

Year 5/6

Residential Visit



Snowdonia

North Wales

16th to 20th March 2020

General Information

- 1) **Road Safety**

Visits to the various activities may mean the children having to cross or walk down short stretches of country roads. We ask that the children be alert at all times and use the Green Cross Code.

The coach and minibuses used are fitted with seatbelts.

2) Tidy Rooms!

The children are expected to keep their rooms tidy at all times. There will be a daily inspection and points will be awarded towards a prize at the end of the week for the best room. Extra points can be awarded for initiative, remembering a specific example, extra politeness and helpfulness etc.

3) Medicine

Any tablets, medicines or inhalers, including travel sickness tablets, must be put into a bag or an envelope with written instructions, including the child's name, the dosage, times etc. Travel sickness tablets for the journey to Wales must be given by the parents before departure. All medicines should be handed into a member of staff before we set off. It would be useful if spare inhalers could be taken with us. Each parent needs to fill in and sign an Emergency Information form before we go. Please let us know of any medical conditions, so we can be prepared.

4) Equipment

Each child needs to bring a small rucksack/ backpack to use during the week - just large enough to carry their packed lunch and water bottle each day. The children should pack their lunch, pocket money and any books, travel games for the journey etc into their rucksack on the Monday.

At the centre, each child will be issued with a set of waterproofs if you not provided these from home. It is the child's responsibility to look after these for the rest of the week. The children will be responsible for leaving their cloakroom clean and tidy, with the correct equipment in the correct place.

The children will be responsible for clearing up any litter created in the centre, coach or minibus.

5) Food and Meal Times

The dining room is restricted in space and the children will be expected to behave considerately to their surroundings, each other and the kitchen staff. The food is of a very high standard, with ample portions. We would expect the children to eat well at meal times, as they will need the energy and warmth for the fresh air and activities. Please do not pack cakes, sweets or biscuits. There is a tuck shop at the centre where the children can buy a chocolate bar or packet of sweets.

Sweets are not allowed on the coach, unless in the case of travel sickness, then a member of staff will give out boiled sweets.

Your child will need a complete packed lunch for the Monday, including a drink. Could you please pack their lunch in a disposable wrapper, a large

plastic lunchbox is rather cumbersome and not needed the rest of the week. No glass or cans please. Drinks for packed lunches during the week will be provided, but please supply a water bottle.

If your child has any special/medical dietary requirements, please make sure this is indicated on the Emergency Information Sheet. This does not include general dislikes!

6) **Clothing and Property**

Please read the accompanying kit list very carefully. It is not necessary to go out and buy expensive new clothing, old, warm clothing that does not spoil for getting slightly muddy is the best. Waterproofs are provided. **All items on the list are essential.** A warm child is a happy child. Dads watch out for your socks!

All your child's clothing must be **clearly labelled** - it is amazing how similar 40 pairs of black tracksuit bottoms look!

There is a drying room, which can be used if necessary.

7) **Pocket Money**

The only place where the children have a chance to spend any pocket money is in the tuck shop at the youth hostel. We therefore limit spending money to £10.00, and the children are responsible for looking after themselves. Please could you make sure that the money is in pound coins or smaller denominations. Change is very difficult to come by at the hostel. The hostel does sell a selection of reasonably priced souvenirs.

8) **Electronic Games/Toys/phones**

Due to the nature of the activities and the ethos behind the visit, electronic games and phones etc must not be taken. Any items of this nature will be taken away from the children and will not be returned until we get home. Children are allowed to bring and wear activity trackers but it is their own responsibility to look after them and charge them if necessary.

9) **Cameras**

Cameras may be taken but they are the complete responsibility of the child (including the loading of films). We strongly recommend the disposable variety and please make sure that you name any camera.

Kit List

The hostel is situated in a valley where the wind can be very harsh. The children need to put on several layers of clothing.

- 3 layers on the top + a THICK coat + waterproof top

- 2 layers on the bottom + waterproof bottoms
- 2 layers of THICK socks.

All items on the following kit list are ESSENTIAL. This is a minimal requirement NOT a suggestion.

3 pairs trousers (Not jeans - tracksuits or thick leggings are ideal).

N.B Jeans will be allowed in the centre at night if you do not have a replacement. They will not be allowed outside.

3 Sweaters/Fleece Jumpers
 3 Long Sleeve Shirts
 3 T Shirts
 3 Pairs of Thick Warm Socks
 Pyjamas/Nightdress/Nightshirt
 Dressing Gown
 Slippers
 Under Clothes (Clean change everyday + spares)
 2 Large Towels
 Toothbrush and Toothpaste
 Tissues/Handkerchiefs
 Complete Change of Indoor Clothing
 Wash kit – shampoo & shower gel
 Only **one** Thick Warm Coat
 Warm Hat
 Warm Scarf
 Warm Mittens/Gloves
 *Wellington Boots
 Walking boots
 Trainers
 Stout Shoes if possible
 3 Large Dustbin Liners
 1 stamp for postcard
 Water bottle + packed lunch for Monday!

*Please do not pack wellingtons in the suitcase. They need to be in a separate carrier bag with your child's name on it.

ALL KIT MUST BE CLEARLY NAMED and please only send for what we ask for!

Lip balm is not essential but may help your child feel more comfortable if the wind is cold.

Location

Deep in the beautiful mountain scenery of North Wales, YHA Snowdon Llanberis is located on the doorstep of Snowdonia National Park.

All risk assessments have been carried out and submitted to the Local

Authority and the visit has been approved by the County Outdoor Adviser and the Academy Trust.

Information during the visit

A member of staff will contact the school when we arrive at the centre, and then every day with updates on activities. The school will pass on these messages via our school website, Twitter and Facebook.

Children will not have access to a phone to contact home during the week. However if we felt the need to contact a parent, a member of staff would of course do so at the earliest opportunity.



Activities

Due to the nature of the Welsh weather a fixed timetable is very difficult to prepare. However, the activities will be drawn from;

Hill Walking

*Climbing

*Abseiling

Problem Solving

Orienteering

Map and Compass Skills

Archery

Canoeing

Bushcraft

*We will not force any child to do an adventurous activity if they are totally set against it. However, we will strongly encourage them to have a go!

Activities are led by highly trained instructors from 'Safe and Sound Outdoors', who have been supporting our annual visit to Wales since 2008. Safe and Sound Outdoors is a trading name of Safe and Sound Outdoors (2007) Ltd which in addition to providing Outdoor Experiences for individuals and school groups, also provides outdoor education for challenging Young People. They provide high quality outdoor activities in a range of subjects. They are registered with AALA who oversee all of the activities delivered to under 18's. They also subscribe to IOL and have an LOTC quality badge.

