

THE RESIDENTIAL VISIT TO NORTH WALES 2018

Departure : 9.15 a.m. on Sunday 15th July 2018
Return : 2.30 p.m. on Thursday 19th July 2018.



PARENTS' INFORMATION

This booklet contains the important information that you need to know about the forthcoming Residential Visit.

There is a lot to read in this booklet – but it is very important information designed to ensure that your child gains the maximum enjoyment from the visit.

Please read the whole booklet carefully.

Please keep it in a safe place so that it can be referred to nearer to the date of the visit.

Our address during the visit will be;

Education Away!
Plas Nantglyn,
Nantglyn,
DENBIGH
LL16 5PW.

Our telephone number will be 01745 - 550326.

Please note that this is the Education Away Office. Children cannot be contacted through this number unless there is an emergency. Similarly the children will not be able to use the telephone to call out.

CHECK OUT WHAT WE HAVE BEEN DOING ON THE EDUCATION AWAY BLOG

You can keep up to date with what the children have been doing by visiting the Education Away website at;

www.educationaway.co.uk

A blog of the day's activities including photographs and a description of what has been taking place will be put online. This is usually posted quite late in the evening (often after 10 p.m.) so you may wish to wait until the next day to go online to look at it.

J. Aspin

Headteacher

PLEASE PROVIDE EVERYTHING ON THE LIST BELOW. THIS WILL HELP TO ENSURE THAT YOUR CHILD GAINS FULL ENJOYMENT FROM THE VISIT.

Clothing List

BEDDING – ALL ITEMS MUST BE SUPPLIED

1. Sleeping Bag OR Covered Duvet – (also see section on bed wetting)
2. A Bottom Sheet for the bed –even if your child is bringing a sleeping bag.
3. A Pillowcase.–**Do not send a pillow** as these are provided.
4. Warm Night-clothes.

CLOTHING – please bear in mind that clothing may get wet and muddy. Do not send new/best clothes.

1. **FULLY WATERPROOF COAT, CAGOULE OR ANORAK.** Ordinary warm coats are not suitable as they are usually not fully waterproof and once wet take a long time to dry out. Your child must have a properly waterproof coat, cagoule or anorak (**not simply showerproof**).
2. 3 pairs of old trousers or jeans.
3. 3 pairs of shorts. – **“Party” dresses/clothes etc are not suitable items of clothing for the visit.**
4. Daily changes of T-shirts. Long-sleeved tops are best as they protect from the sun during the day and the midges in the evening.
5. Daily changes of underwear – plus at least two extra pairs.
6. Daily changes of socks – plus at least two extra pairs.
7. 2 warm pullovers or sweatshirts.
8. 3 carrier bags to put dirty or wet clothing in – **very important.**
9. A cap or hat to protect against sunburn - we will spend long periods outdoors.

FOOTWEAR:

1. Jelly shoes or old trainers for going in the stream and for use when canoeing. **These must be able to be tied securely to your child’s feet i.e. no open backed styles that will easily fall off.**
2. 2 further pairs of old trainers or shoes. **Do not send new shoes or trainers that may cause blisters.**
3. Pumps or slippers for wearing indoors.

Please make sure that your child knows which trainers/footwear can be used for the stream and canoeing.

TOILETRIES:

1. Toilet Bag containing soap, flannel, shampoo, hair brush, toothbrush and toothpaste etc.
2. **High protection sun cream that can be self-applied by your child – ESSENTIAL**
3. 2 good-sized towels.
4. Handkerchief or tissues.
5. Deodorant sprays etc. should **not** be sent. These can cause problems in the dormitories for children with asthma and they have also been known to set off the smoke alarms.
6. Midge repellent if your child is prone to being bitten.

OTHER EQUIPMENT:

1. **Please supply a plastic bottle (no greater than 500ml) that your child can use to drink from during the visit should the weather be hot. This is especially useful when we go on the country walk.**
2. A spare labelled bin liner for packing bedding on the return journey – **very important**
3. Torch (optional).
4. Watches, cameras, jewellery and small electronic games e.g. DS at the owner’s own risk.
5. Not Allowed - Radios, Walkmans, I-pods, I-Pads, Mobile Phones.

