

# Rhos-y-gwaliau (RYG)

## Parents' Update Meeting 2025



# RYG Participants & Staff 2025

## STAFF

- \* Miss Leadbeatter
- \* Mrs Holden
- \* Mrs Lewis
- \* Mr Strudley
- \* Mrs Jasper
- \* Mrs Fuller
- \* Mr Halley

## PARTICIPANTS

- \* 58 children
- \* 27 Boys
- \* 31 Girls

# Departure

- \* Children should be at school by 8.45am on Sunday 12<sup>th</sup> January 2025
- \* Please make sure that luggage, medication and purses/wallets are clearly labelled
- \* Please complete a medical form for any medication
- \* **If needed, give your child travel sickness medication (and hand in for other journeys)**
- \* The coaches are due to leave at 9.30am

# Check in desks

When your child arrives at school, you will have to check them in. You will be asked to:

- 1) Sign your child in.
- 2) Confirm that the medical details previously provided are all up to date.
- 3) Hand in any medication required.
- 4) Hand in wallets/purses.



# Journey Details



- \* Scheduled to arrive at RYG around 3.00pm
- \* Children will need to bring a packed lunch and entertainment\* for the journey with a rucksack or bag to put it in
- \* We will stop for lunch at Motorway Services for 45-60 minutes. The coach has an on-board toilet
- \* We will 'Tweet' and send an MCAS message when we arrive.

# \*Entertainment on the coach

- \* Children may have an electronic device on the coach (e.g. to listen to music, read, play a game etc) as long as:
  - It is NOT a mobile phone or is a device capable of making a telephone call / messaging using 4G/5G communications etc (i.e. It must NOT be capable of having a SIM card installed);
  - Headphones are used;
  - The device, headphones and power cables are clearly named and are handed in on arrival (it will be given back for the return journey);
  - It is understood that the school takes no responsibility for any loss or damage to the equipment – NB. Electronic devices are NOT covered by our insurance;
- \* Other devices will be confiscated and returned when we get back;
- \* **WE HIGHLY RECOMMEND THAT VERY EXPENSIVE ITEMS ARE LEFT AT HOME.**

# Day to Day Arrangements

\* A typical day is structured as follows:

Wake up	(7.30am)
Breakfast	(8.00 – 8.45am)
Duties	(8.45 – 9.30am)
Briefing	(9.30 – 10.00am)
Activities	(10.00am – 4.00pm)
Shower	(4.00 – 4.30pm)
Evening Meal	(5.30 – 6.15pm)
Activities	(7.00 – 8.30pm)
Bedtime Drink	(8.45pm)
Bedtime	(9.15pm)

# Groups and Accommodation

- \* The children will be split into 5 activity groups. Each group will be led by a Crown Wood staff member and an RYG Activity Instructor.
- \* The children will find out which group they are in before we arrive at the centre. NB. We have considered friendships and the needs of the children when making the groups.
- \* The children also have duty groups which are different to their activity groups.
- \* There is 'down time' where the children can mix with people in the other groups. They can eat with their friends at breakfast and dinner time.



# What do the children do at RYG?



# And...

- \* Zip wire
- \* Night walk
- \* Orienteering
- \* Problem solving and team challenges
- \* Team building games
- \* Disco

# Night Time Arrangements

- \* Boys and girls sleep in separate dormitories inside the centre.
- \* There are large and small dormitories – we have considered the needs of the children when placing them into their rooms.
- \* Staff bedrooms are located next to dormitories.
- \* Children are expected to stay in their dormitories at night (unless they need the toilet or there is a problem), and to allow others to sleep.
- \* The centre is secured each night.

# Centre Duties

- \* Each day the children will have duties. These include:
  - Weather station
  - Feeding the birds
  - Clearing & setting dining tables
  - Sweeping & vacuuming the Centre
  - Sweeping the vans
  - Tidying the dormitories
  - Emptying the bins / recycling
  
- \* The children are divided into 'duty groups' and rotate to do different chores each day.
  
- \* All the children are expected to help!

# Keeping You Informed

- \* **No news is good news** – we will only contact you directly if we need to.
- \* We will post pictures from the week on the school Twitter feed (this can be seen on the Webpage). We will aim to post group photos daily.
- \* We will upload all other photos to a password-protected page on the school website after the trip and provide you with a password.
- \* We will keep you up to date with any other information through MCAS.

