


# CONWAY CENTRE Residential Information Meeting 02.10.2024 - 04.10.2024



## AIMS :


- To promote teamwork and teambuilding skills.
  - To challenge and push themselves with new activities.
  - To learn new skills.
  - To promote independence.
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# Where is the Conway centre?

- ▶ It is located in North Wales on the island of Anglesey.
- ▶ The centre is situated adjacent to the Menai Strait within 169 acres of National Trust parkland, it is ideally placed for children to enjoy all that the wild outdoors has to offer.



Information that you will receive or should have received:

- ▶ Medical form.
  - ▶ Copy of information slides.
  - ▶ Kit list.
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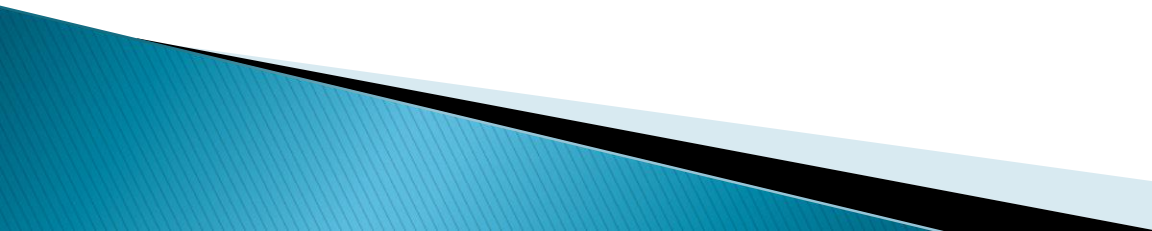
# Wednesday 2<sup>nd</sup> October – Friday 4<sup>th</sup> October

## **Departure: Wednesday 2<sup>nd</sup> October**

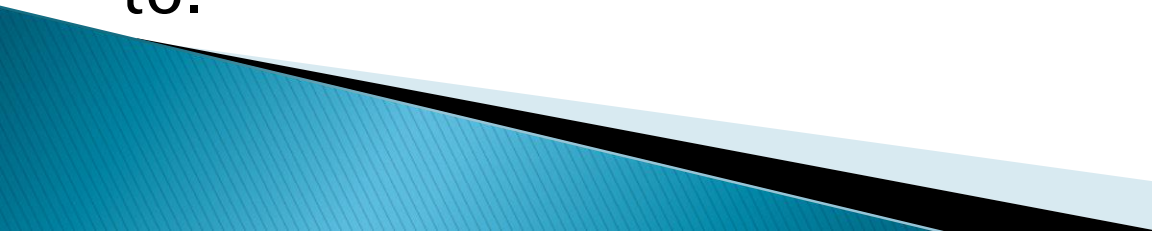
Please arrive at school at the usual time (8.40am) and your child will then head straight into the school hall with suitcase etc. Then straight to class for registration as normal. The coach will be leaving school at approximately 9.30am.

## **Return to school:**

We should return between 3.30–3.45pm (depending upon traffic) on Friday 4<sup>th</sup> October. A Marvellous Me message will be sent to inform you of any changes regarding this. Please ensure you have access to this app on your phone, computer etc.



# Organisation:

- ▶ Staff– Miss Gerrard, Mrs Sadler, Mr O'Rourke, Miss Rixon and Mrs Pearson.
  - ▶ Rooms will accommodate between 6–10 pupils. Teachers' rooms are next to children's rooms.
  - ▶ Children will have an opportunity to nominate three friends they would like to share a room with or be in a group with. They will be with at least one of these friends for both.
  - ▶ The boys rooms and one room of girls will be on the ground floor with Miss Gerrard and Mrs Sadler.
  - ▶ The rest of the girls will be on the first floor with Miss Rixon, Mrs Pearson and Mr O'Rourke.
  - ▶ All doors are alarmed in the building.
  - ▶ We have our own building and social area, which no other school has access to.
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**DORMITORIES**  
**(All bedding will be provided)**

# Departure Arrangements

All children will need a small day bag / rucksack containing the following:

- ▶ A packed lunch in a disposable bag (no plastic containers) alongside a snack for when we arrive, and a water bottle (no glass) – clearly named.
- ▶ Reading book/small games e.g. card games for the coach journey.
- ▶ Warm and waterproof coat.
- ▶ They will need to wear clothes and shoes that can get muddy as we will be taking part in an outdoor activity on Wednesday afternoon.

