



ARTHOG PARENTS INFORMATION MEETING

Monday 18th September
2023

DEPARTING/RETURNING

- Children are to arrive at school on Monday 16th October 2022 at 8.30am.
- Children are allowed spending money (£10 maximum in a labelled wallet)
- Sweets: each child donates a bag which will be shared with everyone
- The bus will depart from school at 9am. It will take about 2 $\frac{1}{2}$ hours for us to arrive at Arthog, we will stop for a toilet break if it is needed half way.
- Your child will need a packed lunch for Monday. Please can you make sure that this lunch is packed in a small rucksack/drawstring bags
- We will aim to be back to school for 3.45pm on Friday.

FOOD

- Typical breakfast: cereal, fruit, toast and a choice of two fried breakfast items (tomato and eggs, eggs and bacon, sausages and eggs etc). The children are encouraged to eat plenty to give them energy for the busy day ahead.
- Lunch: sandwiches (please let us know if there is anything that the children really will not eat, butter on bread etc), fruit, crisps, chocolate/energy bar and a cake.
- Evening meal: e.g. roast dinner, spaghetti bolognese, pizza, burgers and a salad bar, vegetarian options available on request. Pudding (hot), yoghurt and fruit. Children often have second helpings of meals as they are still hungry from days packed full of activities.

DUTIES



While at Arthog the aim is for the children to gain independence throughout the week. One of the ways they do this is by having a duty for the week as a whole group.



The duties that groups could have are setting and clearing the tables, tidying the library, tidying the lab, cleaning the courtyard and washing down/putting away lifejackets.



MEDICATION

- Please ensure that medication is labelled and that you have completed a form to let us know how often it will need to be taken. This will be handed in at school before we depart so please do not pack in bags.
- Medication will be kept by a member of staff who will ensure that it is taken at the correct time.
- Make sure we know when medication needs to be taken. We can take it on activities if needed.

TYPICAL DAY

- 7.30 am Bell to wake children up (no children to be out of their dorms before then)
- 8.00 am Breakfast then collect lunch and flasks from baskets, do any duties.
- 9.00 am Meet with instructor at designated meeting place (same for the week), where they are told what they need to wear and pack in their rucksack for the day.
- 9.15-30 Leave the site for the day or half day. Most bus journeys are under 30 minutes.
- 4.00-5.00 Back from activity, pack away equipment, shower, any wet clothes to drying room. Wait for any other instructions, free time or duties.
- 5.45pm Evening meal, duties and putting flask ready for next day.
- After evening meal, activities will take place and children may purchase items from the shop if it is open.
- 9.00pm Drinks and snacks, writing daily diary book and any other work that needs to be done.
- 10.00pm In bed, lights out and a really good evening's rest for everyone, ready to do it all again!

ACTIVITIES

- Rock climbing, gorge walking, raft building, hill walking, team building activities, canoeing and orienteering. Activities can be changed on the day if the weather is inclement.
- All children will be taking part in the John Muir Conservation Award

KIT LIST

- A separate kit list of things to take to Arthog and can be used as a checklist when packing. By packing with your child, they will then know what clothes they have and not wear the same things all week!
- It is important that all clothing is **labelled**, as at the end of the week there is always lots of kit hanging around.
- The children look at all the articles of unclaimed clothing and it is time consuming to find owners for everything and stops other activities taking place on the Thursday evening.

THINGS TO LEAVE AT HOME

- Mobile phones
- Camera
- Jeans
- Brand new clothes
- Gaming devices.
- **Jewellery**

CONTACT

- We do not allow children to contact parents whilst they are away at Arthog.
- Should you need to contact school staff in case of **emergency** please use the centre number **01341 250455**
- Updates through the week – we will endeavour to post written and photo updates during the week on the website and/or Facebook. However, the mobile signal and broadband at Arthog can make this a challenging task so the majority of images will be made available after our return from Arthog.

FORMS

- Medical form to be brought in with the medication on the morning of the departure.
- Kit list – to be given out.



ANY OTHER
QUESTIONS?