



We are an outdoor activity centre dedicated to engaging young minds with the great outdoors. Our activity residential trips help to enhance relationships between pupils and their teachers, whilst increasing motivation, self-confidence and engagement.

Educational school trips provide powerful learning opportunities for children and young people of all ages and abilities.

Benefits:

- Improve attainment back in school
- Foster enjoyment of learning
- Enhance relationships with staff and peers
- Create opportunities to develop leadership skills



Welcome to Year 4's Information Evening



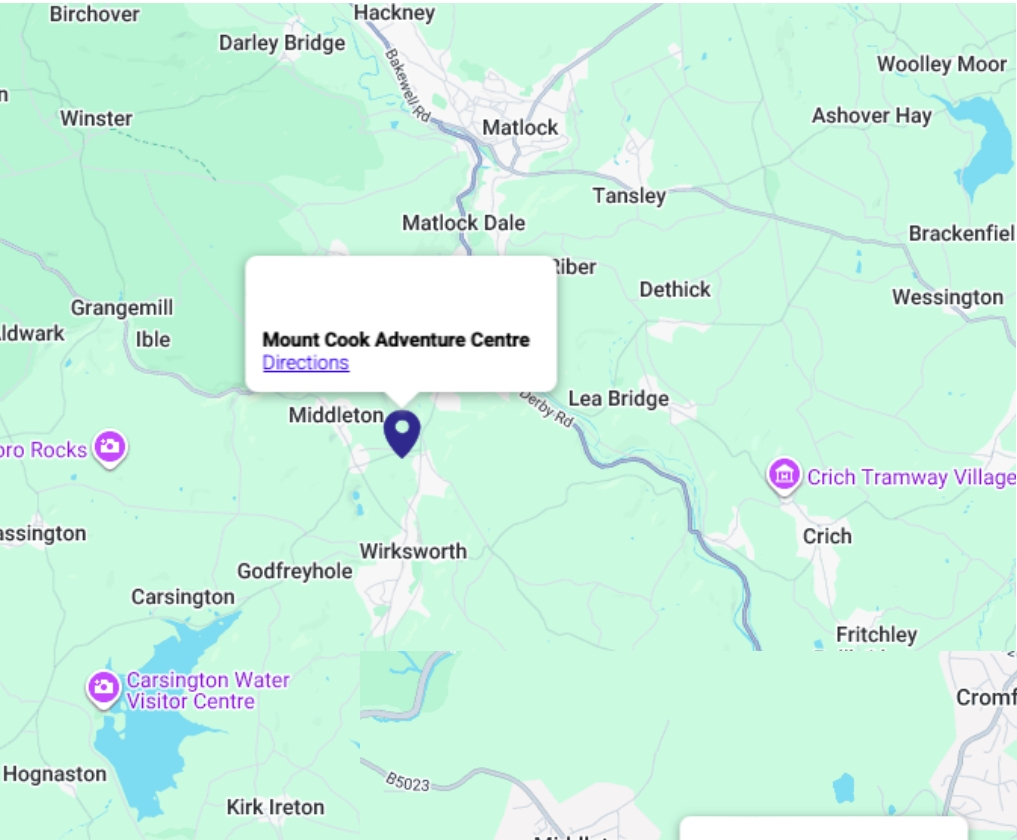
- May 2026 residential to Mount Cook Adventure Centre, Derbyshire



- Multiplication Tables Check in June 2026



-highest level of accreditation
for outdoor centres in the UK.