SPENDING MONEY:

1. Spending money will be £8. This should be brought to school on the day of departure. It will be collected from your child, and returned on a daily basis. **The money should be sent as 8 x £1 coins. Do not send £5 notes or £2 coins**
2. Staff will not look after, nor be responsible for, any extra pocket money that you may send with your child.

LUGGAGE: - Your child should bring 3 items of luggage.

1. A **suitcase or holdall** for clothing. **Please do not send your child with a suitcase that is more than 11 inches in depth as it will not fit under the beds in the dormitories.**
2. A **labelled bin liner** or purpose-made bag containing sleeping bag or duvet. (Plus another bin liner for the return journey as the original one is likely to be ripped apart by your child during unpacking.)
3. A **bag** to act as hand luggage – containing a packed lunch for your child to eat at Chester Zoo. This bag will also be used to hold the necessary changes of clothes when we visit Plas-y-Brenin Mountain Centre.

MEDICAL AND CONSENT FORM

The Medical and Consent Form must be returned to school by **Tuesday 10th July**. The information contained in each individual form needs to be processed and collated into group information which is then given to each member of staff. This takes a considerable amount of time so please meet the return deadline.

If the Medical and Consent form has not been received by Wednesday 11th July your child's place on the visit will be withdrawn.

Should any detail on the medical form change between then and the day of departure please let us know. If your child requires medicines or tablets of any description during the visit, a separate Medicine Information Form must be completed indicating the dosage and frequency of administering the medication. Medicines must be placed in a strong plastic container with the Medicine Form.

Medicines will be collected on the day of the trip for safekeeping. This does not apply to Asthma Inhalers - these must be kept by your child.

A medicine information form is attached to the back of this booklet. The Medical and Consent Form has been sent home separately with this booklet.

BED WETTING:

It is quite common for one or two children to wet the bed during the visit. This is easily and discretely dealt with so that no child is embarrassed by it. **If your child is a regular bed wetter it is better for him/her to bring a duvet rather than a sleeping bag, plus an additional bottom sheet.** It may also be sensible to send a waterproof sheet to cover the bed. If we know about it we can ensure it is fitted when the dormitory is empty of children. Please let us know if you think that bed wetting may be a concern.

THE EDUCATION AWAY! CENTRE:

We will be staying in a large 16th Century Country House called Plas Nantglyn, which is close to the village of Nantglyn, and about 5 miles from Denbigh in North Wales.

The house is set in its own grounds with large gardens, a pond, a large playing field, a small wood and a mountain stream. It is owned by Mr and Mrs Welch who are both ex-Primary school teachers.

Education Away was opened in 1987, and caters specifically for primary school children. It caters for one school at a time.

The children sleep in dormitories, two of which are in the main house and three are in the annexe, adjacent to the main building. Each dormitory has a teacher's room nearby, and the children are made aware of its location should they need help in the night. All external doors have a security keypad that is activated at night to prevent unauthorised entry.

The buildings have a full fire safety certificate and a modern alarm system. The children are put through an evacuation drill on arrival.

A TYPICAL DAY:

Breakfast starts between 7.15 a.m. and 8.15 a.m. depending on what activities are arranged for the day. Breakfast consists of cereal, a choice of a cooked breakfast (sausages, beans etc) or yoghurt, toast and a choice of milk, tea or water to drink.

After the morning activities a packed lunch is provided. This consists of sandwich, crisps, chocolate biscuit, fruit and a drink. The packed lunch is taken with us on full day outings.

The evening meal is served around 6.00 p.m. A main course, pudding and bread and jam are offered with pop or water to drink.

The children play on the field until about 9.30 p.m. After this they get ready for bed and assemble in the dining room for a bedtime story or quiz from 9.45 p.m. to about 10.00 p.m. Instructions about the next day are discussed. A nightly room inspection by a team of teachers also takes place with points awarded for cleanliness and tidiness as the children compete to become Tidiest Dormitory at the end of the week.

