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



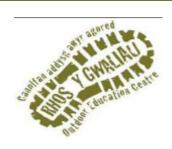
### **Dates and times**



### 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 5<sup>th</sup> 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'.











## 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

See the kit list document.

# Capital Harden Report of Confession Confession

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

### **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

<sup>\*</sup> 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**

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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.



#### 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:

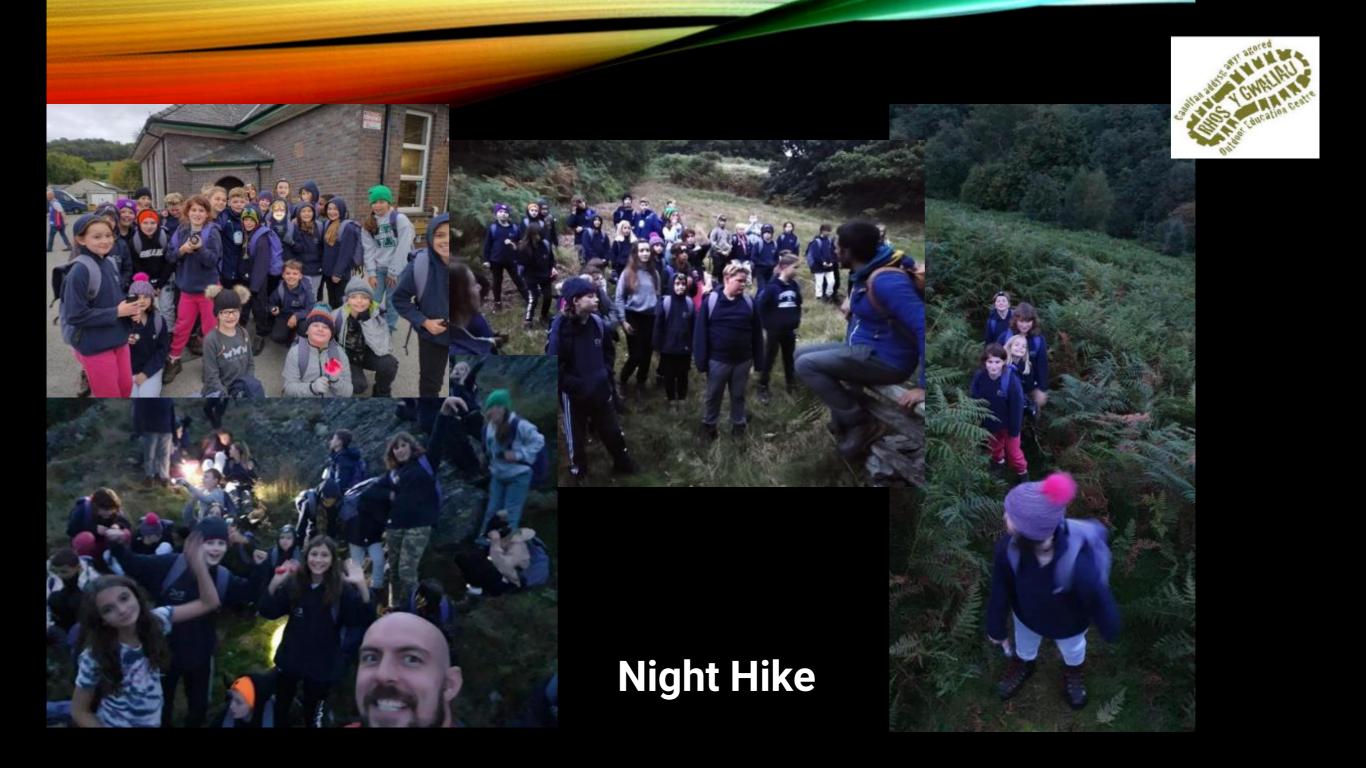
Year 6 - Curriculum Map 2022-2023

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















### Gorge walk









## **Rock Climbing**









## **Zipwire**







# Film night









### The Shop The Lego Challenge







**Night Orienteering** 



### **Swimming**









### **Dorms & Room Inspection**



### **Duty group activities**





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	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 <a href="mailto:reception@wildmoorheath.org.uk">reception@wildmoorheath.org.uk</a> if you have any further questions.