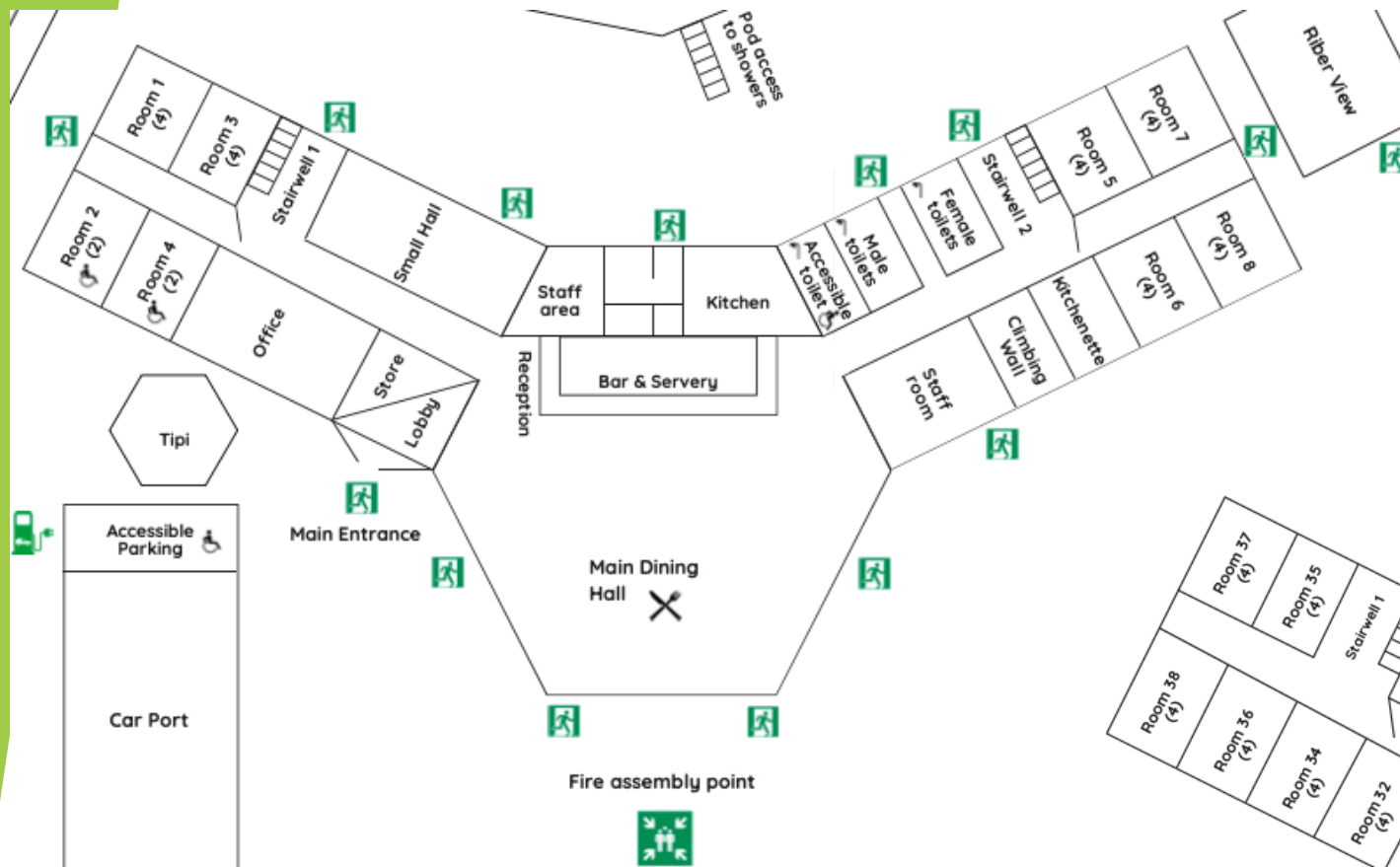
Porter Ln, Middleton, Matlock DE4 4LS

Mount Cook Adventure Centre, address

Contact us
629 823 702

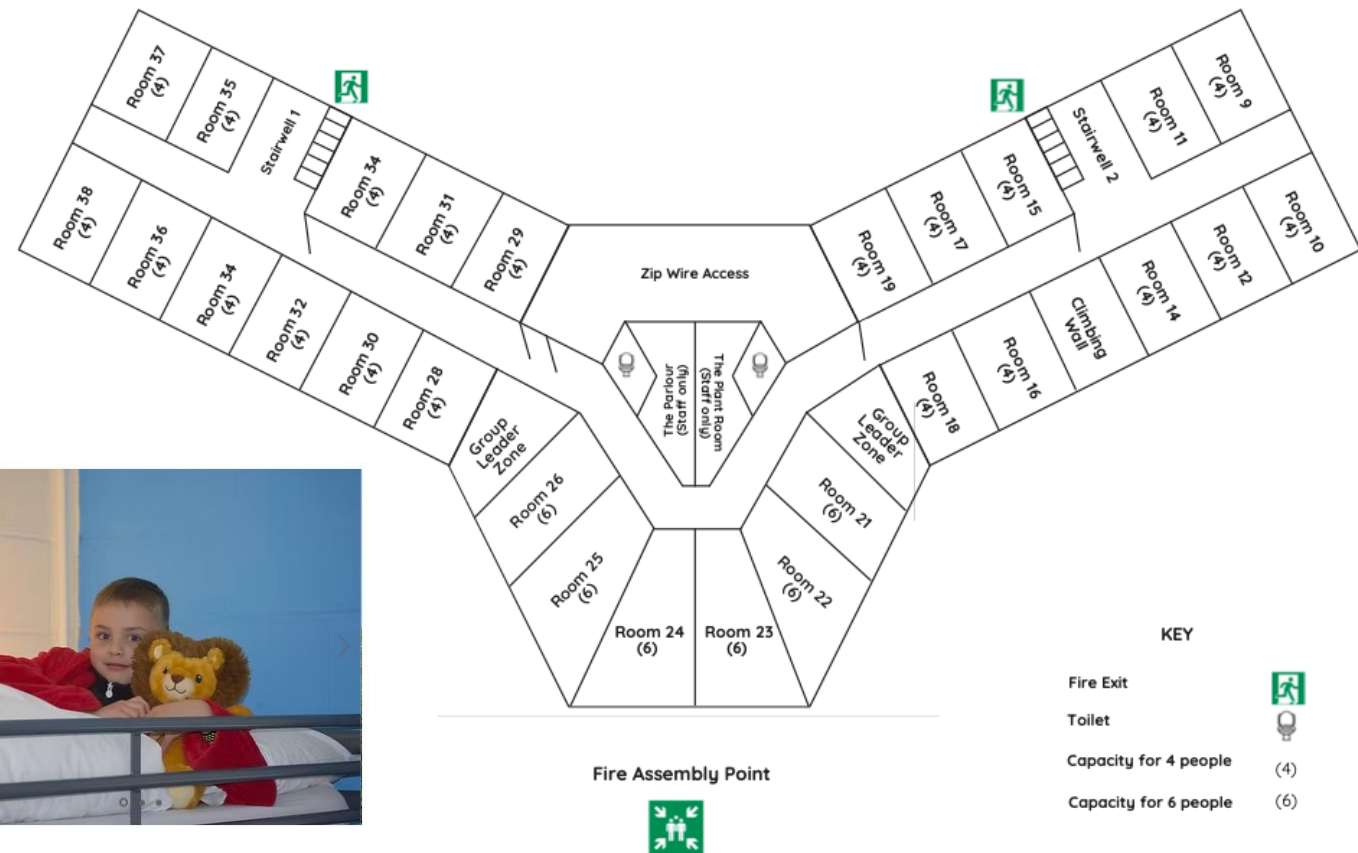
Centre staff have
enhanced DBS checks.





First aid trained member of staff is on site overnight.

First Floor



ACCOMMODATION



Indoor bedrooms

- 4 - 6 people per room
- Toilet, sink & shower in each
- 2 accessible rooms available

Pillows, duvets and bedlinen provided.
Bring your own towel.



KEY

- Fire Exit 
- Toilet 
- Capacity for 4 people (4)
- Capacity for 6 people (6)

Menu



Contact us
01629 823 702

We cater for most dietary requirements when informed in advance, including **vegan, gluten free and halal.**

Chicken with Italian tomato sauce
or
Vegetable lasagne
served with chips, peas & sweetcorn

Apple crumble with custard
or yogurt & fresh fruit

Beef bolognaise
or
Vegetarian bolognaise
served with garlic bread

Chocolate fudge cake or yogurt
& fresh fruit

Margherita pizza
or
Battered fish
served with chips & mushy peas

Sticky toffee pudding & custard
or yogurt & fresh fruit

nut free site

use of colour-coded trays

Bacon, sausages, hash browns, eggs and baked beans
&
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter & honey

