

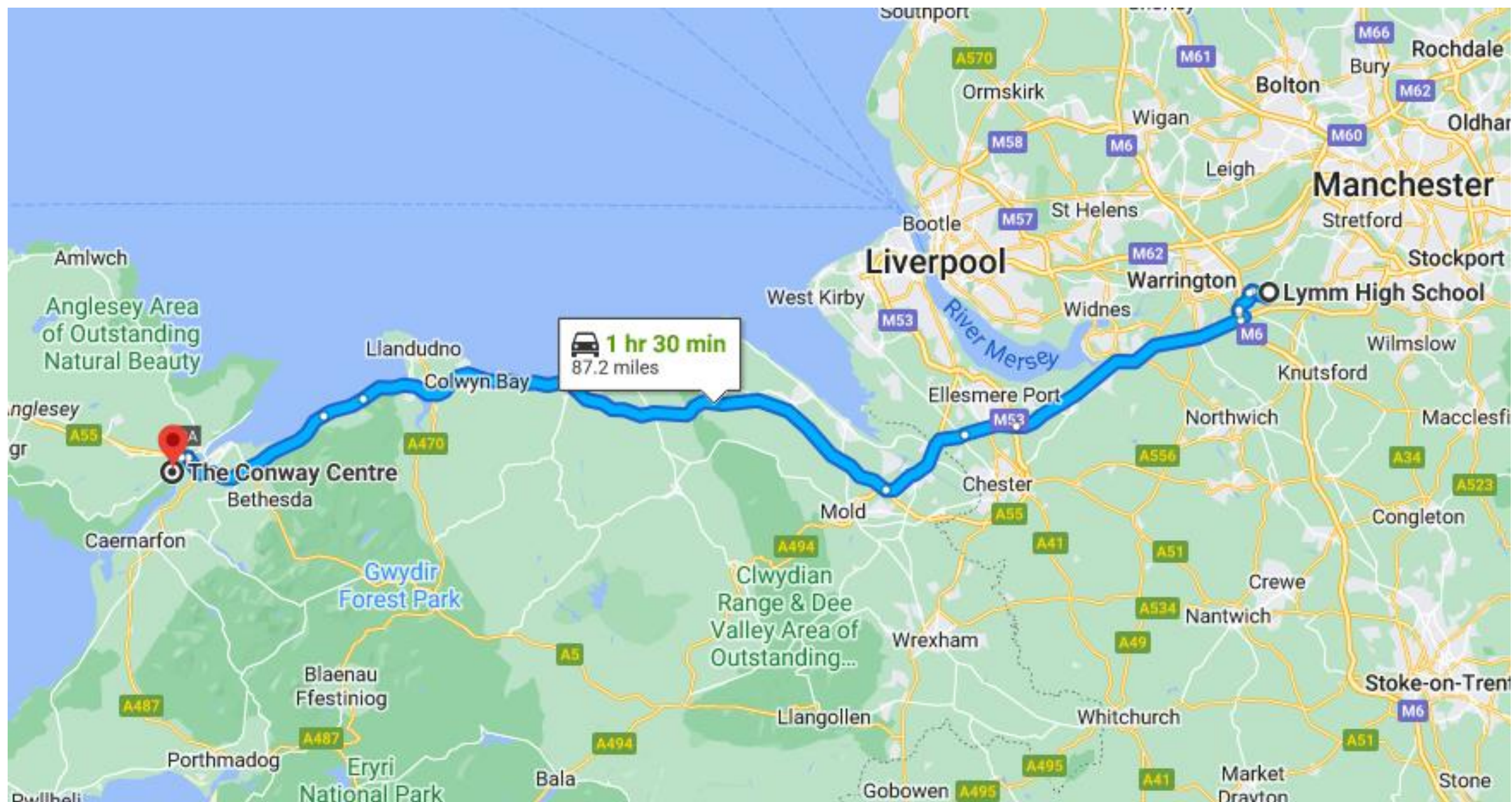


Welcome to Conway Centres





Conway Residential
L forms: 9th - 11th October
H forms: 11th - 13th October



Kit list – added to satchel last week

Conway Trip Kit List

Pupils will need a packed lunch for the first day.

General Kit – this is needed as a minimum.

- ☐ Underwear / Nightwear
- ☐ Slippers/indoor shoes
- ☐ Suitable Trainers or Outside Shoes (Full toes protection that cannot slip off)
- ☐ Socks
- ☐ T shirts / tops
- ☐ Jumper / hoody
- ☐ Coat
- ☐ Wash Kit
- ☐ Towel
- ☐ Cap or sun hat
- ☐ Sun cream
- ☐ Plastic bag for damp/dirty clothes
- ☐ Drinks bottle – needed for Packed Lunches

Kit list for Outdoor Activities:

- ☐ All of the above +
- ☐ Day bag (small rucksack)
- ☐ Old footwear or wellies that will get wet/dirty x 1
- ☐ Fleece/jumper/hoody x 3
- ☐ T shirt x 2
- ☐ Trousers that are not denim x 3
- ☐ Hat and gloves x 1
- ☐ Swimwear for under clothes x 1
- ☐ Towel x 1
- ☐ Hair tie

Optional:

- ☐ Old t shirt or apron for art
- ☐ Watch
- ☐ Small amount of spending money

Please do not bring:

- ☐ Phones / electronics / l/pads
- ☐ Valuable personal items or any jewellery
- ☐ Aerosols

Please note that Conway centres can take no responsibility for lost property.

Activities

Water Activity – Canoeing, stand up paddle boarding, kayaking

Raft Building

Problem Solving/Team Building

Land Activity – Bushcraft, climbing wall, mountain biking, high level ropes

Evening Activity – Nightline, orienteering

Activity Groups and dorms

Activity groups will be decided by us, and information about these will be shared with pupils.

Dorm groups - Students have been asked the name of 3 students they wish to be with on the trip, and we can then fill up rooms accordingly. Pupils will be with at least 1 person from their list. We have been mindful of any friendship concerns when doing so.

Important information for the trip

Pupils need to be dressed ready for activities on day 1, they will not be able to access changing facilities until after their first activity

Pupils doing a water activity on day 1 will need to wear swimwear under their clothes

Pupils will need to wear appropriate clothing – full length trousers/suitable footwear (e.g pupils will should be covered – no crop tops - pupils will be asked to change if they are not appropriately dressed for activities, meal times, evening activities)

Important information for the trip

Students need a packed lunch on day 1 and water bottle with their name on to use throughout the trip

Students will need indoor shoes for evenings (e.g. slippers, crocs, sliders...)

Please label your child's clothing to avoid missing items

Students will need roll on deodorant, and cannot use aerosols as the fire alarms are sensitive to these

Important information for the trip

There is a small shop on-site that students can buy snacks and souvenirs from. They recommend no more than £15 is needed and will have responsibility for their own money

Mobile phone signal is poor- an emergency contact number for the trip will be shared

Conway cannot accept liability for loss or damage to expensive items. For this reason, please refrain from bringing expensive and valuable items including electricals, clothing or jewellery.

Given the previous 2 points, mobile phones are not permitted on the trip

Code of conduct

When taking part in activities participants must follow all instructions given – instructors will stop activities if they feel behaviour is inappropriate

Guests must respect others on site

Guests must take care to not damage property, as damage is chargeable

Anyone found to be acting illegally onsite will be reported to the police

Lymm Behaviour expectations

Behaviour should be in line with that in school- respect towards others, following rules and participation in activities at all times.

Students caught with banned items will be sent home and parents expected to collect them (vapes/ phones/ aerosols).

Behaviour during 'spare time' should be appropriate. There will not be much free time, but please use sensibly!

Students may bring edible treats, but please do not allow students to bring excessive amounts, as we will confiscate if needed. **No nuts.**

Students will be asked to get ready for bed from 9.30 to be in their own dorms by 10. Lights out at 10.30, and noise to be kept down. Students who are disruptive through the night will be sanctioned.

Medical and dietary information

All medication needs to have original labels on with instruction for administration. This needs to be signed in on the morning of your child's trip at **MAIN RECEPTION**.

The first aid lead for each trip will meet you to sign this in.

L forms – Miss Carrington

H forms - Mrs Purslow

Students must have their inhalers with them- group leaders will ask students if they have these daily, but it is your child's responsibility to remember this for activities.

We will be taking your child's spare epi-pens and inhalers from school- please make sure that these are up to date as a matter of urgency.

You may bring medication early to student services and is advisable if possible.



Parent FAQs



Is there a member of Centre staff available on site at all times?

All of our activity sessions are supervised by our team and the school teachers on the visit.

Is there a shop and does my child need money?

We do have a small gift and snack shop on site at our Anglesey centre, each school will have a dedicated time to use the shop on their visit. We do not have a card machine to take payments so cash only please.

Can my child bring valuable items? e.g mobile phone

We do not recommend bringing either mobile phones or computer consoles. There is no wifi on site for the young people to access and phone signal in the buildings is limited. The schools have every parent/Guardian's contact details and we have plenty of phones on site if your child or the school needs to make contact with you.

Parent FAQs



What if my child cannot swim?

Children who cannot swim are just as safe as children who can swim. All our water activities are supervised and each child wears a buoyancy aid which even if they cannot swim supports them in the water.

What if my child has a medical condition or has a special diet?

We will consult with the school to develop a programme where each student with specific needs has a positive experience with us on their visit. We cater for all requirements and work with the schools to ensure any young people with specific dietary requirements are catered for. All our meals will be dishes the young people are familiar with in school.

Will my child need any particular clothing or equipment?

All equipment will be provided! We provide all wet weather clothing and footwear when it is required, we just recommend to bring clothing that will keep you warm during the visit and you don't mind getting dirty during activities.

Parent FAQs



Are staff at Conway Centres qualified and DBS checked?

All of our staff at Conway Centres have had an enhanced DBS Check. Our tutors are all fully qualified and trained. Our staff and sites have regular inspections from: Royal Yachting Association, Canoe Wales, Association Of Head Of Outdoor Education Centres, HSE, & AALA. All members of our outdoor activity, management, night duty, maintenance, centre assistant teams and many of our catering and housekeeping team are first aid trained

Does the centre have safety rules & risk assessments in place?

Yes, we have safety rules that have been sent to the school, including our COVID-19 risk assessment. All of our risk assessments are reviewed frequently by our management team and Health and safety team. We also go through annual accreditation or inspections in all aspects of our activities and building operations where to pass these inspections need to provide evidence of our risk assessments.



Further Questions...





Adventure Awaits...