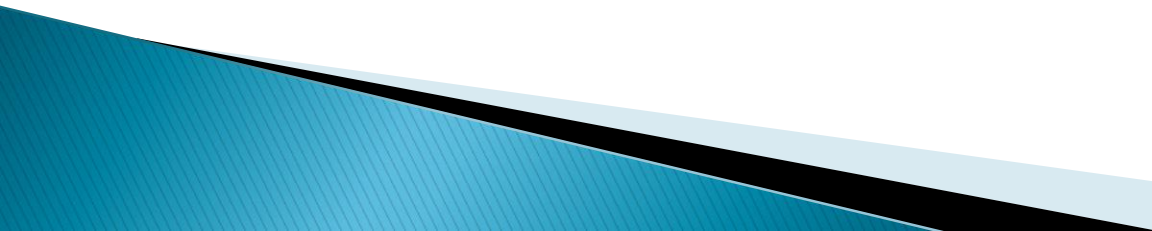
Any children who get travel sick, please let either of us know about this.



# A typical day:


- ▶ A.M. Children will be woken up. They will be told when they need to be ready for breakfast according to the centre's rota. They will be expected to get ready, dressed and make their bed. Eat breakfast. Get ready for the day and then take part in morning activities. Prepare for lunch.
- ▶ P. M. Prepare for and take part in the afternoon activities. Possible period of free time before dinner, when children will be in the social room or outside with staff. Have dinner at our allocated time.
- ▶ Evening. Take part in the evening activity. Get ready to go to sleep. Lights out at around 9:30pm.

# Meals:

- Children will need to bring a packed lunch for the first day (Wednesday 2<sup>nd</sup> October).
  - They will have an evening meal on Wednesday and Thursday; there will be a choice of hot food in a canteen.
  - They will have a cooked breakfast on each morning with the option of cereal, toast, juices etc.
  - Children will get a packed lunch on Thursday and Friday provided by The Conway Centre.
  - Please ensure any food allergies have been recorded on the medical forms. If anything changes, please let Miss Gerrard know.
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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Apple/ Orange Fruit Juice 100ml</p> <p>Choice of Cereals (Cornflakes, Rice Krispies, Weetabix, Bran flakes)</p> <p>Bacon (x2), Scrambled Egg, Baked Beans.</p> <p>OR</p> <p>Vegetarian Breakfast – Veg Sausage (x2), Tomato, Beans, Scrambled Egg or mushrooms if vegan</p> <p>OR</p> <p>Fresh Croissant Fresh Fruit Toast with Butter &amp; Jam</p>	<p>Apple/ Orange Fruit Juice 100ml</p> <p>Choice of Cereals (Cornflakes, Rice Krispies, Weetabix, Bran flakes)</p> <p>Sausage x 2, Scrambled Egg, , Baked Beans.</p> <p>OR</p> <p>Vegetarian Breakfast – Veg Sausage (x2), Tomato, Beans, Scrambled Egg or mushrooms if vegan</p> <p>OR</p> <p>Fresh Croissant Fresh Fruit Toast with Butter &amp; Jam</p>	<p>Apple/ Orange Fruit Juice 100ml</p> <p>Choice of Cereals (Cornflakes, Rice Krispies, Weetabix, Bran flakes)</p> <p>Bacon (x2), Scrambled Egg, Baked Beans.</p> <p>OR</p> <p>Vegetarian Breakfast – Veg Sausage (x2), Tomato, Beans, Scrambled Egg or mushrooms if vegan</p> <p>OR</p> <p>Fresh Croissant Fresh Fruit Toast with Butter &amp; Jam</p>	<p>Apple/ Orange Fruit Juice 100ml</p> <p>Choice of Cereals (Cornflakes, Rice Krispies, Weetabix, Bran flakes)</p> <p>Sausage x 2, Scrambled Egg, , Baked Beans.</p> <p>OR</p> <p>Vegetarian Breakfast – Veg Sausage (x2), Tomato, Beans, Scrambled Egg or mushrooms if vegan</p> <p>OR</p> <p>Fresh Croissant Fresh Fruit Toast with Butter &amp; Jam</p>
Ham/Cheese /Tuna Mayo Bap	Ham/Cheese /Tuna Mayo Bap	Ham/Cheese /Tuna Mayo Bap	Ham/Cheese /Tuna Mayo Bap	Ham/Cheese /Tuna Mayo Bap
Selection of Fruit Biscuit Packet of crisps	Selection of Fruit Biscuit Packet of crisps	Selection of Fruit Biscuit Packet of crisps	Selection of Fruit Biscuit Packet of crisps	Selection of Fruit Biscuit Packet of crisps
Battered Fish (pollock)  Battered Fish Fingers  Selection of Pizza (V)  Served with Chips & Seasonal Vegetable  A selection of desserts	<p>Pasta Bolognese served with Garlic Bread</p> <p>Vegetarian pasta in tomato Sauce (V) with Garlic bread</p> <p>Southern Fried Chicken Strips</p> <p>Served with Seasonal Potatoes Vegetable</p> <p>A selection of desserts</p>	<p>Homemade Chicken Pie, &amp; Gravy</p> <p>Cottage Pie (plus Vegetarian alternative) &amp; Gravy</p> <p>Cauliflower Momay (V)</p> <p>Served with Seasonal Vegetable</p> <p>A selection of dessert</p>	<p>Chicken Curry, Naan Bread &amp; Rice</p> <p>Chickpea &amp; Lentil Curry, Naan Bread &amp; Rice (V)</p> <p>Macaroni Cheese</p> <p>Served with Seasonal Vegetable</p> <p>A selection of dessert</p>	<p>Battered Fish served with Chips</p> <p>Chilli Con Carne (plus Vegetarian alternative) served with Rice</p> <p>Macaroni Cheese (V) -</p> <p>Served with Seasonal Vegetable</p> <p>A selection of dessert</p>

