

# Rhos-y-Gwaliau (RYG)

## Parent Meeting - June 2025

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# Dates and times



**Sunday 28<sup>th</sup> September to Saturday 4<sup>th</sup> October.**

- **6 Nights** away, **5 full days** of activities
- Aiming to leave at **9.30am** on **Sunday 28<sup>th</sup> 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, money and snacks (all labelled).
- We will be returning around **3.30pm – 4.00pm** on **Saturday 4<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 an Activity Leader and 1 or 2 adults from school 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'.



Photos from Rhos y Gwaliau 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
- 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)
- Welly boots (taller ones are better)
- 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!

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
4. Hoodie order & payment


- 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](mailto:reception@wildmoorheath.org.uk) if you have any further questions.