

A group of about eight children are lying on their stomachs on a grassy field. They are all smiling and looking towards the camera. Several of them are giving thumbs up, and one is making a peace sign. The children are dressed in casual clothing like t-shirts, sweatshirts, and a baseball cap. The overall mood is happy and energetic.

JCA

*Let the adventure
begin...*

WELCOME TO JCA

Mill Rythe



Welcome to JCA

We are a leading provider of school activity courses in the UK, with over 20 years' experience providing quality residential trips. Operating from 5 centres across the country, we deliver high quality educational experiences that meet the needs of every child.

Our courses encompass a range of outdoor activities to encourage personal development, inspire and motivate learning, independence and build confidence, all in a safe environment.

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begin...*





The Value of JCA

We believe that learning outside the classroom is essential to a well-rounded education. Our courses focus on engaging students , providing enjoyable learning, and helping to develop life skills, such as:

- Learning to work together as a team
- Achieving personal and team goals
- Increasing self esteem and confidence
- Conquering fears
- Trying new and exciting activities
- Experiencing living away from home
- Respecting and valuing each others abilities
- Revealing undiscovered strengths
- Solving problems and taking responsibility



Why Choose JCA?

- We have been perfecting our centres and activities for 20 years.
- Unique to JCA, one dedicated and multi-skilled instructor spends the week with each group; building confidence, trust and support.
- We only employ and train the best - dedicated, motivated, fun and caring staff.
- Full board accommodation, insurance and all equipment is included.
- We are fully bonded members of ABTA, guaranteeing protection.
- All our centres are fully certified with an LOTC Badge
- Our team is dedicated to improving the development and learning of children.



National Curriculum Coverage

Our programmes are linked to the Key Stages 2, 3 and 4 of the National Curriculum.
Our standard Action and Adventure programme offers the opportunity to cover aspects of:

- PE
- PSHE
- Literacy
- Science
- Geography
- Citizenship
- Design & Technology
- Maths

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begin...*





Safety Is Our Top Priority

- All of our centres are Health and Safety compliant.
- Our Safety Management System has been externally inspected and verified.
- First-Aid Kits are taken on all activity sessions.
- Centre Activity Managers hold the Emergency First Aid at Work Accreditation.
- Daily safety and equipment checks are carried out
- Thorough Risk Assessments have been conducted.
- *Highfield also complete our own risk assessment.*
- All staff are DBS checked.

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begin...



Governing Bodies and Accreditations

JCA are governed by, affiliated to and accredited with:

- British Activity Providers Association (BAPA)
- Registered Body with the Disclosure and Barring Service (DBS)
- Institute for Outdoor Learning (IOL)
- Association of British Travel Agents (ABTA)
- Learning Outside the Classroom (LOtC)
- Adventure Mark (AAIAC)
- Investor in People



What Your Trip Will Include

- Full board accommodation
- Full activity programme
- Evening activities programme
- Dedicated multi-trained instructors for the duration of your trip, helping students to reach their full potential through trust and support