Lights go out at about 10.30 p.m. – with sleep time anytime within the next 4 hours!!! Although after the first night excitement most children are asleep by 11.00 p.m.

During this period teachers sit in the dining room, making regular tours of the secured dormitories.

EXPECTATIONS OF BEHAVIOUR:

Prior to the visit the rules and expectations of behaviour are discussed with the children so that they are fully aware of what is expected of them. Rules and guidance are given during the visit prior to each activity.

As the house is in a rural setting traffic is not a major problem. However, although the lane running past Plas Nantglyn is very quiet it is used by traffic, therefore the children must exercise caution when they go onto it. During some activities the children may cross the lane, and during the wayfaring activity they will walk along sections of lanes under remote supervision – see supervision section later.

The children will also be expected to exercise self-control and behave sensibly when they are left unattended in their dormitories, especially when they are getting up and going to bed, or when the teachers are involved in short planning meetings.

In the highly unlikely event of a child's behaviour becoming unacceptably poor, you will be contacted and required to make the journey to Plas Nantglyn in order to collect your child. This has never happened in the many years that we have been visiting Plas Nantglyn.

LABELLING OF CLOTHING AND FOOTWEAR:

The children's footwear is kept in the "Boot Room". In addition any wet clothing is dried in the tumble drier. The dried clothes are then displayed in the classroom area for collection by their owners. We do not have the facility to wash clothing.

It is absolutely essential that EVERY ITEM of clothing and footwear (including all shoes, wellingtons, socks and underwear!) has your child's name on it, even if this is an initial written on a label in pen. 50 children soon produce enormous amounts of wet/dirty clothing. Naming items increases the chances of them being re-united with their owner.

A GOOD IDEA FOR PACKING:

Let (or make) your child help you to pack his/her suitcase, so that he or she knows exactly what is being taken in it. **Please do not send brand new clothes as there is a good chance that they will get wet and muddy during the visit.**

GENERAL SAFETY:

A lot of planning and experience of past visits has gone into the planning of the visit. The activities that the children will be undertaking are tried and tested ones, which have been safely undertaken by hundreds of children in the past. Permission for the visit has been granted by the Local Authority. All elements of the planning and risk assessments for the visit have been approved.

However, any activity will always carry with it some element of risk, no matter how small. If you are at all concerned about your child taking part in any activity please contact school, and arrangements can be made for your child to avoid it.

Unless such an arrangement is made it will be assumed that you are aware of the events taking place on the trip and give your consent for him/her to take part. Signing the medical and consent form includes a declaration by you that you are aware of all the possible activities and consent to your child going on the visit. If your child is adamant that he or she does not want to take part in a particular activity, (and gentle persuasion has failed) they will not be forced to.

We have done everything we can to ensure that the trip is both enjoyable and memorable for the children. However there is a clear expectation that the children will exhibit sensible, considerate and reasonable behaviour at all times. This will be made clear to them in school before the visit. We hope that you will impress the importance of this on your child.

INSURANCE:

As an approved school activity, the visit is covered by Lancashire County Council's Public Liability Insurance.

Risk assessments for all elements of the visit have been submitted to Lancashire County Council's Educational Visits Team and approval for the visit to proceed has been received.

Copies of the above may be viewed on request.

LEVELS OF SUPERVISION:

During the visit the children will experience three categories of supervision.

- ◆ **DIRECT SUPERVISION** – this involves the children being closely observed, accompanied or directed in an activity by a teacher or instructor who is in very close proximity to them e.g. building a fire.
- ◆ **INDIRECT SUPERVISION** – this involves the children being given scope to undertake activities e.g. playing on the field, buying souvenirs in a shop etc individually or in groups without a teacher being in the immediate vicinity. In this sort of supervision a member of staff will be close by but not directly instructing the group or child.
- ◆ **REMOTE SUPERVISION** – this involves the children being in a situation where there is not a teacher around. Much of the time spent in dormitories would be classed as remote supervision. In these situations the children must exhibit sensible and considerate behaviour for their own safety and that of others. The children are given very clear and careful instruction on behaviour prior to instances of remote supervision. During the wayfaring activity – see later – the children are remotely supervised.

