operated by Burnley FC in the Community, Whitehough Outdoor Centre is a 22-acre outdoor education facility nestled in the enchanting Pendle countryside.

WHERE IT ALL STARTED...

Whitehough Outdoor Centre first opened its doors in 1938 and was originally built as a camp school. During the war years, it was used as an open-air space for children who were prone to the widespread rise of tuberculosis during that time. After WWII, Whitehough returned to its original use.

MORE TREES!

From the 1970's, the site was developed to offer opportunities for nature study; ponds were dug and trees & shrubs were planted for field studies.

GOING ON AN ADVENTURE

Adventurous outdoor activities such as caving, climbing, high ropes, mountain biking were gradually added to programmes for schools, forming the basis of visits throughout the 80's.



BURNLEY FC IN THE COMMUNITY

Unfortunately the centre was closed in 2015 for 2 years, before Burnley FC in the Community assumed operations in 2017, developing and reopening the site to the community and saving Whitehough Outdoor Centre in the process.



Activities selected for Valewood Primary School Year 4

30th June – 2nd July 2025

Archery	Low ropes / swamp crossing
Crate Stack	Low ropes / obstacle course
Leap of Faith	Pond Dipping
High Elements	Nightline



SAMPLE TIMETABLE

Groups will know what their timetable of activities will be before they arrive - this is because they will have helped pick them! Every day at Whitehough is different, but some typical timings would look like this:

7:00AM

Wake Up/Shower

8:15AM

Breakfast, then prepare for days activities

9:25AM

Meet your instructor at the rendezvous point

9:30AM - 4:30PM

Activity

4:30PM

End of Activities/Wash and change/Free Time

5:00PM - 6:00PM

Evening Meal/Free Time

6:00PM - 8:00PM

Evening Activity (This will vary depending on what the school have chosen to do and the time of year but could include indoor/outdoor games, orienteering, night walk or instructor led activity).

8:00PM - 9:00PM

Free Time/Supper

9:00PM

Bedtime/lights out to be decided by school staff, appropriate to age of the group

ARCHERY



Learn how to hold the bow and shoot arrows into the target, scoring points to compete with your team-mates.

CRATE STACK



Work as a team to build a tower of crates and see how high your team-mate can climb before the crates topple over.

HIGH ROPES ELEMENT



A series of high-level rope challenges to test your head for heights!

LOW ROPES



This low-level obstacle offers a series of sections to test your balance, confidence and communication skills.

NIGHTLINE



This activity is a great sensory experience - can you find your way around the course wearing a blindfold?

OBSTACLE CHALLENGE



With 10 different obstacles to cross this is a real challenge, especially if you go against the clock or run it head-to-head

LEAP OF FAITH



Climb up the pole to the platform, then take the leap to reach out and hit the suspended ball.



IMPORTANT INFO

SLEEPING ARRANGEMENTS:

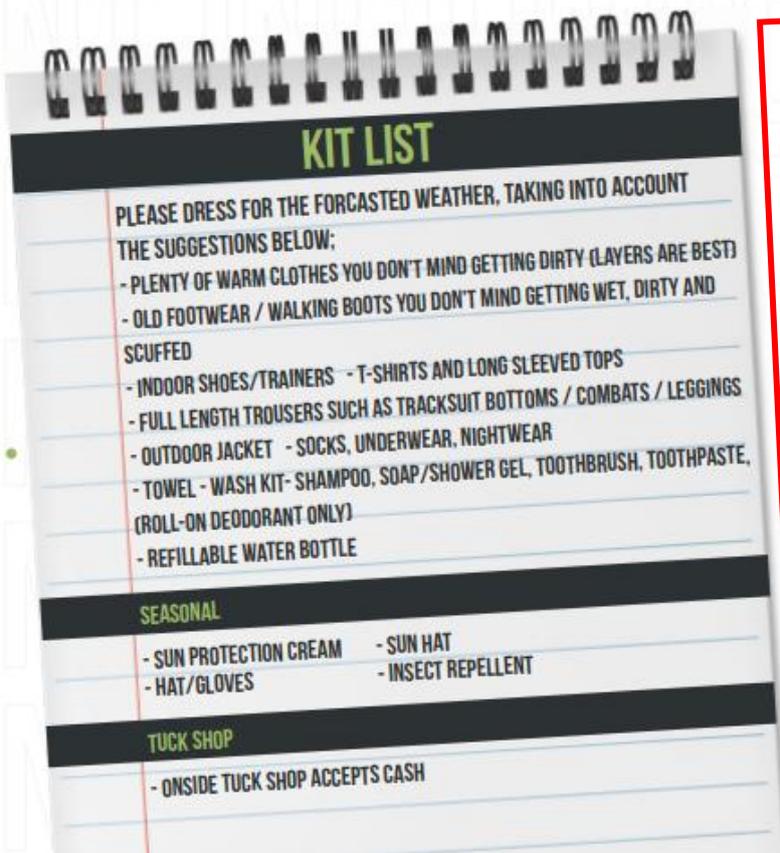
Depending on the size of the group/class your child will be in rooms of 2/3. Rooms will be allocated by the lead teacher before the visit so that the children know who they are sharing with. In each room there will be a bunk bed, and a single bed. There will also be a sink, and a large wardrobe and drawers.

A duvet, pillow and all bed linen is provided but the dorms can sometimes feel cooler than a modern centrally heated house, so pyjamas, slippers, dressing gown, 'onesie' or extra blanket may be useful at cooler times of the year.

Toilets and showers are situated at the end of the dormitory block. All the showers and toilets are in separate cubicles. So whether you're looking for a group residential stay whilst enjoying our range of activities or you're completing your Duke of Edinburgh expedition and are looking somewhere to bed down for the night, get in touch!

Don't Worry! To participate in activities at Whitehough you do not need any specialist equipment - we will provide all of that what you do need to do is have a rummage around your wardrobe for your oldest clothing and footwear - you will be getting muddy and wet!





FAQ'S

We hope that you will find the following information useful and that it will answer any questions you may have about your child's forthcoming visit to Whitehough.



MONEY

There is very little opportunity to spend whilst at Whitehough, so you don't need to bring lots of money with you. On site there is a small tuck shop selling sweets drinks and souvenirs. We would recommend that you bring no more than £5 with you and if you can bring change rather than notes that is really helpful.



VALUABLES

Whitehough outdoor centre will not be held responsible for the damage, loss or theft of any items you bring with you. Watches, tablets, IT equipment and similar items should be left at home.

Please complete a Valewood Medicine form for all medication including antihistamines and travel-sick tablets.



MEDICATION

Any medication must be labelled with your child's name - school staff/group leaders need to know about this and can keep it safe during the visit

What Should My Child Wear/Bring?

The most important thing is that participants wear clothes that are ok to get wet and dirty, and that they will be warm, dry and comfortable in.

Before the visit you will be issued with a suggested kit list, but don't worry if your child doesn't have the exact clothing listed. We have a small selection of boots, wellies and water-proofs which can be borrowed if necessary.

We will not have access to fridges or freezers, so if your child needs to bring additional snacks or food, please hand it to a member of the Valewood team in a bag clearly labelled with your child's name on the front.

We respectfully request that you do not send fizzy drinks with your child.

Food

It is really important that everyone eats at every mealtime, as the activities that the groups will take part in are physically demanding.

Breakfast is usually 'continental' style, and will include, cereal, fruit and toast or croissants, but hot options can be requested by the school at the time of booking. (If the Pendle Hill Walk is part of the booked programme children will be given a hot option on that day).

As most of the activities take place on site, lunch is served in the dining hall and will vary from day to day but across a week typically includes sandwiches, paninis, jacket potatoes with a choice of fillings or soup and a roll. There will be a snack, cake and/or fruit to follow. There will also be an onsite Tuck Shop for some little treats throughout the day!

What if I'm/ My Child is worried about taking part in an activity?

Firstly, participants should not worry about taking part in an activity. All our instructors are highly experienced, and hold the necessary qualifications. All our equipment is checked regularly to ensure that it is safe. However, participants only get out of the programme, what they put into it.

If participants are worried about an activity because they have never done it before, and it maybe looks a bit scary, then we would urge them to give it a go. The feeling of pride, and sense of achievement from giving something new a go is like nothing else.

However, if participants have a go at something, and don't manage to complete it, then who cares! They have tried something new, and given it their best shot. A lot of our activities are about trying new things and participants pushing themselves as far as they can go - it's about doing the best you can.

Likewise, if a participant looks at an activity and decides that it's really not for them - then don't worry. Teachers and instructors will try and give some encouragement, but if a participant still says no, then they will respect that.