

Rhos-y-Gwaliau (RYG) Parent Meeting - June 2024



Dates and times



Sunday 29th September to Saturday 5th October.

- **6 Nights** away, **5 full days** of activities
- Aiming to leave at **9.30am** on **Sunday 29th September 2024.**
- Could we please request that children arrive at school at **8.45am.**
- Leave bags outside under the phoenix and come into the hall to sign in and hand in medicine and money (both labelled).
- We will be returning around **3.30pm – 4.00pm** on **Saturday 5th October 2024.**
- On the return journey regular updates on arrival times will be sent to you.

How do we get there?



- We travel to RYG by coach.
- The journey takes approximately 5 hours including an hour lunch stop.
- Provide your own packed lunch for the journey to RYG - no sweets or fizzy drinks!
- Once there, children will be put into 3 groups with 1 or 2 adults that stay with the group all week.
- We travel in our groups by 16-seat minibuses to / from the activities.

Accommodation

- We have the centre to ourselves.
- Sleep in dormitories (one for boys, one for girls).
- Centre sleeps a maximum of 60 children.
- Staff bedrooms are located next to the dormitories.
- Building secured by teaching staff at night.
- Children's common rooms for 'down time'.



Photo from Rhos y Gwallau Outdoor Education Centre's post

Some Kit Supplied



RYG provides all specialised equipment needed for certain activities:

- WATERPROOF CAGOULE
- FLEECE JUMPER
- WATERPROOF TROUSERS
- WALKING BOOTS
- WELLY BOOTS
- LARGE BACKPACK

Please do not go out and buy expensive equipment as the kit provided by the centre is very good.

Kit to bring

The following items should be packed by pupils for the week:

ALL ITEMS MUST BE CLEARLY NAMED

- Fitted sheet, duvet cover and 1 pillowcase
- One/two changes of casual clothes for wearing around the centre in the evenings
- Slippers or indoor shoes/crocs/sliders (clean trainers are fine)
- Night clothes
- Toiletries in a bag
- Two towels (one for showering and one for swimming)
- Sufficient change of underwear/socks (6 days plus a couple of extras)
- Two or three warm jumpers
- At least two tracksuit bottoms or loose trousers (not denim as this can rub)
- Two/three T-shirts/vests
- Swimwear
- Old pair of trainers for outdoor use – wear these on the coach!
- Woolly hat (it will still be cold on the mountain!)
- Windproof gloves (these can be borrowed from the centre if needed)
- Sturdy Lunch Box/plastic box (to be carried every day)
- Flask for hot drink – unbreakable. Glass flasks do not survive this experience!
- Torch and spare batteries for outside use – for the night hike
- 2 large plastic bags for laundry
- Book or top trumps/ pencils and paper to colour/ draw
- One small snack for each day (labelled and handed in) – no food in dorms!
- £10 maximum to spend in the gift shop (however not required)
- Valuables should be left at home - cameras should be disposable
- NO MOBILE PHONES or other gadgets

See the kit list document.



Food



- Breakfast (e.g. fruit, juice, cereal, toast, croissants, beans on toast).
- Packed lunch & drink taken to activities.
- They will make your own packed lunches and will need to bring their own lunch boxes and (metal) water bottles and flask for hot drinks.
- Evening meal – we will be given the exact menu on arrival (example on the next page).
- Vegetarians and special diets catered for – **please tell us in advance.**
We need to give RYG time to order what is needed.
- **RYG provides plenty of food, so do not bring extra food!**
- Snacks can be eaten after the evening meal – one snack per day which will be collected in and handed out each night. **PLEASE LABEL THEM!**
- **ABSOLUTELY NO NUTS or any products that contain nuts.**

Example Dinner Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Fish, Chips & Peas	Chicken Curry & Rice	Pasta & Meat Sauce	Beef & Vegetable Stew with Dumplings	Roast Chicken, Vegetables and Roast Potatoes	Pizza, Chips and Peas
Peaches & Ice-cream	Apple & Peach Crumble	Yoghurt & Fruit	Fruit Salad & Ice-cream	Sponge & Custard	Lemon Cheesecake

** Vegetarian alternative available. * Fresh fruit and cold water always available.*

Forms



- Please can you ensure that all the forms have been completed, signed and returned to the office.

The forms include:

1. OHA2 form – including emergency information, medical information and dietary requirements
2. An RYG Form – statement of risk, Pupil contract, images sections
3. Swimming Form

- Keep us updated if things change.

Updates/News

At the end of each day, we will update the website with photos and news.
Look at the Year 6 Class Page on the school website.



QUICKLINKS + £   

HOME ABOUT US COMMUNICATION INFORMATION PARENTS CURRICULUM

YEAR 6



Welcome to Year 6

We are the Owls class.

Our teachers are **Mrs Vincent** and **Mrs Foxley**.

Our learning support assistant is **Mrs Muttitt**.

Here you can find useful information about our class and what we are learning.

Curriculum Outline:
Year 6 - Curriculum Map 2022-2023
Summer 2023:



RHOS Y GWALIAU TRIP NEWS

- 1_SUNDAY 25TH SEPTEMBER
- 2_MONDAY 26TH SEPTEMBER
- 3_TUESDAY 27TH SEPTEMBER
- 4_WEDNESDAY 28TH SEPTEMBER
- 5_THURSDAY 29TH SEPTEMBER
- 6_FRIDAY 30TH SEPTEMBER
- 7_SATURDAY 1ST OCTOBER

YEAR 6 PHOTOS



Night Hike

Mountain climbing



Mountain climbing



BEACH



BEACH



Canoeing



Gorge Walk



Gorge walk



Rock Climbing



Via Ferrata



Hill Trail



Zipwire



Zipwire



Film night



The Shop The Lego Challenge





Night Orienteering

Swimming





Disco Night



Dorms & Room Inspection



Duty group activities



6 Group Duty Rota

	Dining Room	Flasks	Mini bus, Litter Pick	Tiled room, Common room	Peg room, Drying room, Cloisters	Weather
Sunday	6	-	-	-	-	-
Monday	1	2	3	4	5	6
Tuesday	2	3	4	5	6	1
Wednesday	3	4	5	6	1	2
Thursday	4	5	6	1	2	3
Friday	5	6	1	2	3	4
Saturday	6	1	2	3	4	5



Any Questions?

Contact the school office or email

reception@wildmoorheath.org.uk if you have any further questions.