EXPECTED ITINERARY FOR THE VISIT:

The exact arrangements for on-site activities during the visit will be left as flexible as possible in order to take the weather into account. It is expected that some or all of the following activities will be taking place.

Visit to Chester Zoo:

We will be visiting the zoo on Sunday 15th July en-route to our base. The children will be taken around the zoo in small groups, each supervised by a member of staff. They will be given £5 spending money on arrival as they will have the opportunity to buy ice creams, drinks or souvenirs. Your child will need a packed lunch that can be eaten at the zoo.

Plas-y-Brenin Mountain Centre, Capel Curig:

We will be visiting Plas-y-Brenin on Wednesday 18th July.

The children will be involved in a range of adventurous activities and sports during this full day visit including; canoeing on a lake, indoor climbing and abseiling and a low ropes activity course. The centre is in a spectacular location at Capel Curig in the Snowdonia National Park about 1 hour from our base. The centre has all the required safety and training certificates and the children will be taught by fully qualified instructors using the recommended safety equipment.

For this visit your child will need to take extra clothing for this visit as they WILL get wet during the canoeing. The following are suggested;

FOR CANOEING: Wet shoes, shorts (preferably) or lightweight trousers, t-shirt and jumper. Long trousers, t-shirt, jumper, change of underwear and socks to change into after canoeing. Towel.

We will assist your child in ensuring that they pack the correct items on the day of the visit.

There is a small shop selling refreshments and your child will be given £1 from their spending money for this.

Activities at Plas Nantglyn:

We will spend at least 2 full days at Plas Nantglyn undertaking various outdoor activities such as;

- a) **Wayfaring** - this involves the children using a map to follow a course around the countryside immediately surrounding Plas Nantglyn. This activity involves remote supervision – this means that the children complete the course in a group of 6 or 7 but they are not directly supervised by a teacher during it. A short part of the course involves the children in walking along lanes and the rest follows footpaths across open land and farms. Although the lanes are very quiet, they are used by cars and other vehicles. The children will be told to exercise caution when on the lanes and what to do if a car approaches. Teachers will be hidden at various points along the route to try to prevent groups getting lost! If you are concerned about this activity please contact school.
- b) **Stream Activities** - the children will be given the opportunity to build dams and bridges across the stream. There is also a rope swing for use by the children. This can only be used when there is a teacher directly supervising it.
- c) **The Nantglyn Trails** - these are a series of walks of varying lengths through the countryside around Nantglyn. The shortest walk is about 3 miles and the longest about 7.5 miles. The children are given the option of which walk to go on. Each group is then accompanied and directly supervised by the appropriate members of staff.
- d) **The Night Walk** – This is one of the most eagerly looked forward to events of the visit. The children will be taken on a short walk around the lanes and woods surrounding Plas Nantglyn. This is done 2 groups. Children who have completed the walk or who have completed it are supervised by another member of staff.
- e) **Team Games** – we undertake a number of different activities that are designed to promote co-operation and teamwork amongst the children. These may include; dam building in the stream, bridge building across the stream, shelter building, scavenger hunt, obstacle course, making a fire to cook waffles and using the rope swing across the stream.
- f) **Evening Games on the Field** – after tea each evening the children are given the opportunity to play on the field. Games of football, rounders, tig, rope swinging etc are organised with the children free to choose what they do. The children are indirectly supervised whilst on the field although teachers may join in with the games from time to time. The rope swing, if it is in use, is always directly supervised.
- g) **Camp Fire/Waffle Making** – the children will use the specially built fire areas to cook waffles and toast marshmallows. One adult will supervise a group of children during this activity and careful safety instructions will be given before it starts. After this – weather-permitting – there may be the opportunity to have a larger camp fire. The children will be seated on logs at a safe distance from the fire and will not be allowed to approach it.