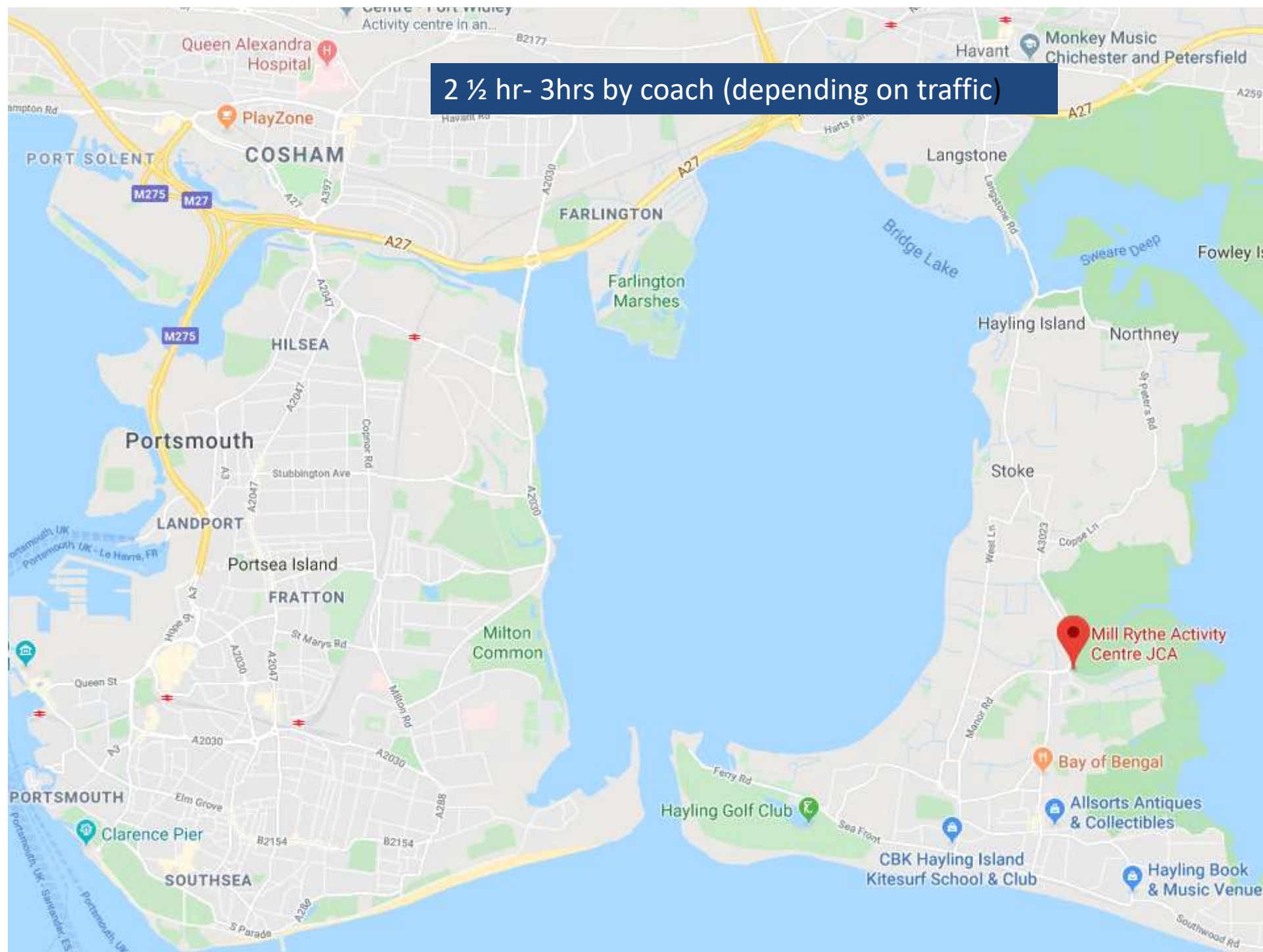


Mill Rythe

The Mill Rythe activity village is situated on Hayling Island, Hampshire, against the backdrop of extensive panoramas looking out to Chichester Harbour. The stunning location is perfect for a waterside adventure with over three miles of beautiful Blue Flag beaches. Mill Rythe awaits your group as they embark on their JCA adventure.



2 ½ hr- 3hrs by coach (depending on traffic)



What's at Mill Rythe?



All Weather Sports Pitch



Outdoor Pool



Beach Walk



Water Sports Lake



Waitress and self-service restaurant



Climbing Tower

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Accommodation

Chalet style accommodation with one or two bedrooms accommodating up to five people, all of which have been completely refurbished. Within the chalets we provide en-suite bath or shower rooms with WC, colour televisions and heating. Tea and coffee making facilities are provided for adults.



JCA Let the adventure
begin...



Activities

A complete list of activities to choose from at Mill Rythe can also be found on our website:

- Abseiling
- Archery
- Beach Walk
- Buggy Building
- Campfire
- Circus Skills
- Climbing
- Dance Mania
- Disco
- Fencing
- High Ropes
- Initiative Exercises
- Mini Olympics
- Orienteering
- Pool Snorkelling
- Raft Building
- Rocket Launch
- Sensory Trail
- Sit on top Kayaking
- Survival
- Team Challenge
- Wet and Wacky

Activities



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begin...



Sample Itinerary

An Example itinerary has been outlined to show how we structure your stay. You will be able to choose your activity preferences and an individual programme will be created to suit your needs.

	Morning		Afternoon		Evening
Sessions	1	2	3	4	5
Monday	Travel to Mill Rythe		Intro Tour	Abseiling	Run around quiz
Tuesday	Beach Walk/games		Climbing	Dance Mania	Camp Fire
Wednesday	Archery	Snorkelling	Fencing	Mini Olympics	Busted
Thursday	Initiative Exercises	Buggy Building	Raft Building	Orienteering	Disco
Friday	Team Challenge		Travel back to school		

Highfield Itinerary

- We leave around 9:15 Monday morning
- Children come to school as normal with suitcases and any medication
- Travel to Mill Rytte, approximately 3 ½ hours including stop at service station.
- Please send your child with a packed lunch.
- First activities Monday afternoon
- Friday morning, pack and leave after lunch. We aim to be back for around 4pm (updates will be sent out throughout the afternoon)

The questions your children asked:

- Do we wear school uniform? – No
- Can we bring money? Yes, but you do not need to (we will not leave the site all week and the shop just sells expensive sweets)
- Can we bring a camera? Yes, but it is your responsibility (bring disposable cameras)
- Can we bring our phone? – NO (we suggest that you write a letter to your child and give it to the teachers or post beforehand)
- Can we bring sweets? Yes, but be aware that chocolate may not survive the coach journey.

Questions continued

- Can we bring our own medicine? All medicine **must** be handed into the teachers on Monday morning before the children leave. A medical form will be sent out before the trip.
- Do we need to bring our own sheets, bedding? No, but bring your own toiletries and towels.
- Can we bring our teddies? Of course!

Sample Kit List:

Item	Number of Items	Packed at home	Packed at centre
Clothes			
Night wear			
Underwear			
Pairs of socks (including plenty of spares)			
Trousers (It is important that the students do not wear jeans whilst doing the activities for safety and comfort reasons)			
Shorts			
T-Shirts			
Long sleeved top for archery			
Jumper/sweatshirt/fleece			
Waterproof jacket/anorak			
Waterproof trousers or trousers that can get muddy			
Disco clothes			
Towels			
Swimwear			
Trainers or other substantial footwear, plus extra to get wet/dirty			

Toiletries			
Toothbrush			
Toothpaste			
Sponge/facecloth			
Soap / Shower gel			
Hair products i.e. shampoo/conditioner			
Hair ties (for long hair)			
Sun cream			

Other			
Sunglasses			
Book/magazine to read			
Water bottle			
Gloves/hat/cap			
Camera			
Small Torch			



See You Soon!

From all of us at JCA we hope you enjoy your trip and look forward to seeing you at Mill Rythe...



"...we've had a phenomenal time thanks to everyone at JCA. The children have taken away memories that will last a lifetime..."

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