Floured bap
Choose your own filling:
Ham, chicken, cheese, tuna mayo, beef or chickpea pesto spread
Crisps, fresh fruit, & sweet treat





AD 43 - AD 410

Our Roman Invader options:

- Roman soldier training
- Archery and Throwing and Siege
- Labours of Hercules
- Archaeology dig and bushcraft
- Cart building and manufacture
- Roman camp fire

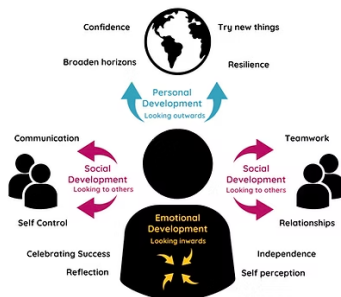
THEORY OF CHANGE

We are committed to developing young minds through access to the outdoors. We evidence this through our own "Theory of Change" model.

We have identified the following areas as important to young peoples personal development:

- Resilience & Self Confidence
- Teamwork & Cohesion
- Independence & Self-reflection

We expect our residential to help improve these traits and create strong character.



Activity instructors have first aid training.



Kit List



- backpack
- waterproof coat
- waterproof trousers
- wellies/boots
- fleece/warm jacket
- reusable water bottle
- 1 x book
- *optional* teddy
- 1 x underwear and socks
- 1 x pyjamas
- indoor shoes
- 1 change of clothing e.g. trousers, t-shirt, jumper, trainers - *just in case!*
- 1 x small towel
- small soap or facial wash
- toothpaste and toothbrush (not electric)
- brush/comb
- sun cream
- medication to be given to teachers



Day 1

- pre-visit activities at school (and morning snack)
- set off mid-morning and arrive at Mount Cook at midday
- eat own packed lunch
- activity 1
- evening meal
- activity 2
- bedtime

Day 2

- breakfast
- activity 3
- lunch
- depart from Mount Cook at midday and arrive at Five Ways by mid-afternoon
- post-visit activities at school
- normal home time at 3:30pm

Multiplication tables check:
information for parents



The Multiplication Tables Check

Do you have a child in year 4 at primary school?

If so, your child will be participating in the multiplication tables check (MTC) in June.

The purpose of the check is to determine whether your child can fluently recall their times tables up to 12, which is essential for future success in mathematics. It will also help your child's school to identify if your child may need additional support.

What is the multiplication tables check?

It is an on-screen check consisting of 25 times table questions. Your child will be able to answer 3 practice questions before taking the actual check. They will then have 6 seconds to answer each question. On average, the check should take no longer than 5 minutes to complete.

What if my child cannot access the check?

There are several access arrangements available for the check, which can be used to support pupils with specific needs. Your child's teacher will ensure that the access arrangements are appropriate for your child before they take the check in June.

Will I receive feedback on my child's check?

Yes. Your child's teacher will share your child's score with you. There is no pass mark for the check.

MTC check dates:
between 1st and 12th
June 2026

[Link to government information leaflet for parents](#)

10 × 10 =

1 × 12 =

1	2	3
4	5	6
7	8	9
	0	Enter



Where will the check be administered?

- in our classrooms or office spaces with the class teacher
- seating arrangements will allow all children to work quietly and independently
- adult : pupil ratios will ensure all children have access to any support they may need

Devices and input methods



- schools are encouraged to use the 'try it out' method to establish which input method is best suited for each pupil, based on knowledge of individual needs
- desktops, laptops, tablets - Chromebooks or tablets
- keyboard, touchscreen or mouse - keyboard or touchscreen
- based on normal classroom practice
- all children will be familiar with their device and input method ahead of the checks - the 'try it out' check (actual check format) will be used with all pupils from April 2026

Individual access arrangements can include ...

