

Ysgol Gynradd Gymraeg Penderyn,
Pontprenllwyd,
Penderyn,
Aberdare,
Rhondda Cynon Taf
CF44 9JW
☎ 01685 811259
<http://www.penderynpri.cymru/>
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Be All That You Can!



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Byddwch Bopeth Gallwch Fod!

Dear Parent / Guardian,

Hope the children are looking forward to the residential visit – it's a big step for the children possibly being away from home for the first time. The staff who are going on the visit are Miss Taylor, Mrs Davies, Miss Benney / Mrs Harris, Mr Thomas (Governor) & Mr Wood.

Can I personally thank the staff – without their cooperation the visit wouldn't take place.

Please find below bullet points as a reminder before the Llain Residential visit. These are some top tips which we've learnt with 36 years of residential visits.:

- When the children arrive in school please take them to the hall. We hope the bus will leave at approximately 9:30am for those wishing to wave the children off.
- The children will need a packed lunch and a drink on the Tuesday for dinner time.
- **NO MOBILE PHONES PLEASE.** (from over 30 years of visits if a child is homesick having contact with home makes them feel worse). We'll inform you if there are any concerns.
- £10 pocket money is ample (in change if possible) – please put the money in a wallet / purse with the name of your child on it. This to be given to a member of staff in the school hall on Tuesday morning.
- Old items of clothing etc if possible (don't buy new). Suitable footwear is needed as they'll be doing a lot of walking.
- Any medication / asthma pumps to be clearly labelled & given to a member of staff in the hall on Tuesday morning.
- Mr Wood will be in contact with Mrs May on a regular basis – work on the principle of **no news is good news**. However, if there are any concerns we'll contact you.
- Children need to bring a pillow, bottom sheet and a sleeping bag with them.
- Although the weather is looking promising it makes it more difficult in terms of packing – please make sure they have sun cream, a baseball / woolly hat and a coat as we'll have warm days and cold nights.
- The children will have plenty of fun and fresh air in Llain – they'll be very tired on the Friday when we return. Get the washing machine ready!!
- We hope to be back at school by 2:30pm on Friday afternoon – you are more than welcome to collect the children early from the school hall. We'll send a text with a more specific time at Friday dinner time.

Os hoffech ragor o wybodaeth neu'r ddoqfen ynq Nghymraeg plis cysylltwch gyda'r ysgol.
If you would like more information please contact the school.

Llain Activity Centre, Llanarth, Ceredigion SA47 0PZ.

Information to Parents

1. Cost of Visit

For details of costs, please speak to your school. £240

2. Staffing

Pupils are supervised by teaching staff from their own schools and assisted by Llain Activity Centre staff. During activities the staff/pupil ratios as recommended by BAALPE (British association of Advisers & Lecturers of Physical Education) are followed or by the governing bodies of Outdoor Sports e.g. Canoe Wales, or as specified in our Risk Assessments. For most activities, our Risk assessments state a ratio of 1 instructor (plus teacher) to each group of 12 max.

3. Clothing

We request that your child brings the items listed on the attached 'Kit list'. Please keep to the items listed. Large suitcases will not fit under the beds and we recommend that you send a holdall that your child can carry on their own. One cuddly toy, and no bigger than the child!

4. Pocket Money

It is recommended that pupils bring some pocket money, **including some change** as there may be an opportunity to purchase treats or some small gifts.

5. Electrical/valuable item

We advise that you don't send any electronic games or phones.

6. Daily Routine (all times are approximate)

Breakfast	8.30 a.m.
Activities commence	9.45 a.m.
Activities end	12.30 p.m.
Lunch	13.00 p.m. (picnic)
<i>(please send a packed lunch on the <u>first</u> travelling day)</i>	
Activities start	13.45 p.m.
Activities end	16.30 p.m. approx
Evening meal	17.30 p.m. (pre ordered on first day)
Evening activity	18.30 p.m.
Activities end	20.30 p.m.
Lights out	22.00 p.m. approx.

These are approximate times and may vary with length of activities.

During their stay at Llain the pupils will be engaged in a variety of activities chosen from Climbing, High ropes, Zip line, Kayaking, Archery, SUP boarding, Orienteering, Coastal trekking, Mud run, Bushcraft/Forest schools and Problem solving games. The actual activity programme may depend on the weather and time of year.

Adventurous Activities – This subject is recognized on the National Curriculum and a residential activity visit gives pupils an opportunity of excitement, fun and a genuine sense of achievement.

Safety is of paramount importance and these activities are taught only by staff who are experienced and suitably qualified. All staff are also DBS checked and First Aid qualified.

Licensing – The activities provided at Llain are deemed as 'not in scope', that is, 'non licensable' by the HSE. On the rare occasions schools request 'licensable activities' these will be run by providers who are licensed by the Adventure Activities Licensing Authority, our main licensed provider being 'Activity Pembrokehire Ltd'.

ALA number – R2369/L13755

Field Studies – which may include plants and animals of the seashore, woodland studies, local coastal walks, location studies of New Quay or Aberaeron.

We hope that, during their stay at Llain your child will benefit in a number of ways:

- *An increased motivation and appetite for Learning outside the classroom.*
- *Increased confidence outside the classroom environment, cultivation of independence and broadening of horizons.*
- *An increased awareness of the natural environment.*
- *An awareness that physical activity, health and fitness can be fun.*

Please feel free to contact us prior to the visit if you have any queries regarding any aspect of the trip.

Gethin & the team
Llain Activity Centre

07977 543396
adventure@activity.cymru
www.llain.com



Kit list for a 4 night residential visit

(please adjust accordingly if attending for fewer nights)

- 2 pairs of Trainers at least (1 pair WILL get wet)
 - Several pairs of socks.
 - Warm pullovers/fleeces (x2)
 - T shirts / warm 'base layers' (x4)
 - Trousers (x2/3) - *quick drying, walking trousers or tracksuit probably best.*
 - Toilet bag, 2 towels and roll on deodorant (no sprays please).
 - Night clothes and slippers.
 - **Sleeping bag, pillow and fitted single sheet.**
 - Woollen hat and gloves for Winter / Suncream and cap in summer.
 - Waterproof coat
 - Bathing costume.
 - Personal drinks bottle (labelled)
 - Torch (with child's name)
 - Bin bag for wet/muddy clothes
 - Pocket money including change (small shop on site)
 - *Please do NOT send sweets or fizzy/sugary drinks*
 - Packed lunch for the journey on the first day (check with group leader).
 - For shorter stays, adjust accordingly.
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- ***Please be reminded of the duration of the stay and that the transport AND bedrooms have limited storage. A flexible bag is better than a suitcase. A binbag for dirty clothes is also useful.***
 - Please label all children's possessions clearly.
 - **Every effort is made on the last day of the visit to ensure that all 'stray' items are reclaimed before the group leave. Please emphasise to your child the importance of packing ALL their belongings as we are unable to post back items left behind. They should also bring a list with them so they can use it as a check list when re-packing.**

*Thank you for your cooperation.
Gethin & the team*