# Activities:

- ▶ Split into 4 activity groups – approx. 10–11 children per group.
  - ▶ Qualified instructors throughout.
  - ▶ Each activity will be led by a member of the Conway team. There will be a member of West Kirby Primary School staff with each group. In the evenings, we will look after the children and run an evening activity (camp fire and disco).
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## CANOEING AND RAFT BUILDING



**CLIMBING (VIA  
FERRATA)**

## **LOW AND ZIP WIRE**





Camp Fire



Disco

# Clothing:


- ▶ Lots of layers. It could be cold!
- ▶ Old clothes rather than new.
- ▶ No jeans – they are cold and stay wet!
- ▶ Waterproof jacket – avoid ski jackets.
- ▶ Child's name and school in EVERYTHING.
- ▶ Your child must be able to lift their own suitcase/ bag.

More details can be found on the kit list.



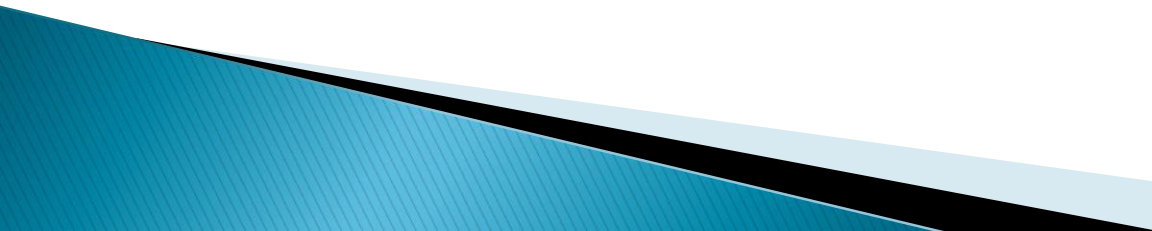


# Do not bring:

- ▶ Electronic games of any kind
  - ▶ I-pad
  - ▶ Mobile phones
  - ▶ Jewellery including earrings and make up
  - ▶ Items of value
  - ▶ Creams, medication etc. that we are not aware of
  - ▶ Expensive clothing
  - ▶ Electrical appliances of any kind
  - ▶ Aerosols
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# Medication

Please ensure :

- ▶ Medication is in a named container with dosage clearly labelled.
  - ▶ Please inform either Miss Gerrard or Mrs Sadler and hand it into the School Office on Wednesday morning or before, if possible. A medical form will need to be completed prior to the trip so that staff know how to administer this.
  - ▶ If your child suffers from Asthma, please provide two inhalers; one for them to have with them and one spare. These both need to be labelled.
  - ▶ No child should have any creams, medication etc in their baggage.
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# FAQS

- ▶ My child has never stayed away from home. How will they be supported?
- ▶ My child has special dietary requirements. Who should I speak to?
- ▶ Can my child contact home during the week?
- ▶ My child has night terrors /sleep walks. What should I do?
- ▶ My child sometimes wets the bed. What should I do?
- ▶ My child struggles to organise themselves in the morning. What should I do?
- ▶ Can my child take any spending money with them?

# In case of emergencies:

- ▶ Please telephone the school during school hours ([Tel:0151 625 5561](tel:01516255561)).
- ▶ At night please email Mrs Bailey on [emma.bailey@westkirbyprimaryschool.co.uk](mailto:emma.bailey@westkirbyprimaryschool.co.uk) or Mrs McCann on [uks2@westkirbyprimaryschool.co.uk](mailto:uks2@westkirbyprimaryschool.co.uk)
- ▶ Daily updates will be provided to school via the school's Twitter and photos uploaded if you have given permission for this.
- ▶ We will phone you in an emergency – please make sure your contact details are up to date.