

WELCOME

The purpose of the second part of this evening's talk is to give parents an overview of the trip to Rhos – y – Gwaliau Outdoor Education Centre.

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Rhos -y- Gwaliau

The school trip of a lifetime!

For many children, the school journey will be the first time children have been away from their family for a significant time.

The week is designed to be full of exciting challenges for pupils.

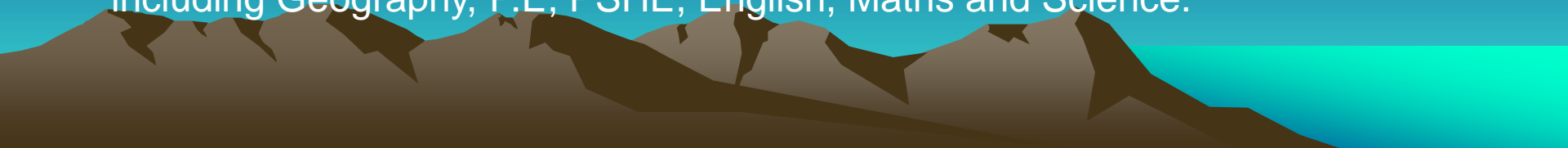
It is an excellent opportunity for them to grow in independence, and to develop personal social skills, cooperation and teamwork.

The trip to RYG offers children a wide range of activities.

During the week, they will be:

- **Rock Climbing**
- **Exploring slate mines**
- **Gorge Walking**
- **Mountain Walking**
- **Map reading and Orienteering**
- **Problem Solving**
- **Canoeing**

During these activities, they will be covering aspects of the National Curriculum including Geography, P.E, PSHE, English, Maths and Science.



Sun	Travel	Arrive and welcome Briefing/kit issue	Local walk
Mon	Group Activity – Mountain Hike		Swimming at local leisure centre
Tue	Group Activity – Canoeing and Gorge Walk		Lego Team Challenge
Wed	Group Activity – Mine exploration		Orienteering around the centre
Thu	Group Activity – Rock Scrambling at beach		Quiz Night
Fri	Map Reading Walk	Kit clean and return	Film and Feast Night
Sat	Tidy Centre and depart 10 am	Travel Home and return approx. 3.30pm	



Food

Breakfast – All you can eat cereal, toast, fruit, yogurts, tea, water, juice

Lunch – Large roll filled by children (ham, chicken, beef, tuna, cheese, salad...), fruit, homemade cake/snack bar.

Dinners – Homemade soup

- Lasagne, fish and chips, roast chicken/beef, chillie con carne, lots of vegetables... pizza on the final evening.
- Homemade cakes, fruit crumbles, ice cream...

Evening – Hot chocolate

If your child has a special dietary requirement, please let teachers know and record on the child's details sheet. The chef at the centre makes everything fresh and will cater for any needs as required (including fussy eaters).

ED JONES – Centre director

BSc Hons. Earth Sciences, Plymouth University

P.G.C.E. Geography and Science

Mountain Leader Award Summer

Mountain Leader Award Winter (Training)

Single Pitch Award

B.C.U. level 4 Coach Inland

B.C.U. level 4 Coach Sea

N.C.A. Local Mine Leader Award Level 2

B.C.F. Mountain Bike Leaders Award

R.E.C. First Aid



PERSONAL EQUIPMENT LIST

- The Centre will issue the following items to all pupils for the week:
- WATERPROOF CAGOULE
- FLEECE JUMPER
- SWEATSHIRT
- WATERPROOF TROUSERS
- WALKING BOOTS
- WELLY BOOTS
- LARGE BACK PACK
- BALACLAVA
- (WATERPROOF GLOVES ARE AVAILABLE IF NEEDED)
- Other items of equipment for the specialist activities programmed will be issued on a daily basis as appropriate.
- **PLEASE DO NOT GO OUT AND SPEND MONEY ON THESE ITEMS AS THE CENTRE'S EQUIPMENT IS VERY GOOD.**



PERSONAL EQUIPMENT LIST

- The following items should be packed by pupils for the week:
 - Fitted sheet, duvet cover and 1 pillowcase
 - One/Two changes of casual clothes for wearing around the centre in the evenings
 - Slippers or indoor shoes (clean trainers are fine)
 - Night clothes.
 - Toiletries in a bag.
 - Two towels (one for showering and one for swimming)
 - Sufficient change of underwear/socks (7 days plus a couple of extras)
 - Two or Three Warm jumpers.
 - At least Two Tracksuit bottoms or loose trousers (not denim as this can rub).
 - Two/Three T-shirts/vests.
 - Two/Three Thick walking socks.
 - Two long sleeved shirts.
 - Swimwear.
 - Old pair of trainers for outdoor use.
 - Woolly hat.
 - Windproof gloves (These can be borrowed from the centre if needed)
- Lunch Box
- Flask for hot drink – unbreakable. **Glass flasks do not survive this experience!**
- Torch and spare batteries for outside use.
- 2 large plastic bags for laundry.
- **ALL ITEMS MUST BE CLEARLY NAMED**
- **Valuables should be left at home. Cameras should be inexpensive or preferably disposable. NO MOBILE PHONES, MP3 players or similar devices.**

Participants should not go to undue expense to provide new clothing – old but warm (even jumble sale) clothing will be fine.

Other things to bring...

- Money – Swimming money (Amount will be around £2.50)
- - Souvenir money (no more than £10)
- - All to be in a named purse/wallet and handed to teacher on morning of trip.
- - Hoodies/T-shirts can be ordered by emailing the centre and children can collect them once there.
- Medication – Record details on medical forms.
- - Label with name and hand to teacher on morning of trip.
- Stamp and envelope with home address

Rhos projects

- After the trip, the children will complete a project about their week away. This will take the place of learning log work.
- Whilst we are away, children complete diaries every night - the more detail they put in, the better their projects will be.
- Letters – We encourage children and parents to send one letter for the week.



Most importantly...

- The children enjoy this trip and get a great deal of learning, confidence and maturity from it!
- A once in a life time experience!

