

Geography-**Personal** Creating lifelong Coastal Social victories memories with Human and Wellbeing your friends. physical features Encourages OAA: Part of independence the PE Purpose curriculum. Why do we go? Emotional and Physically Mental wellbeing Sciencechallenging Field studies.



Leaving and returning



We will gather in the school hall between 8.45am and 9am on Monday 9th September with all our bags and any medication your child needs.



Please remember a PACKED LUNCH for the first day



We will leave school by coach at around 9.15am

We will return to school on Friday 13th September at approximately 2.15 pm.



We will let school office know if we are on track to be back for this time.



Food

- Typical breakfast: cereal, fruit, toast, yogurts and a choice of breakfast items The students are encouraged to eat plenty to give them energy for the busy day ahead.
- Lunch: sandwiches, fruit, crisps, chocolate/energy bar and a cake.
- ► Evening meal: e.g. roast dinner, spaghetti bolognaise, pizza, burgers and a salad bar, vegetarian options available on request.
- Pudding (hot), yoghurt and fruit.
- Children often have second helpings of meals as they are still hungry from days packed full of activities.

Dorms

The dorms have a minimum capacity of 4 and some of the dorms are larger and can accommodate up to 12 children. They are all bunk beds.

The dorms will be allocated before we leave school. The children will be asked by year 5 staff who they would like to share a dorm with, and we will try to keep children in the same dorm as their friends where possible.



Duties

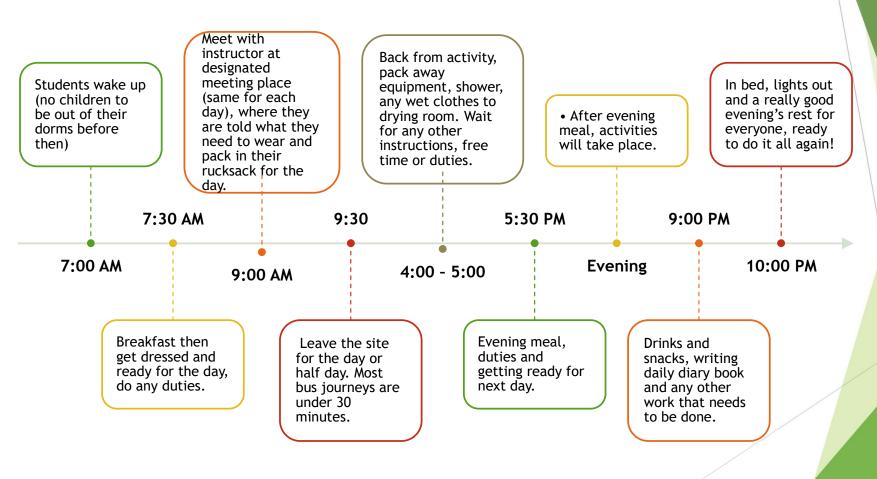


While at Arthog the aim is for students to gain independence throughout the week. One of the ways they do this is by having a duty for the week as a whole group.



The duties that groups could have are; setting and clearing the tables, tidying the library, tidying the lab, cleaning the courtyard and washing down/putting away lifejackets.

A typical day.





Medication

- Please ensure that medication is labelled and that it is clear how often it will need to be taken. Please do not pack in luggage.
- Medication will be kept by a member of staff who will ensure that it is taken at the correct time. • Make sure we know when medication needs to be taken. We can take it on activities if needed.

Communication

Children are not allowed mobile phones at Arthog

If we have permission to take your child's photograph, they will have lots of photos taken. We will put some of these on the school website. We will send you all the photographs after Arthog.

We will send a text out to say we have arrived safely

We are in constant contact with school. If you are worried about something, please contact the school office. They will contact us at Arthog. Please do not contact Arthog directly unless it is an emergency.

We will call you if we need to. Please know that if we are concerned, we WILL call you. Please enjoy your child -free time! We will look after your children. No news is good news.

Kit list



- Bottom sheet, duvet cover and pillowcase.
- > 3-5 jumpers, fleece tops
- 4-6 vests/t shirts
- 5-6 sets underwear
- > 3-5 joggers/leggings
- 6-8 pairs socks (including some thick ones)
- Warm hat
- ▶ Gloves
- Swimming costume
- 2 pairs shoes/trainers
- Wellies
- Pyjamas and slippers
- Towel, soap, shampoo
- Toothbrush and toothpaste

Water bottle (Preferably unbreakable)

- Torch
- Lip balm

Suncream

Money (£10)

PACKED LUNCH FOR MONDAY

Things to leave at home.

Mobile phones

Camera

Jeans

Brand new clothes

Gameboys/PS2's etc.

Jewellery



If your child is interested in going to Arthog you will need to pay a £30 deposit via parent pay.



Deposits will need to be paid by Friday 1st March.

What next...



After the deposits have been paid the office will issue a payment plan that can be completed monthly.



The trip will cost approximately £300 but full details will follow once the deposits have been paid. Please note if you are in receipt of a Pupil premium grant then a reduced amount will be required.



Consent forms are available from your year 5 teachers, but we also have some at the front if you wish to take one with you today.

