



Arthog Residential Visit

*Parents' Information Meeting
Thursday 13th February*

ARTHOQ

Dates and Staff

Monday 19th May to Friday 23rd May

The children will be accompanied by:

- Mrs Fryer - Year 6 Teacher
- Mrs Maddock - Year 3 Teacher
- Mrs Spink - Year 5/6 Support Assistant
- Mr V - Crossbar Coach



Arthog Outdoor Education Centre is situated just outside the village of Arthog and is approximately a mile from the coastal town of Fairbourne.

Day of departure:

The children should arrive at school on the morning of Monday 19th May at 8:35am, taking their named luggage into the school hall via the double blue doors, where they should then wait for registration.

The children will leave school by coach at 9:15 am and will travel to Arthog.

Children will require a packed lunch and their water bottle for the first day. This needs to be in a named disposable bag and kept separate to their luggage.

Medication:

Any medication that your child takes **MUST** be given to Mrs Fryer **IN A NAMED CONTAINER** with a school medical form attached - these are available from school office.

Mrs Fryer will be sat at a table to collect all medication.

Tuck Shop:

Arthog open the tuck shop throughout the week and each group will have an allocated slot.

We would suggest a MAXIMUM amount of £10.00 as pocket money.

The children will be responsible for their own money.

What to take...

- The kit list outlines everything that you will need.
- Involve children in packing if you can then they can see what they are taking with them.
- Write their name on everything!
- Bring a single bottom sheet, duvet cover and pillowcase.
- Practise fitting a duvet cover with your child before arriving.

Clothes

- Casual warm clothes are most useful.
- Layers are better.
- If clothes get wet, they can be dried in the drying room (we encourage pupils to reuse dried worn clothes).
- **AVOID** jeans as they are not suitable for activities and they stay wet for a long time making children colder.
- **DON'T** bring a sleeping bag.
- **AVOID** aerosol deodorants/sprays. Roll on or stick deodorants are fine.

Arthog provide...

- Waterproof jacket
- Waterproof over trousers
- Walking boots
- Rucksacks

Kit list

- Coat (with them on coach)
- 4-6 vests/t shirts
- 3-5 sweatshirts/jumpers/fleece tops
- 6-8 sets of underwear
- 3-5 joggers/trousers
- Socks at least 6-8 pairs of which 3 are thick
- Warm hat (for winter)
- Gloves
- 2 pairs of shoes/trainers

Kit continued...

- Towels, soap and shampoo
- Toothbrush and toothpaste
- Metal drinks flask (for winter)
- Plastic drinks bottle - named
- 2 plastic carrier bags
- Sun hat (for summer)

Useful extras

- Sun cream
- Insect repellent
- Lip balm
- Torch
- Plasters
- Stamps for postcards

During their week stay at Arthog
the children will take part in a
range of outdoor activities in and
around the Centre.



Arthog Staff

- Being an Outdoor Education Centre, owned and run by the Borough of Telford & Wrekin, all staff are:
- fully DBS Checked;
- fully qualified to lead outdoor pursuit activities such as canoeing, rock climbing and caving; and
- all activities are health and safety checked.

Types of Activities

- Mountain Walking (John Muir Award)
- Canoeing
- Gorge Walking
- Surfing
- Rock Climbing
- Scrambling/Climbing
- Orienteering
- Also included is a night line walk and a beach visit