TRAVELLING ARRANGEMENTS:

A coach has been provided by Education Away. The coach will be fitted with seat belts to conform to the legislation regarding the transport of children on coaches. Your child may bring sweets, crisps etc to eat on the coach but please do not give him/her enough to make them sick!!!! **Chewing gum is banned throughout the visit.**

THE DAY OF DEPARTURE :

The coach will leave at 9.15 a.m. **Your child must be in the school hall by 8.45 a.m. at the latest to allow time to load the coach with the luggage.** A delayed departure will result in the children having less time at Chester Zoo. Do not arrive before 8.30 a.m.

Luggage should be brought to the Hall either through the front door of the school or the rear hall doors. Spending money and medicines will be collected in the hall.

You are welcome to remain with your child until we leave. If you are concerned that your child may be upset please discuss this with a member of staff before the day of departure, so that your child can be occupied in helping to carry suitcases to the coach etc.

Please do not worry if your child is upset at leaving you. Previous experience of children crying when the coach leaves school has always resulted in them being perfectly happy by the time we reach Waterfoot leaving behind an anxious parent to worry .

Spending money will be collected by Mrs Burns and medicines will be collected by Mrs Gendler-Watson.

ARRIVAL BACK:

We will be returning to school at about 2.30 p.m. on Thursday 19th July – subject to traffic conditions on the motorways. If we are held up by traffic we will attempt to contact the school office so that you are aware of the new estimated time of arrival.

Please make sure that someone is at school to meet your child and take him or her home at this time. The children will all be tired and will be glad to be home, and it can be a very upsetting experience if they find that no-one has arrived to meet them.

In the interests of safety please leave the road outside the school as free of cars as possible.

<p>IF YOU HAVE ANY QUESTIONS ABOUT THE VISIT PLEASE TELEPHONE THE SCHOOL OFFICE.</p>

PLEASE USE THIS SPACE TO WRITE DOWN ANY NOTES OR QUESTIONS THAT ARISE AS A RESULT OF READING THIS DOCUMENT. DO NOT HESITATE TO CONTACT SCHOOL TO HAVE YOUR QUERIES ANSWERED.

Medicine Information Form

This form should be completed and placed in a strong container storing the relevant medicines that your child will need on the visit. The container should be handed to Mrs Gendler-Watson on the day of departure. If your child does not need to take any medicines during the visit do not return this form.

Name of Child..... Class.....

NAME OF PRESCIBED MEDICATION	CONDITION BEING TREATED	DOSAGE	TIME (S) TO BE GIVEN	OTHER INFORMATION

PLACE THIS FORM, TOGETHER WITH THE MEDICINES, IN A STRONG PLASTIC CONTAINER. DO NOT SEND MEDICINES IN A BAG.

I give my permission for the staff members on the Residential Visit to administer the above medicines and dosages to my child.

Signed..... Date.....

PARENTAL/CARER CONSENT AND MEDICAL INFORMATION FORM FOR TYPE B EDUCATIONAL VISITS AND ADVENTUROUS ACTIVITIES

This form must be returned by TUESDAY 10TH JULY 2018

1. DETAILS OF VISIT

Visit : Year 5 and Year 6 Residential Visit to North Wales

From: Sunday 15th July to Thursday 19th July 2018

Full name: Date of Birth:

I agree to my son/daughter/ward taking part in the above stated visit and having read the information sheet, agree to his/her participation in any of all of the activities described. I acknowledge the need for good conduct and responsible behaviour on his/her part and that the school reserves the right to prevent my son/daughter/ward continuing with the visit in the case of poor behaviour. Further, I understand that there would be no entitlement to a refund of monies paid.

2. EMERGENCY DETAILS

I may be contacted by telephoning the following telephone number(s):

Home: (.....) Work: (.....).....

Mobile Telephone no:

Name & Address:

.....
.....

Please state an alternative contact point: -

Telephone number: (.....).....

Name & Address of Contact:

.....
.....

Child health service details: - N.H.S. Number: -this can
obtained from your G.P. or from your child's red immunisation book if you still have it.

Family doctor (Name, address and telephone number):

.....Tel()

3. MEDICAL INFORMATION

Does your child suffer from any of the following conditions?

