

# Arthog meeting for parents

# Quotes from the current Year 6

- Complete bucket-list ticker
- You do loads of activities which are fun
- Exciting
- Dangerous in some ways
- Good to start off the term
- I liked the gorge walking
- Exciting
- It was fun
- Quite a lot was happening
- We just got on and did it







# Arthog



## General information

- October 31st – 4th November
- Leaving and returning within normal school times
- Split into 3 groups, each with members of staff and stay with the same instructor all week



# What to bring – everything named

- Kit list
- Old clothes – they will get filthy! Don't go spending money on new stuff! Not jeans.
- 1 pair indoor shoes, 1 pair old trainers, wellies
- Weather can be changeable so need to plan for all possibilities
- Single bottom sheet, duvet cover, pillowcase.  
PLEASE practise putting on the duvet cover!

## What to bring (everything named) (2)

- Water bottle, thermos,
- Bin bags
- Torch
- Sun cream, sun hat, lip salve, plasters
- Something quiet to do – e.g. reading book- no felt pens
- Teddy!
- Children need to be involved in packing bags so that they know what they've got and can get it all back in when we come home!



# What not to bring

- Any electronic equipment including mobile phone
- More than £10
- Anything precious

# Sample timetable

- Breakfast between 7.30am and 9am
- First activities start around 9.30am
- 10 minute juice break
- Lunch time allocation between 12pm and 2pm
- A full afternoon of activities
- 10 minute juice break
- Evening meal time allocation between 5pm and 7pm
- Evening entertainment from 8pm, followed by cocoa
- Lights out by 10.15pm

# Activities

Will include:

- Team building
- Canoeing
- Mountain walking
- Rock Climbing
- Orienteering
- Raft building
- Gorge Walking
- Nightline
- Night walk
- Beach visits



# Forms

- We need completed consent forms back to the office please.
- Medical consent form needs to be completed and handed in the morning that we go.
- Any medication needs to be labelled and handed in to a member of staff
- Children with asthma will need 2 inhalers – one to keep with them and one for staff to keep as a spare, just in case

## Keeping in touch

- You will get regular updates via text
- We will try to post some photos on the website
- Children will not phone home (birthdays excepted)
- Any emergency— contact school (01743 790226) or Arthog if out of school hours (01341 250455)

# More information from

- <http://www.arthog.co.uk>
- School – any questions, please ask!