- changing the colour contrast (black on white to blue on cream, black on blue/peach etc)
- increased or decreased font size
- change the standard 3 second pause between questions to use of 'Next' button - 30 minute limit remains
- audio version to support visual or processing needs - reads all instructions and questions
- audible timer alert to support visual needs
- input assistant - answers dictated by pupil, entered by adult
- can have multiple access arrangements
- can practice using access arrangements on the 'try it out' check before the official MTC

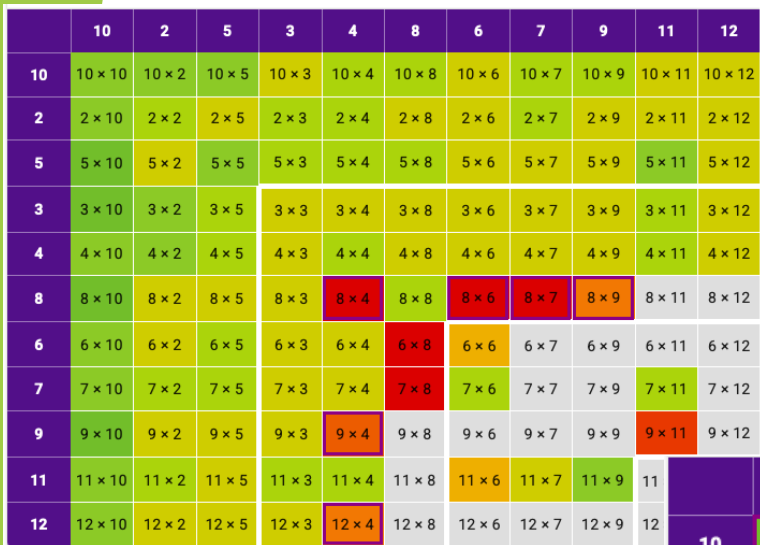


MTC PREP SCHEDULE			
SEPTEMBER	GARAGE (mins per week) 21	21 minutes a week is the magic number for achieving top MTC scores.	
OCTOBER	GARAGE (mins per week) 21	AUTUMN OUMTC*	
NOVEMBER & DECEMBER	GARAGE (mins per week) 21		
JANUARY & FEBRUARY	SOUNDCHECK (games per week) 3	GARAGE (mins per week) 18	SPRING OUMTC*
MARCH	SOUNDCHECK (games per week) 5	GARAGE (mins per week) 16	
APRIL	SOUNDCHECK (games per week) 3	STUDIO (games per week) 3	GARAGE (mins per week) 15
MAY	SOUNDCHECK (games per week) 6	STUDIO (games per week) 15	SUMMER OUMTC*
JUNE	SOUNDCHECK (games per week) 21	*The OUMTC is our own mini MTC and it is in semi test conditions. It will give you a good idea of how your students will perform on the real thing. Take part in three OUMTCs throughout the year to give you a baseline, benchmark and time to respond to the results	

What is the Officially Unofficial MTC (OUMTC)?

OUMTCs are termly, mini mock MTCs run by Times Tables Rock Stars, which enable your students to practise in semi test conditions.





The colours on this page relate to the speed shown in this table:



SOUNDHECK

BEAT THE CLOCK

ANSWER EACH QUESTION BEFORE THE TIMER RUNS OUT



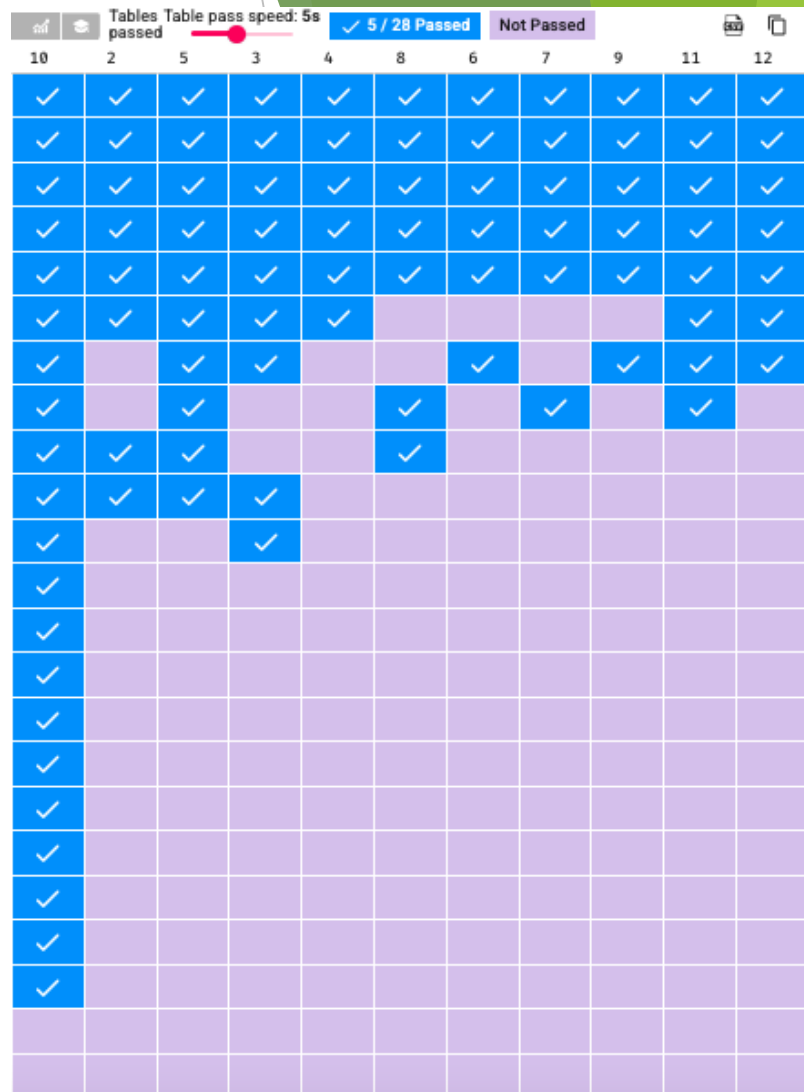


25 QUESTIONS, 6 SECONDS EACH



× QUESTIONS ONLY UP TO 12 × 12

	10	2	5	3	4	8	6	7	9	11	12
10	10 × 10	10 × 2	10 × 5	10 × 3	10 × 4	10 × 8	10 × 6	10 × 7	10 × 9	10 × 11	10 × 12
2	2 × 10	2 × 2	2 × 5	2 × 3	2 × 4	2 × 8	2 × 6	2 × 7	2 × 9	2 × 11	2 × 12
5	5 × 10	5 × 2	5 × 5	5 × 3	5 × 4	5 × 8	5 × 6	5 × 7	5 × 9	5 × 11	5 × 12
3	3 × 10	3 × 2	3 × 5	3 × 3	3 × 4	3 × 8	3 × 6	3 × 7	3 × 9	3 × 11	3 × 12
4	4 × 10	4 × 2	4 × 5	4 × 3	4 × 4	4 × 8	4 × 6	4 × 7	4 × 9	4 × 11	4 × 12
8	8 × 10	8 × 2	8 × 5	8 × 3	8 × 4	8 × 8	8 × 6	8 × 7	8 × 9	8 × 11	8 × 12
6	6 × 10	6 × 2	6 × 5	6 × 3	6 × 4	6 × 8	6 × 6	6 × 7	6 × 9	6 × 11	6 × 12
7	7 × 10	7 × 2	7 × 5	7 × 3	7 × 4	7 × 8	7 × 6	7 × 7	7 × 9	7 × 11	7 × 12
9	9 × 10	9 × 2	9 × 5	9 × 3	9 × 4	9 × 8	9 × 6	9 × 7	9 × 9	9 × 11	9 × 12
11	11 × 10	11 × 2	11 × 5	11 × 3	11 × 4	11 × 8	11 × 6	11 × 7	11 × 9	11 × 11	11 × 12
12	12 × 10	12 × 2	12 × 5	12 × 3	12 × 4	12 × 8	12 × 6	12 × 7	12 × 9	12 × 11	12 × 12



Thank you for attending Year 4's Information Evening



- May 2026 residential to Mount Cook Adventure Centre, Derbyshire



- Multiplication Tables Check in June 2026