Mountain Walking



Gorge Walking

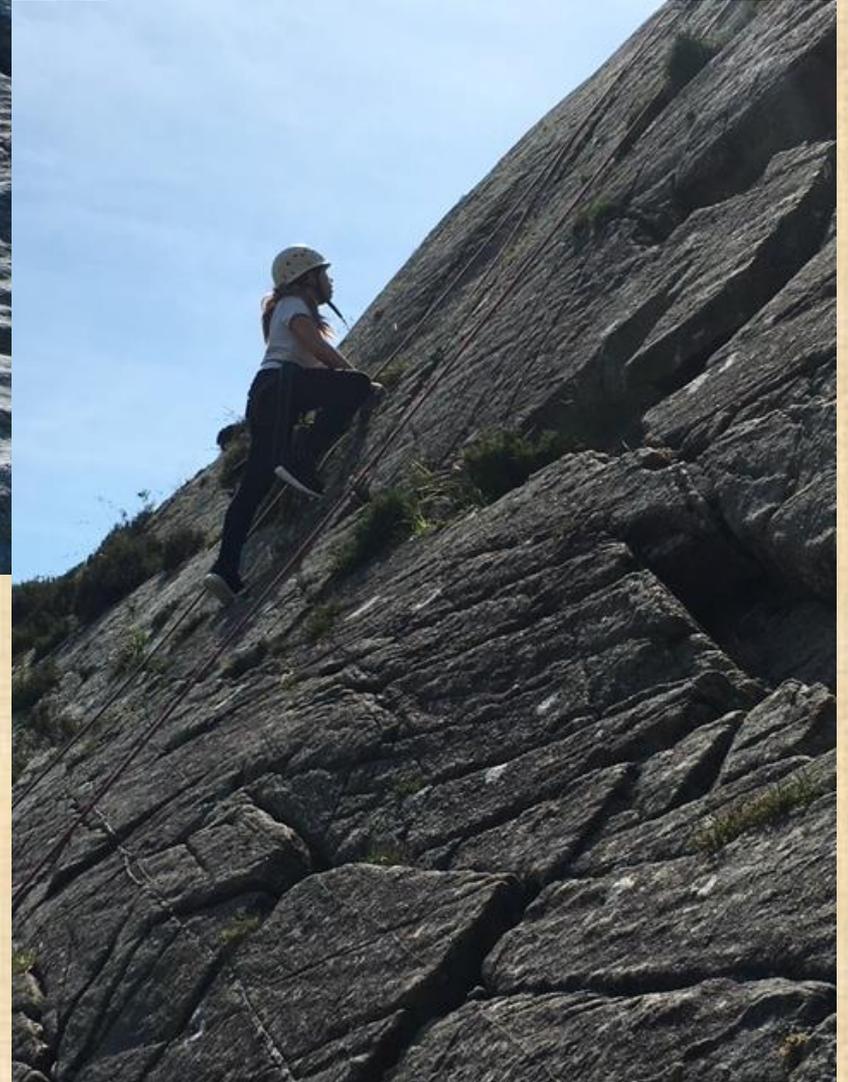


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Gorge Walking

Gorge Walking is an outstanding group challenge involving the pupils helping each other through the rocky terrain of a mountain stream.

Waterfalls, pools and slides make this one of their wetter sessions.



Rock Climbing

Rock Climbing

Rock climbing and abseiling are exhilarating and rewarding challenges, actively involving all students, where self-confidence, co-operation, trust and teamwork develop. Confidence and skills are nurtured within the session to ensure everyone achieves to an appropriate level.



Canoeing

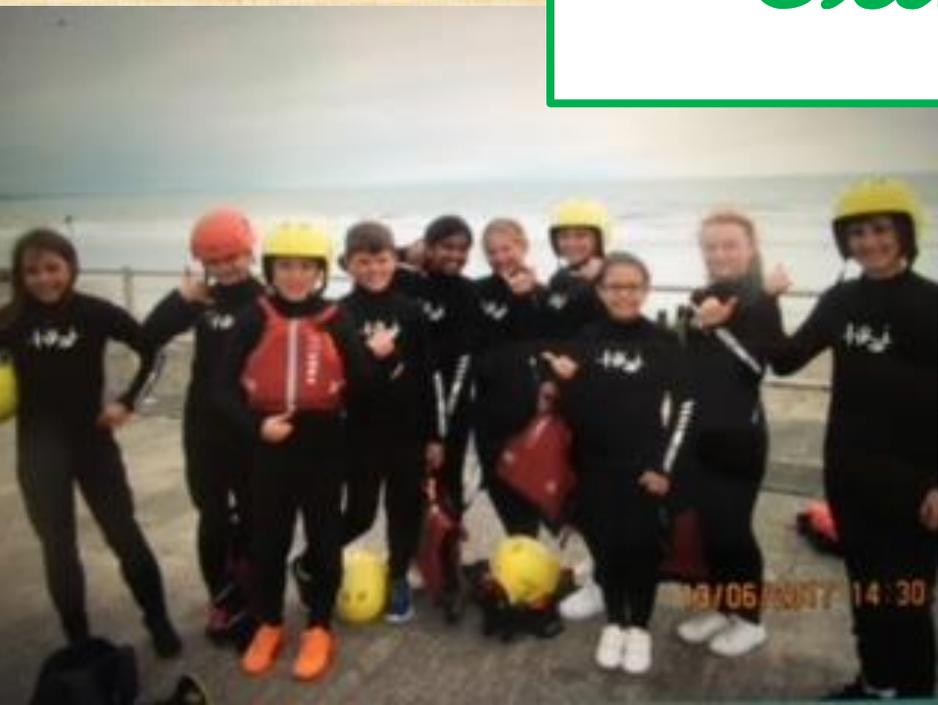


Climbing and Scrambling





Surfing



Orienteering





Views from the Mountain Walk

The Arthog Centre







Evening Activities

- The children will have free time each evening. However, after dinner there will be a planned activity for the children to take part in.
 - Night Walk
 - Nightline
 - Beach activities

Nightline





Night Walks



If you've not yet returned any of the following:

- Consent Forms
- Medicine Consent Form
- Kit List
- Anything we need to know?
- Please do so ASAP. The school office have everything you need.

Remember!

No mobile phones or electronic games/ equipment and no spray deodorants etc...



The approximate time of
arrival back at Randlay
Primary School is 3:30 pm.

Any Questions?