



Year 6 Rock UK Parents' Information Meeting

Thursday 11th September 2025 – 6:00p.m.

**PLEASE ENSURE YOU ARE ON MUTE –
THANK YOU!**



All you ever wanted to know about
Rock UK Summit Centre....and a
little bit more!!

Rock UK Representative

We are delighted to be joined this evening by **Rachel Cilliers** from the Rock UK Summit Centre, South Wales.



Where are we going?

We are going to the Rock UK Summit Centre, South Wales.

Rock UK is a Christian charity providing outdoor adventure since 1922.

The Summit Centre is nestled in a wooded South Wales valley alongside rivers and mountains. Its picturesque setting is complemented by the stunning newly re-developed site. The former coal mine was taken over by Rock UK in 2010 and since then has had a £4 million transformation. It now offers fully catered en-suite accommodation for up to 104 guests.



Summit Centre

At the Summit Centre they can offer over 20 instructed activities, ranging from caving to canoeing and climbing to raft building. Our visit will also include an off-site adventure day including hill walking, caving and gorge walking all led by fully qualified instructors.

Rock UK take the safety of your children very seriously. The Summit Centre is licensed by the Adventure Activities Licensing Authority (AALA) and is regularly inspected.



Meet Rachel Cilliers – Rock UK



<https://youtu.be/sbu3XmUnOEQ?si=Al3YdkpHNkslscgn>



TRANSFORMING
YOUNG LIVES
SINCE 1922

Visit to Summit Centre



Activities:

Climbing

Caving

Crate stack

Canoeing or kayaking

River studies

Aerial Adventure

And much, much more!



Accommodation:

En-suite rooms

Dining room

Meeting rooms

Rock Shop



Outside:

All weather sports pitch

Play area

Outdoor classroom

Fire pit area

Trails and walks



Safety is paramount:

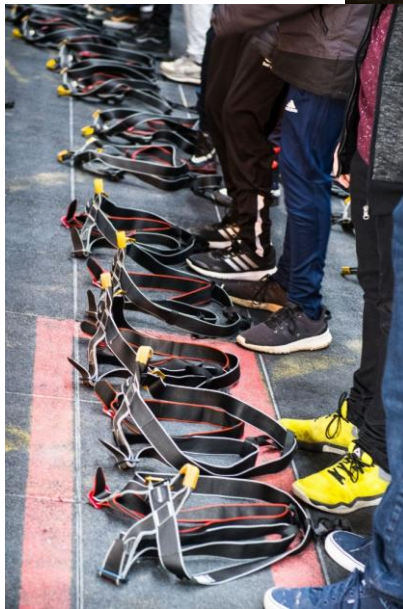
Fully qualified instructors

AALA licenced

Learning Outside the Classroom badge

All safety equipment is supplied

Waterproofs and wellies



**We look forward to welcoming
you to Summit Centre**



What will we be doing?

St Thomas Junior School 2025							
		Group 1 (12)	Group 2 (12)	Group 3 (12)	Group 4 (12)	Group 5 (12)	
Mon 6th Oct 2025	2.30pm-5.30pm	Arrival, Welcome Talk, Kit Issue & Christian Spotlight		Arrival, Welcome Talk, Kit Issue & Christian Spotlight		Arrival, Welcome Talk, Kit Issue & Christian Spotlight	
Tues 7th Oct 2025	6pm-7pm	Dinner					
	8am-9am	Breakfast					
	9am-12pm	River Studies	River Studies	Hillwalk	Caving	Canoeing	
	12pm-1pm			Lunch			
	1pm-4pm			Climbing	Hillwalk	Aerial Adventure	
	6pm-7pm			Caving		Crate Stack	
Wed 8th Oct 2025	8am-9am	Dinner					
	9am-12pm	Aerial Adventure	Canoeing	River Studies	River Studies	Hillwalk	
		Crate Stack					
	12pm-1pm	Lunch				Lunch	
	1pm-4pm	Canoeing	Hillwalk			Caving	Climbing
	6pm-7pm	Dinner					
Thurs 9th Oct 2025	8am-9am	Breakfast					
	9am-12pm	Climbing	Caving	Crate Stack	Canoeing	River Studies	
		Caving	Climbing	Aerial Adventure			
	12pm-1pm	Lunch					
	1pm-4pm	Hillwalk	Crate Stack	Canoeing	Aerial Adventure		
			Aerial Adventure		Crate Stack		
6pm-7pm	Dinner						
Fri 10th Oct 2025	8am-9am	Breakfast					
	9am-12pm	Self-Supervised	Self-Supervised	Self-Supervised	Self-Supervised	Self-Supervised	

- River Studies Day
- Aerial Adventure
- Crate Stack
- Canoeing
- Climbing
- Hill Walk
- Caving

NB: Waterproofs and wellies will be provided by Rock UK

Parent Hub

You will receive some updates about what the children have been doing throughout the course of the week via Parent Hub.