(Please circle the correct response)

Asthma	yes / no	Bronchitis	yes / no
Will they have an inhaler?	yes / no		
Chest Problems	yes / no	Diabetes	yes / no
Fainting	yes / no	Migraine	yes / no
Heart Trouble	yes / no	Raised Blood Pressure	yes / no
Tuberculosis	yes / no		
If YES to any of the above, please provide details:			

Epilepsy	yes / no	If yes,
a) What specific epilepsy syndrome has been diagnosed for your child?		
b) What is the pattern of any seizure?		

Does your child suffer from any other condition requiring medical treatment, including those that require medication?

Yes / No Circle correct response

If YES, please provide details:

.....
.....

Is your child allergic or sensitive to any medication (e.g. Penicillin), insect bites or food?

Circle correct response Yes / No

If YES, please provide details:

.....
.....

Has your child been immunised against the following diseases? Circle correct response

Poliomyelitis Yes / No

Tetanus (lock jaw) Yes / No

If YES to tetanus, please give date if known

Is your child taking any form of medication on a regular basis?

Yes / No Circle correct response

If YES, please give full details, indicating the type of medication and dosage. ***This information should also be included in the attached Medicine Information Form.***

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Please ensure that your child has adequate supplies of medication and dosage for the whole visit.

To the best of your knowledge, has your child been in contact with any contagious or infectious diseases, or suffered any recent condition that may become infectious or contagious?

Yes / No Circle correct response

If YES, please give full details:.....

He/she is capable of swimming 25 metres unaided Circle correct response **Yes / No**

Does your child suffer from travel sickness? Often / Rarely / No Circle correct response

Does your child wet the bed at night? Often / Sometimes / No Circle correct response

.....

Does your child have any:

Special Dietary needs on health, religious or moral grounds (not personal likes/dislikes)?

.....

.....

Any other childcare needs that you feel we should be aware of?

.....

.....

PARENTAL DECLARATION

This section must be signed by a person with parental responsibility in order for the child to take part in the Residential Visit.

INSURANCE COVER

I understand that the visit is insured in respect of legal liabilities (third party liability) but that my child has no personal accident cover unless I have been specifically advised of this in writing by the organiser of the visit. I also understand that any extension of insurance cover is my responsibility unless advised differently by the School.

DECLARATION BY PARENT/CARER

- ◆ In the case of an emergency I agree to my child being given any medical, surgical or dental treatment, including general anaesthetic and blood transfusion, as considered necessary by the medical authorities present.
- ◆ I have read the attached information provided about the proposed visit, the expectations about my child's behaviour and the insurance arrangements.
- ◆ I am aware of my responsibility to return this form by Tuesday 10th July, and that failure to complete and return it by 3.15 p.m. on Wednesday 11th July will result in my child's place being forfeited and that any money paid will be non-refundable.
- ◆ I understand that I will be required to collect my child from Plas Nantglyn before the end of the scheduled visit should this be needed.
- ◆ I do not wish my child to take part in the following activities during the Residential Visit.

- ◆ I understand that I am responsible for my child arriving at school at 8.40 a.m. on departure day and that the coach will leave at 9.15 a.m. prompt. I have noted where and when the pupils are to be returned and that I am responsible for getting my child home safely from that place.
- ◆ I am aware of the levels of insurance cover.
- ◆ I will ensure that any change in the circumstances (e.g. recent medication or injury) which will affect my child's participation in the visit will be notified to the School prior to the visit.

I ACCEPT THAT THERE IS AN INHERENT RISK OF INJURY IN PARTICIPATION OF ADVENTUROUS OUTDOOR ACTIVITIES. RISK CAN BE REDUCED TO ACCEPTABLE LEVELS BY IMPLEMENTING APPROPRIATE RISK ASSESSMENTS. COPIES OF WRITTEN RISK ASSESSMENTS ARE AVAILABLE ON REQUEST FROM THE SCHOOL.

I consent to my child..... taking part in the visit, and having read the information booklet, declare my child to be in good health and physically able to participate in any activities mentioned.

Signature of Parent/Carer Date.....

Name of parent/carer in block letters:.....

Address: