

## Conway Residential September 2022 – Further Information

The information below is not finalised and may change; but is based on how we have run residential visits in the past. We will confirm final details when we are able to and will organise a parents meeting in September before the visit for further information sharing.

The members of staff attending are employees of the school and are therefore suitably qualified and experienced, know the children, are DBS checked, are first aid trained, and have prior experience of taking children on overnight visits.

The visit, and activities within the visit, are risk assessed by school and the Centre and this must be approved by the local authority. The school and residential centre have to prove that reasonable and appropriate measures to keep the children safe are taken, and also that the arrangements for the visit are in line with the government's guidance on COVID-19 that may be in place at the time. All instructors at the Conway Centre hold the relevant qualifications and insurance.

Transport to and from the visit is with a fully insured coach company with a qualified driver and seatbelts will be worn.

The children sleep in single-sex dormitories in bunk beds. An appropriate number of staff members will stay overnight. The centre is locked up overnight and an intruder alarm is set. A duty member of staff from the centre is on call.

There are separate girls', boys', and staff toilets and bathrooms. There are separate staff bedrooms.

Emergencies: you will be provided with the address and direct contact line of the Centre as well as a school mobile number for emergency contact.

You must notify us of allergies and specific dietary requirements. No children will be left to go hungry and the cooks at the centre can normally make something up for the children if they really don't like what is on offer. Please speak to us if you think this is something we need to be aware of.

Children wear their own clothes for the visit. All clothes must be labelled with their names.

No electronic devices are permitted to be brought along. Children do not need any money as everything they need is provided for them. No aerosols are permitted as the smoke sensors are sensitive to the sprays. Reading books, a teddy bear, magazines, card games etc. can be brought along.

\*The children need to bring a packed lunch and drink for the first day of the visit.

Example itinerary (this may change)

	Morning	Afternoon	Evening
Wednesday	Leave school 9.15am Health and Safety Tour of the Site	Lunch Rope Course Zip Wire Obstacle Course	Tea Night Line Campfire
Thursday	Breakfast Expedition Canoeing	Lunch Abseiling Forest Skills Canoeing return	Tea Sports Disco
Friday	Breakfast Raft Building	Lunch	

		Return to School for 3.15pm	
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### Example menu

	Breakfast	Lunch	Tea
Wednesday	At home	Bring a packed lunch from home	Chicken Curry Vegetable Pasta Pork Chops Chips, Rice, Bread Vegetables and Salad Various Puddings and fruit
Thursday	Cooked breakfast Cereal Toast/bread Fruit Yoghurt Fruit juice	Sandwiches/rolls, hot & cold snack, pudding, fruit Or Pizza & chips with salad Various puddings Fruit	Roast Chicken Beef bolognaise Vegetable bolognaise Fish fingers Roast potatoes Vegetables Pasta Salad Bread and Rolls Various Puddings and fruit
Friday	Cooked breakfast Cereal Toast/bread Fruit Yoghurt Fruit juice	Sandwiches/rolls, hot & cold snack, pudding, fruit Or Filled baguettes	

### Example kit list for 2 nights away

- Drinks bottle for use during the activities.
- Pyjamas
- Underwear (for 2 days plus 2 spare sets)
- Socks (for 2 days plus 2/3 spare sets)
- 4 old t-shirts
- 2 old sweat shirts or thin jumpers
- 2 warm jumpers or fleeces
- 3 pairs of old trainers or shoes
- 3 pairs of old trousers
- 1 pair of shorts/skirt
- Fully waterproof and windproof coat
- Wash bag with personal wash kit
- Towel
- Slippers or pumps for indoor activities
- Sun hat (*dependent on weather forecast*)
- Woolly hat
- Gloves
- Sun cream (to be applied themselves)
- Torch with fresh batteries