

Much Woolton Catholic Primary Year Five Residential

*Plas
Caerdeon
2023*



Plas Caerdeon 2023



Dates:

Monday 25th September 2023 Friday 29th September

Staff:

Mr Morris, Mr Hathaway, Ms Fearneough, Ms Davies, Mr White

During activities the staff ratio to children is over and above the local authority guidance. 2:10. This can also increase due to the nature of the activity.

Where are we going?

- Plas Caerdeon is set in 18 acres of private, secluded woodlands within the Snowdonia National Park, overlooking the Mawddach Estuary, often described as one of the most beautiful in Britain.



Where are we going?



Activities



- Kayaking, Mountain Adventure, Gorge Walk, Orienteering, Ropes Course and Zip Wire, Problem Solving, Archery, Climbing, Mining.
- All physical activities organised and run by fully qualified instructors, supported by school staff.
- Centre, equipment and instructors vetted by AALA (Adventure Activities Licensing Association) and AMI (Association of Mountaineering Instructors).

Safety



- Plas Caerdeon is fully licensed by the Adventure Activities Licensing Authority (AALA). Not only does AALA approve and issue the license, but is also responsible for regular inspections of the Centre and equipment, and the Monitoring of instructional staff.
- Risk assessment completed by school and approved by the Local Authority.
- Qualified first-aider on site
- Staff member - fully qualified First Aider
- Fire drill carried out on first day



Medication

- Copies of medical forms taken with us to Caerdeon. Copies also held in school by Mrs Wilson.
- All medication to be clearly marked and handed to the dedicated First Aider from school on the day we are due to leave. We will also ask you to fill in an 'administration of medicines' form.
- Centre staff will be fully informed about our groups medical requirements.



Medication

- Asthmatic children will be expected to be responsible for their own inhalers and keep them in their pocket at all times.
- Please make sure they are clearly labelled.
- Staff will also carry spares in case.



Rucksacks On the coach

- For on the coach
- Comic, magazine or book
- Bottle of water not fizzy. Clearly labelled (not a throw away bottle).
- Boiled sweets nothing else!
- A packed lunch that can be thrown away in a carrier bag.

Clothing List

- 3 pairs of shoes – it is important that your child has shoes that can get wet and muddy, and a clean pair for dormitories and traveling. Children are allowed to bring one pair of wellies/walking boots if they prefer.
- Bath towel and a toiletries bag containing: toothbrush, toothpaste, soap, hairbrush etc.
- Night clothes, Socks and underwear
- 4 T-shirts and jumpers/ hoodies/ fleeces (warm layers)
- 3 spare pairs of trousers and/or tracksuit bottoms
- 1 pair of shorts
- Waterproof jacket WITH A HOOD!
- Large plastic bag for dirty clothes
- Water Bottle
- Hat and gloves- no scarves needed.
- Swimming costume

**PLEASE PUT YOUR CHILD'S NAME IN ALL CLOTHES –
YOUR CHILD MUST BE ABLE TO CARRY THEIR OWN BAG!**





Clothing List

- The centre can also provide the following if required:
- Waterproof jacket and overtrousers
- Day rucsac
- Fleece jumper
- Hat
- Walking boots
- Specialist equipment for activities will be provided



What not to take

- What not to Take: Jeans are not suitable for activities, as they are cold and restrictive when wet and difficult to dry.
- Please do not bring valuable items such as mobile phones, computer games, personal stereos etc. Any valuables will be confiscated.
- Please do not bring any aerosol sprays.
- Please do not pack sweets they will be confiscated, the meals and snacks provided at the centre are sufficient to keep everyone going.

Accommodation

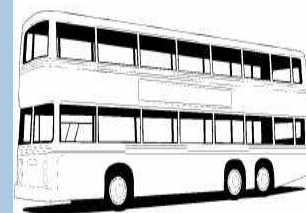
- Children sleep in dorms of 2,4,8.
- Dorms allocated on arrival.
- Girls and boys in separate rooms with own toilet/ shower facilities.
- Children will be shown where staff rooms are in case of emergencies during the night.
- Separate dining room and meeting room.
- Wet room and drying room for kit.
- Video/DVD available for wet evenings - children can bring suitable copies (PG or U rating)



Food

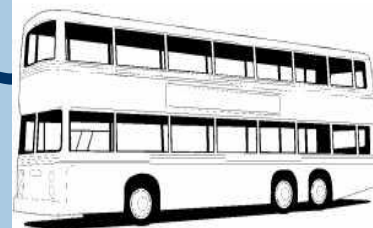
- All food is prepared on site.
- Food is of an excellent standard.
- Hot and cold options for breakfast and dinner.
- Packed lunch provided (children need their own drinks bottle).
- This is a sweet free week!

Monday 25th September



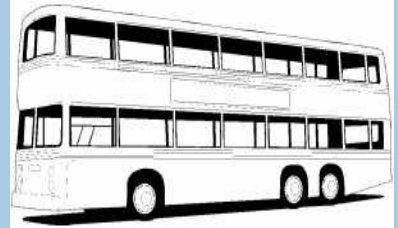
- Meet in the school hall no later than 9.30am
- Hand all medication (apart from inhalers) to the dedicated first aid member of staff.
- Children will require a packed lunch.
- Packed lunch and books etc allowed onto coach with children.
- All travel sick children must have had tablets before departure.
- Travel time is approximately 3hrs (inc. stopover at Bala).

Monday 25th September



- Medication:
To be handed on arrival.
Please make sure it is clearly marked with child's name along with 'administration of medicines form'.
- Any other problems then please speak to Ms Davies and Mr Morris.

Friday 29th September



- We return approx 1pm (ish)
- Please provide travel sickness tablets for the return journey.
- Please be prompt in collecting your child.
- Help will be needed loading and the coach.
- Children will be let off coach once unloading has happened.



Other Information

- Children are not allowed to phone home .
Daily updates on Twitter.
- Medication to be handed in prior to departure.
- Pack luggage sensibly (children must move their own luggage & take it upstairs!).
- Children can bring a disposable camera.
- No electrical equipment to be brought (no mobile phones!)



Costs and payments

- This trip works out at approximately £323 pounds (depending on numbers) and includes all activities, equipment, trainers, tuition, room, food and snacks.
- The remaining instalments will need to be paid asap.
- Terms and conditions.

Any questions?

