

**RHOS-Y-GWALIAU TRIP 2024**  
**Sunday 10<sup>th</sup> November – Saturday 16<sup>th</sup> November**

**INFORMATION FOR PARENTS**

**All Saints' School staff leader: Mr Parkin**

**Date and Time of Departure**

Please arrive at school at **09:00 a.m.** on Sunday **10<sup>th</sup> November 2024**.  
We need to register the children, check medicines and leave at **09:30a.m.**

**Luggage**

Pack everything into **one** suitcase or large holdall. Your child will need to re-pack everything back into their bag at the end of the trip so please ensure that packing at home is done together. Children sometimes don't know what clothing they have brought and it is also vital they learn the best way to get everything *back* into their bags. **NO AEROSOLS** please, this can set off the fire alarms in the centre.

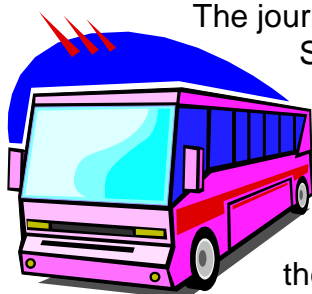


The children should be able to carry their cases a short way up some stairs to the dormitories.

**Please label all their clothes** as children frequently cannot identify their own 'navy blue' joggers etc.

**The Coach Journey**

The journey takes about 5 hours so your child needs to wear comfortable clothing. School uniform is not required.



Do not give your child bags of sweets for the bus trip. Five hours is a long time to be hyperactive and/ or sickly in a bus....

If your child is likely to suffer from travel sickness, please ensure that they have taken their medication before the journey.

**Lunch Stop**

We will have one toilet stop and then a lunch stop. The children must bring a **packed lunch** with a drink (no fizzy drinks or glass containers). Lunch will be eaten at a service station where the children will also be taken to use the toilets. They do not require any money.

**Time of Arrival at Rhos-y-Gwaliau**

We expect to arrive at the Centre a little after **2.30 p.m** though this may change depending on the traffic. **In order to let you know that your child has arrived safely we will inform Mr Mckrell and update on SeeSaw/website and text message.** This will be repeated at the end of the trip to let you know our estimated time of arrival back at All Saints'.

**On Arrival**

The children will be greeted at the entrance to the Centre by the staff then shown to their dormitories and given a short time to settle in and unpack. After this the Centre staff will go through the "Rules and Routines" and outline the details of the week's activities.

Each child will then be issued with their outdoor equipment for the week which they will be expected to look after – putting it away correctly at the end of the day's activities.

Please do come into school and speak to us if you have any concerns about your child and the trip.

## Activities

- Gorge Walking, Canoeing
- Mountain Hike
- Mine Exploration
- Hill Trail
- Orienteering
- Ropes course/ Zip Wire
- Beach/ Rock Scrambling (weather dependent)
- Via Ferrata

## Daily Time Table

7.30 am	Wake up, wash, get dressed and then tidy the dormitories (inspection!)
8.00 am	Breakfast
8:30 am	Make and pack own lunches – with staff supervision
8.45 am	Centre duties and weather station readings
9.15 am	Morning briefing
9.30 am	Activities
4.30 – 5.00 pm	End of activities - showers and hanging kit in drying rooms
5.30 pm	Evening meal
6.30 -7 pm	Personal time (time for completing diaries, writing postcards etc)
7 pm	Evening activities
8.30 pm	Supper time – drink and reflecting on the day!
9 pm	Bedtime
9.30 pm	Lights out

## Food

The meals at the Centre are very good and there is plenty to keep your child well fed. Children will not be allowed to have any other food so please do not pack any sweets or snacks. They are **not allowed midnight feasts** as it is important for their safety and well-being that they all get a good night's sleep.

For their packed lunch during the trip they will need hard Tupperware (please do not use soft lunch bags as they will be damaged).



## Pocket Money

The Centre has a little shop selling cheap souvenirs and postcards. This is the only place the children will be able to buy things. If you wish, your child can take up to £5.00 to spend in the shop on the last night. The children are responsible for their money and it is advisable that they have a small wallet/purse to keep in their case. Adults will not be responsible for loss of money.

## Medication and Medical concerns

If your child needs to take any medication whilst we are away please provide detailed instructions with the medicines and hand them to the designated adults on the day of departure. **This includes travel sickness pills for the return journey.**

Also it is important that we know whether your child has any problems in the night – eg. sleep walking, “night-time accidents” etc so that we are prepared.

## Behaviour

Children are representatives of All Saints' Junior School and will be expected to work together, be considerate and polite at all times. Listening carefully and following instructions is also vitally important.

It is essential that everyone gets a good night's sleep each night as tiredness causes irritability, can jeopardise activities and be a safety concern. **Inappropriate behaviour, particularly at night, will not be tolerated.** If the behaviour of a child becomes totally unacceptable, parents will be phoned and asked to come and collect the child at their own expense.

### **Missing me?**

It is likely that you will miss your child more than he or she will miss you! However, one or two do get homesick. From experience we have found that this is made worse if the child is allowed to phone home. It is usually support (and a big supply of corny jokes!) from friends in their group which cheers them up. **It is particularly helpful if parents are very positive and upbeat about the trip in the days before leaving.**

### **Getting in Touch**

Parents should only phone the Centre in a REAL emergency.  
The telephone number is: **01678 520 395**

### **Returning to School**

The coach will arrive back at All Saints' on **Saturday 16<sup>th</sup> November 2024** at about **3.00 pm**. We will keep you updated via SeeSaw and text message during the journey home and will text message our final update when we leave the M40. It normally takes 10 minutes, depending on traffic, to get back to school from there.

### **Payment**

**Total cost = £450.**

**We would like the rest of the payment by 31<sup>st</sup> October**

**Method of payment is through Tucasi online.**