



Magdalen Court School



Senior School Headmaster: Mr J.Bushrod B.Sc. Hons. PGCE
Middle School Headmistress: Mrs S.Wrightson B.Ed. Hons
Junior School Headmistress: Mrs. J.Jenner B.Ed Hons. B.A.

Jan 2010

Polzeath Surf Camp

Dear Parents,

We are delighted to inform you that we have some **provisional** details for this year's Summer Surf Camp .

We have had 10 fantastic years in Brittany, but nearly all the children have been & there was a need to inject some diversity into our program & continue to challenge & extend our pupils & staff!

Our 4 year program consist of 'Surf Camp' 2010, 'End to End' cycle challenge 2011, Hadrian's Wall walking holiday 2012 & then back to Brittany 2013.

Cost:

England is just beginning to catch up with the range & availability of adventurous sports. Unfortunately as they are emerging sports in the UK the price is still high. I would like the children to take part in everything, but I also want to keep the costs down so as many pupils as possible can join us.

Just camping down on the Atlantic coast in Cornwall is a magical experience & walking along the coastal path, is breathtaking in many ways!

I've put together a basic holiday cost, which includes a full week of activities, accommodation, Full Board. But then gives you the option of buying into other activities while we are down there.

Basic cost	£265
Options at additional cost:	
• Sea Kayaking	Inc.
• Banana Boating & Water Skiing	Inc.
• Bike Hire or bring your own!	£15
Your Holiday total:	£ _____

Deposit £50 by Fri. 29th Jan.
Final payment: by Fri. 7th May

Date: Mon. 28th June to Fri. 2nd July

Place: Polzeath/Rock, Cornwall

Accommodation:

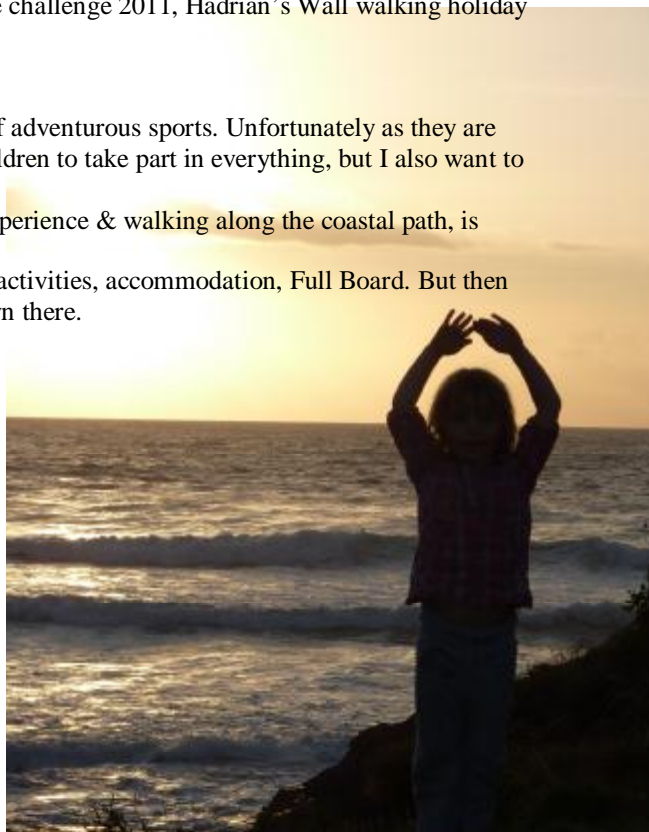
Valley camp site, right on the beach in Polzeath.

Tents:

The school will provide large Bell Tents for the group.

Places open to:

- 10 years old +
- Places limited to 22



Magdalen Court School is a Family Trust promoting children's education.

Magdalen Court School, Mulberry House, Victoria Park Road, Exeter EX2 4NU

Tel: 00-44-(0)1392-494919 & 213449 Fax: 00-44-(0)870-7051-321

E-Mail: Enquires@MagdalenCourtSchool.co.uk

Internet: www.MagdalenCourtSchool.co.uk

Polzeath Surf Camp, Reply Slip, reply by Fri. 29th Jan.

I would like my son/daughter to go on the Polzeath Surf Camp trip.

Would you please pay these payments by cheque, marked with the child's name & 'Polzeath Surf Camp' written on the back.

Also it is of great help to us if they are not amalgamated with other moneys paid to the school, i.e. a separate cheque.

If you are not aware of the risks involved or the procedures we put in place to manage these, please ask myself, in person or by e-mail & I will be most happy to describe the activity in greater detail, explaining the potential risks your child will be exposed to. John@MagdalenCourtSchool.co.uk

I enclose a (deposit of £50 (Final payment by Fri. 7th May)
Holiday Coast £265 + Options

- Sea Kayaking Inc.
- Banana Boating & Water Skiing Inc.
- Bike Hire or bring your own! £15

Your Holiday total: £ _____

Childs Name:

Parent/Guardian's signature:

Arrival / Depature Times:

Mon. 21st June

Leave school 8am, arrive Polzeath 10am & then the fun begins.

Fri. 25th June

Return to school by 9am for school sports day.

