

# **Rhos Y Gwaliau**

## **Sunday 12<sup>th</sup> – Saturday 18<sup>th</sup>**

### **March 2023**



# Members of Staff

- Miss Hodge (Party Leader)
- Mr Dillon
- Miss Davis
- Mr O'Brien
- Miss Kaye

# Communication during trip

- Website for updates of visit
- Emergency from trip - contact school – parent text
- Emergency from parent – contact school – school contact adult on trip.
- Parent Text Messaging for travel details on the way back
- No phone calls home – no mobile phones

# Transport

- Hall 9.00 report class teacher
- Leave case at front of school – next to coach
- Bring to hall: Back pack containing: pack lunch, water bottle with drink, activities for journey, medication and signed form
- Leave 9.30
- Arrive back around 3.30 19<sup>th</sup> March

# Pocket Money

- None required – nothing to buy

# Meals

- Very good variety
- Good portions – seconds sometimes available
- Encourage children to try what is available
- If children do not eat certain foods ON **MEDICAL GROUNDS, lifestyle choice** or for **Religious reasons** need to fill in form and return NOW



# Programme

- Variety of activities:

Physical activities

Water

Evening Entertainment







# Using the River





# Staff

- Work in groups of about 10/12
- Birch Hill Staff will accompany children
- Residential Staff fully trained and insured (DBS checks)
- Good security – safe.



# Personal Belongings

- Advice – don't take it
- Jewellery at own risk
- Mobile phones, i-watches, tablets, any electrical equipment **not allowed.**
- Disposable Camera

# Accommodation

- Dormitories
- Girls and boys separate
- Birch Hill Staff very close
- Children get a chance to choose 2 friends for day group and dormitory (discuss this with them)
- Don't forget fitted sheet, pillowcase and duvet cover







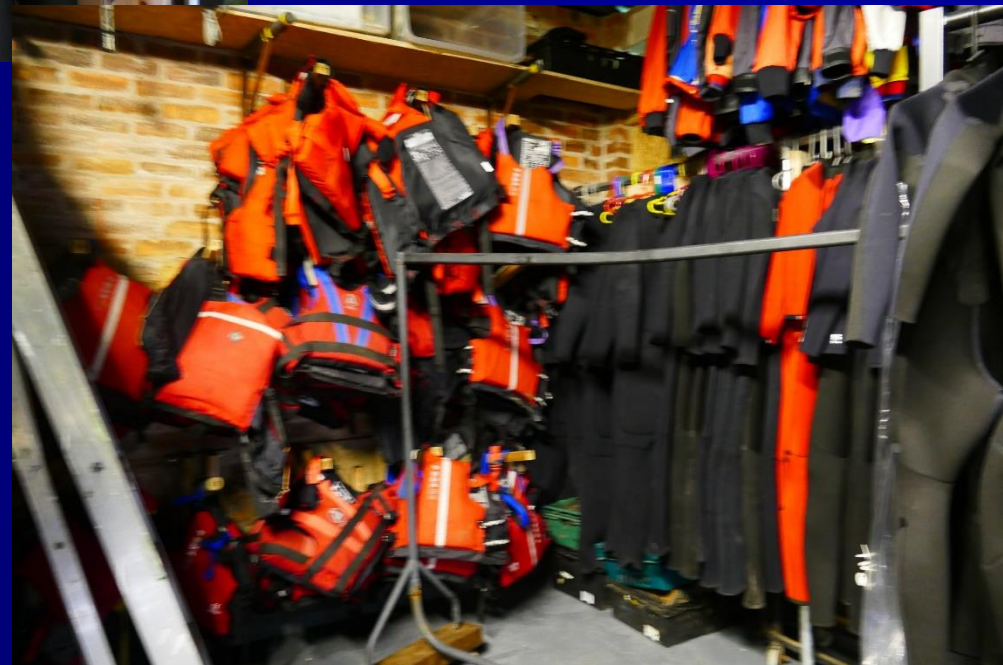


# What to Pack

- Kit list in booklet
- **Layers** – synthetic material is better than cotton (includes tracksuits)
- Need **long sleeve tops** (lots) – most activities need them
- **Socks** – walking socks (one pair for every day) and **long socks** (for underneath and evening) **NOT TRAINER SOCKS**
- Shoes – **couple of pairs of trainers** (ones you don't mind getting wet!) and indoor shoes/slippers
- A soft toy encouraged!

# What is included in price

- Waterproof Jacket and Trousers
- Walking Shoes
- Two windproof fleeces
- Rucksack
- Wetsuits





# Code of Conduct

- Important that we all enjoy ourselves
- Different atmosphere
- Inside buildings – indoor shoes, noise levels, curfews, respect ...
- Outside buildings – boundaries...
- Please sign agreement with your child

# Medical Notification Form

- Needs to be filled in and given with medication to group leader **on the day**
- Don't forget inhalers, hay fever tablets, travel sickness tablets paracetamol etc.
- Can't give medication if no permission
- Children to carry inhalers at all times - Instructors check

# Dietary Information

- Only use form if **medical** condition, **lifestyle** choice or **Religious** reasons.
- Please encourage children to try foods

# Don't Worry

- We will be having fun!