# Contacting RYG

- \* During the school day, please contact the school office who will pass on any messages;
- \* Should an **emergency** arise outside of school office hours (8.30am – 4.30pm), you can contact us via the centre on **(01678) 520395** or **[office@rygoutdoor.co.uk](mailto:office@rygoutdoor.co.uk)**;
- \* As we are out of the centre all day, we may not be able to return your call / e-mail immediately;
- \* **Mobile phones are NOT allowed and will be confiscated until our return;**
- \* The centre address is:  
**RYG Outdoor Centre, Bala, Gwynedd LL23 7ET**

# Homesickness

- \* Most children experience homesickness to some degree when they are away from home. New surroundings, different people and new situations can make children feel anxious.
- \* Children usually feel homesick during 'quiet times' (e.g. bedtime, free time) and usually reduces as activity increases!
- \* Parents often miss their children as much as (maybe more than!) their children miss them – this is normal! When this is communicated, wittingly or unwittingly, to a child this can cause homesickness. Parents can help reduce the possibility of homesickness by reassuring their children about the trip.
- \* Teachers will deal with homesickness sensitively and quickly. Only in the most extreme cases will we arrange for the children to call home.
- \* Being away from home and coping with new things is part of growing up – success brings greater self-esteem and new confidence.

# Behaviour

- \* We expect the children to act in a safe and responsible way, with respect for others.
- \* The teachers will handle the following problems promptly and fairly:
  - *Anti social or disruptive behaviour, i.e. bad language, vandalism, fighting, bullying, rudeness.*
  - *Refusing reasonable requests by adults.*
  - *Keeping others awake at night.*
  - *Not participating in chores (e.g. dormitory clean up).*
- \* If a child continues to act inappropriately, the teachers will phone their parents. More serious misbehaviour may mean an immediate phone call home. These more serious problems are:
  - *Leaving their dormitory after lights out (except to use the toilet or in an emergency).*
  - *Endangering themselves or others.*
- \* If the behaviour continues or is repeated, the centre and/or the school reserve the right to ask you to collect your child from RYG and take them home. There would be no refund.



# Return Journey

- \* Leave RYG at 10.00am on Saturday 18<sup>th</sup> January 2025.
- \* We will arrive back school at approximately 3.30pm.
- \* Children will make a packed lunch at RYG for return journey.
- \* We will use X (Twitter) to keep you informed of changes to arrival time / delays etc (*NB. You can read Tweets on the School Website*).
- \* A trusted adult must be present to collect the children – they cannot walk home alone

# Packing

- \* See packing list on school website.
- \* Specialist equipment (boots, waterproofs, fleece etc) provided by RYG.
- \* Pack old clothes – the children will get muddy – and under pack!
- \* Remember to pack swimming gear & towel.
- \* All items should be clearly labelled.
- \* RYG strongly recommends that all valuables, electronic or electric equipment (including games) be left at home.
- \* Disposable cameras only – we will take lots of photos and give you access.
- \* Unbreakable flask (no glass, please!)
- \* **NO MOBILE PHONES.**

# Food

- \* RYG provides a substantial breakfast, packed lunch and evening meal each day. The meals are designed to provide all the energy the children need.
- \* Vegetarian and other dietary needs are catered for (e.g. nut or dairy allergies) – please let us know if you haven't already done so.
- \* **Please do not pack fizzy drinks, chocolate, crisps or other snacks for the week (they will be confiscated).**
- \* No chewing or bubble gum
- \* Boiled sweets or mints are acceptable.
- \* “Emergency Happy Sweet”

# Spending Money

- \* No money is required, but there is a small gift shop at the centre selling mementos etc.
- \* £30 is more than enough - hoodies are between £20-£25 but there are cheaper items for sale.
- \* Money must be handed in – it will be stored securely at the centre until needed.
- \* The teaching staff cannot be responsible for money or valuables left in dormitories or lost on activities.

# Medical

- \* Please let us know if there have been any changes in your child's medical history .
- \* Any regular medication needed by your child will be administered by school staff – please fill in the electronic permission form.
- \* Calpol.
- \* Should illness arise during the week you will be contacted and, if required, the on-call GP will see your child.
- \* The RYG activity instructors have first aid training. First Aid Kits are taken on all activities.
- \* Doctor on-call and local hospital nearby.

# Health, Safety & Insurance

- \* RYG is licensed by the **Adventure Activities Licensing Authority** and all instructors are highly qualified and experienced in the activities they lead.
- \* Our trip plan is approved by Bracknell Forest Borough Council's **Outdoor and Adventurous Activities Service (OAAS)** and the school's Governing Body.
- \* Children provided with appropriate safety equipment and training for all activities.
- \* Our trip to RYG is insured by AIG Lifeline plus (Policy No. 529069). A copy of the insurance certificate is available upon request. **Please note that mobile phones and other electronic devices / games etc are NOT covered.**

Any questions?