

Rhos-y-gwaliau (RYG)

Parents' Meeting - September 2021



Dates and times

- * Aiming to leave at 9.30am on **Sunday 26th September 2021**
- * Could we please request that children arrive at school at **8.45am**
And leave bags outside under the phoenix.
- * We will be returning around 3.30 – 4.00pm on **Saturday 2nd October 2021**
- * On the return journey regular updates on arrival times will be sent to you.
- * **6 Nights away, 5 full days of activities**

How do we get there?

- * We travel to RYG by coach with on board toilet.
- * The journey takes approximately 5 hours including a 60 minute lunch stop.
- * Children need to provide their own packed lunch for journey to RYG. I would suggest including some smaller snacks also – No sweets or fizzy drinks please.
- * Once there, children travel by 16-seat minibuses to / from activities.

Accommodation

- * Children stay 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'.



Issuing Kit

RYG provides all specialised equipment needed for certain activities, e.g. wetsuits, waterproofs, walking boot, helmets and harnesses.



The Centre will issue the following items to all pupils for the week:

- WATERPROOF CAGOULE
- FLEECE JUMPER
- SWEATSHIRT
- WATERPROOF TROUSERS
- WALKING BOOTS
- WELLY BOOTS
- LARGE BACK PACK
- BALACLAVA
- (WATERPROOF GLOVES ARE AVAILABLE IF NEEDED)
- Other items of equipment for the specialist activities programmed will be issued on a daily basis as appropriate.

PLEASE DO NOT GO OUT AND SPEND MONEY ON THESE ITEMS AS THE CENTRE'S EQUIPMENT IS VERY GOOD.

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

- 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 (**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.
 - Woolly hat. (It will still be cold on the mountain!)
 - Windproof gloves (These can be borrowed from the centre if needed)
 - Lunch Box
 - Flask for hot drink – unbreakable. Glass flasks do not survive this experience!
 - Torch and spare batteries for outside use.
 - 2 large plastic bags for laundry.
 - Book or top trumps/ pencils and paper to colour/ draw.
 - ALL ITEMS MUST BE CLEARLY NAMED
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- £10 maximum to spend in the gift shop however not required.
 - Valuables should be left at home. Cameras should be inexpensive or preferably disposable. NO MOBILE PHONES, MP3 players or similar devices.

Food

Breakfast (juice, cereal, toast, croissants)

- * Packed lunch & drink taken to activities. The children make their own packed lunches and will need to bring their own lunch boxes and water bottles.
- * Three-course evening meal – we will be given the exact menu on arrival but example is on the next slide. .
- * Hot drink and snack before bed.
- * Vegetarians and special diets catered for – **please tell us in advance**. We need to give RYG time to order what is needed.
- * **We strongly discourage the children bringing large quantities of chocolate, crisps, fizzy drinks as RYG provides plenty of food!**
- * I would suggest providing one small treat to have each evening.
- * **ABSOLUTELY NO NUTS!**

Example Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
-	Leek & Potato Soup	Swede Soup	Butternut Squash Soup	Tomato Soup	Carrot & Coriander Soup
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	Chocolate 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 – BFC parental consent form
 - 2) An RYG Form – statement of risk, Pupil contract, images sections
 - 3) WHS behaviour agreement
- * We have previously received details of medication and dietary needs. We will assume that they are still correct unless we are told differently.
- * Keep us updated if things change.

Questions

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