Remember - “No news is good news”



Kit List

- Lip balm (boys as well!)
- Lots of T-shirts (for layers)
- Long sleeve tops
- Warm fleece/hoodies
- Cagoule
- Warm coat (for the evenings)
- Hat and gloves
- Several changes of underwear; thin and thick socks
- Two pairs of proper sports trainers/walking boots (but no wellies needed)
- Towel and wash kit
- Sports bottle for drinks
- Medication named with written instructions – must not be packed.

NAME ON EVERYTHING!

**We will be sending home
a full recommended Kit
List with your child*



What else should I bring?

- Warm pyjamas
- Small teddy only
- Pack of cards
- Reading book
- Small pad and pencil
- No electronic gadgets – not even a torch!
- All labelled!

You DO NOT need a
sleeping bag or pillow
– bedding is provided!



Do's and Don'ts!

DO

- bring up to **£15** in small change in a named wallet.
- make sure any medicine is **clearly marked with instructions** and given in the original packaging to an adult on the morning of departure (6th October 2025).
- Return your medical forms asap if you have not already done so!

DON'T

- bring sweets for the journey or any extra food at all.
- bring mobile phones, cameras...electronic games/toys etc.
- bring jewellery or make-up – same rules as in school.



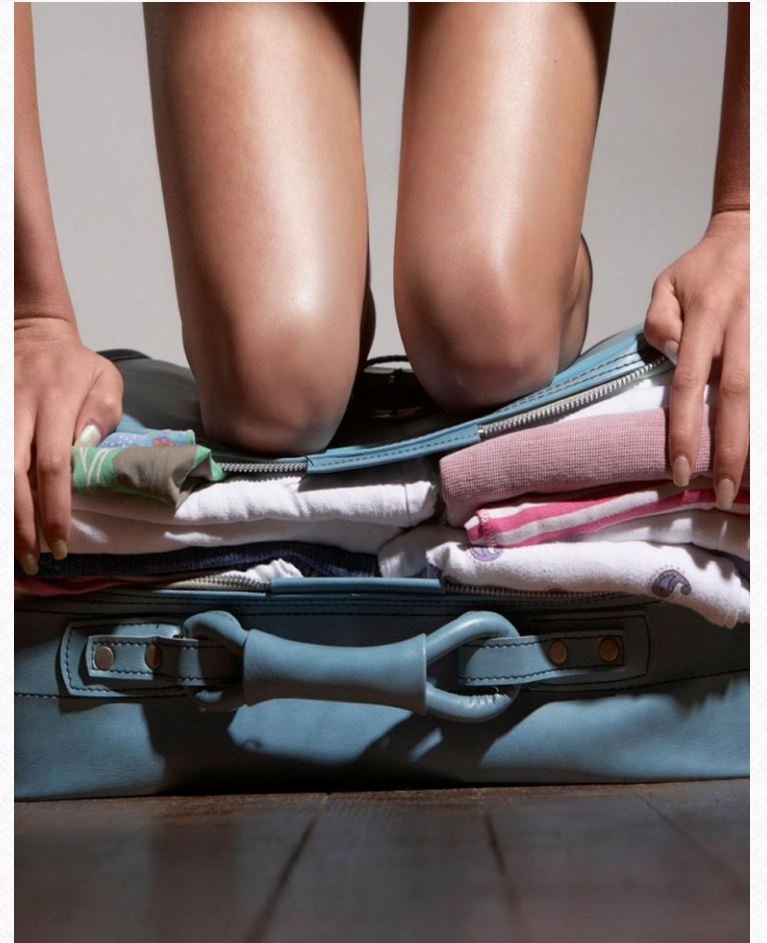
DOs



DON'Ts

Most Important....

**CHILDREN:
DO YOUR OWN
PACKING SO YOU
KNOW WHAT
YOU HAVE
WITH YOU!**



Monday 6th October 2025

Children need to be at school for 8:30am on Monday 6th October 2025. (in non-school uniform).

Bags can be left in the designated area on the playground.

Medication can be given to an adult who will be on the playground.
(**DO NOT** pack medication in your normal luggage – it **MUST** be handed in with the relevant forms).

The coach will be leaving school at 9:00am promptly.

Bring a packed lunch, healthy snack and drink on the Monday we leave.



**We expect to return to school for the end of the school day at 3:25p.m. on Friday 10th October 2025.*

You will receive a Parent Hub message from school should this time be later than expected.

Children - get ready for a brilliant, challenging, educational, rewarding, inspirational, wonderful, unforgettable, and exhausting week away!

Parents – get ready for some peace and quiet...