Food:

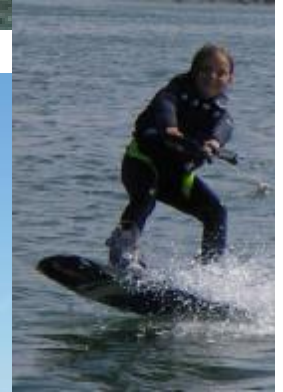
Last year saw us take a big leap forward with our camp food on all our trips. We now get the pupils involved in preparing & cooking their food. Examples would be making their own Beef burgers & making & cooking their own cakes in hollowed out orange's.

Further details of the trip can be found on the school website, under the 'Letters' link.

Trusting this will be another successful trip.

Kindest regards,

John Jenner B.Ed. Hons Adv. Dip. (IT)



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Activities:

These will depend on the weather & other factors. The days start early & finish late, we try to cram as much in to our stay as possible, & it has the advantage that tired children get up to less mischief!

The main draw of Polzeath is its place in the outstandingly beautiful North Atlantic coastline & the Camel Estuary.

Outline activities:

Monday 28/6/10 HW: 07:10 LW: 1:30pm
 am: travel down & setup camp.
 11:59am: Surf Lesson
 4pm water skiing & Banana Boating
 Evening: Coastal walk, Polzeath to 'The Rumps'

Tuesday 29/6/10 HW: 07:40 LW: 2:10pm
 10am: Surf lessons
 pm: Speed boat trip out into the bay
 Evening: Beach games

Wednesday 30/6/10 HW: 08:20 LW: 2:40pm
 9am: Sea Kayaking, Port Quin
 2pm Surf lessons
 pm: Rock pooling on Polzeath Beach
 Evening: Beach games

Thursday 1/7/10 HW: 9am LW: 3:20pm
 All day:

Cycle trip from the top of the Camel Trail, to Bodmin, then Wadebridge, then Padstow, where we will catch the ferry across the Camel Estuary & a short road section back to the campsite. A fantastic day's cycle ride, either flat or down hill for 99% of the time, with lots of exciting stops along the way.

Bring your own bike or hire one for £15

Evening: You guessed it! Beach Games

Friday 2/7/10 HW: 9:30am LW: 3:50pm

Pack up & return to by 9am ish. school for school Sports Day



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Coastering

Try the newest and most exciting adventure sport in Cornwall. This is high-octane exploration of the rugged coastline with something for everyone: climb along the cliffs, swim through white water and into caves, and leap off progressively higher jumps. Investigate unseen areas of the beautiful coast under the supervision of our seasoned guides, all qualified beach lifeguards and trained coastering instructors. Join us away from the crowded beaches and experience the wild beauty of North Cornwall's coastline.

All our coastering venues are within a short drive of Polzeath Beach. Typically a session runs for three hours with two hours in the water and on the cliffs.

We provide all equipment; buoyancy device, helmet, a super warm 5mm winter wetsuit and thick soled wetsuit boots. If you prefer to wear your own wetsuit or your own boots then feel free to bring them along.

Cornish Rock Tors is a member of the British Coastering Federation and is licensed by the Adventure Activities Licensing Service and adheres to all their safety guidelines.

Port Quinn Coaster (4 miles from Polzeath).

Explore the caves, scramble over rock platforms, climb above deep water and take on jumps (all jumps are entirely optional). Port Quinn is a beautiful and historic natural port and as such is more protected from ocean swell than our other venues. This protection from the swell and all the excellent climbing and jumping features makes Port Quinn the perfect introduction venue.



Sea Kayaking

Exploring the North Cornish Coastline by sea kayak is simply breathtaking. Discover secret coves, unspoilt sandy beaches, venture into otherwise inaccessible caves and paddle through lagoon like gullies.

North Cornwall is also host to a wealth of marine and bird life. You maybe lucky enough to see Basking Sharks (plankton not people eating), Dolphins, Seals, Sun Fish, Sea lemons, Turnstones, Terns, Razorbills and Puffins.

We tend to use double sit-on-top kayaks which are particularly stable and that means you can just sit back and enjoy the scenery. Absolutely no previous kayaking experience is required as your instructor will introduce you to the boat and all the basic strokes.

Your guide is a trained Zoologist and keen naturalist as well as being a British Canoe Union qualified coach. With these skills and our local knowledge we can share this amazing piece of coast with you.



Surfing

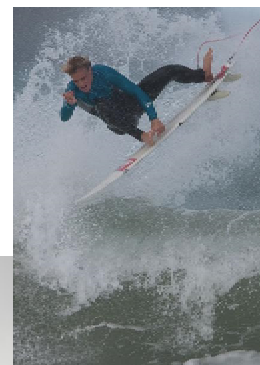
Surf's Up Surf School has achieved legendary status within the surfing community and beyond.

We're a home grown 'grassroots' **family business** that has established itself as the number one surf training centre in the UK through reputation, recommendation and a track record of safe operation.

And it's our attitude to surf coaching that is unlike any other surf school in the UK - Innovative and

progressive methods make the learning process fun and we've had time to develop our ideas over time.

We offer the highest level of instruction through the most experienced **coaching team** in the UK. This year we have a range of **courses** to suit everyone - from complete beginner to advanced surfer.



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