Year 7

*Menai Residential*

18 – 20 April 2018

Information for Attendees



***About Menai***

Welcome to **Conway Centres: Anglesey**, where you can experience **high quality arts and outdoor education**, which has the potential to **raise achievement**, whilst **broadening participants’ horizons** and enhancing aspects of the **National Curriculum**.

**Conway Centres: Anglesey**is a large, short term, **residential arts and outdoor education** facility set in idyllic surroundings on the Island of Anglesey, **North Wales**. It is approximately an hour and a half away from Warrington by Coach.

Originally the centre was designed as a merchant marine training school for boys. It was opened in 1964 by His Royal Highness, Prince Philip, Duke of Edinburgh in order to replace HMS Conway a three masted, two deck sailing ship. As such the centre is unusual in having a wealth of indoor **teaching**/work facilities together with a wealth of on-site locations situated in an unrivalled environment.

*'Please do share with your team at Conway Centres: Anglesey that St. George's children had a memorable experience that was based on a true commitment to providing a quality programme that was safe and highly engaging.  It was always a risk to change venue and approach but bringing our year six group in one go was certainly worthwhile! Our job is even more rewarding when we encounter likeminded professionals.'*

*Gareth Elswood, Headteacher*

We hope you will enjoy the residential – it provides us with an opportunity to develop ideas and aspects of school without the constraints of lessons and bells! It is a chance to learn to work and live together and you will notice that the timetable does not finish until 9.00pm.

## **General Routine**

## **Dress**

During most of the 3 days you will be outdoors for many hours.

Bring ***old*** tracksuits jogging bottoms, warm jumpers/sweaters. It would be a good idea to bring a waterproof jacket – you know what English weather can be like!

* New trainers will be ruined, bring 2 pairs of old footwear that still fit.
* Sun cream / hat.
* Disco and Talent Show – Learners can wear fashionable clothing – get your glad rags on!!

## **Behaviour**

Learners are reminded that the highest standard of behaviour is expected. Staff reserve the right to send home any learner who is unable to behave in an acceptable manner. This could involve parents having to come and collect their child.

On arrival at the Conway Centre you will be given a tour of the area. You must pay careful attention to the instructions regarding where you are allowed to go. Some areas will be strictly “Out of Bounds”. Make sure you know which these are.

**First Aid**

In the event of an accident or other emergency, learners should report immediately to their group leader.

**Preparations for the Journey**

Anything that you require for the journey for entertainment or snacks should be in a small bag that can be stored under your seat on the coach.

***Do not bring fizzy drinks, energy drinks or glass bottles.***

If you suffer from travel sickness bring your own pills. Take the necessary dose before leaving home and hand the rest to your group leader, clearly marked with your name before leaving school.

If you have any other medicines that you may need to take during the week, they must be handed to Miss Russell on arrival at school on the day of departure; each item should be clearly labelled with the learner’s full name, dosage and any other requirements for such medication. Staff will look after those items and pass to the learners as required. Anyone who uses an inhaler must carry it with them at all times and be fully responsible for it.

**The Journey**

8:15-8:50.am. Take your bags to the gym. At 8:50am meet your form tutor in the gym. Your form tutor or course leader will then register you before we go. Please remain in the gym until we are ready to leave. You will not be able to see your parents/carers again for hugs and kisses so please make sure you have said your farewells before 8:50am. Parents and carers are welcome to wave us goodbye from the front of school. We will be leaving at approximately 9:30am.

We will be leaving the Conway Centre at 1.30pm on Friday and returning directly to school. Please make arrangements to be collected by your parents at 3:30pm. The coaches will require the bus bays in front of school so parents should park on the shopping centre car park.

**Small Suitcase or Holdall – What to bring**

You should have a small travel bag, we are only away for 3 days, you will not require lots of clothes. You will be responsible for carrying your own bag so please make sure that you are able to do so before you bring it with you. Your parents will not be there to carry your bag to your room for you!

This bag will be packed away on the coach, so make sure it does not include any items you will need for both journeys.

Ensure you have a least two complete changes of clothing in case any items become wet. If you have waterproof trousers and jacket - bring them. These may be provided by the centre if required.

Make sure that all your belongings are labelled with your name.

Do not forget nightwear, toilet articles (soap, toothbrush, etc.) and a towel, as well as changes of underwear, socks etc.

**Pocket Money**

There is no real need for any pocket money but there is a tuck-shop and vending machines at the Centre. If you do bring pocket money, we recommend that ten pounds should be the maximum (in coins for vending machines) and is your own responsibility to look after it. You are, of course, allowed to bring snacks from home and we highly recommend that you bring a water bottle.

**Valuables**

Learners are **NOT** to bring anything they consider to be valuable (mobiles, cameras, MP3 players, iPad, etc). Teachers and Centre staff will not collect valuables for safe keeping and no responsibility will be taken for lost valuables.

**Mobile Phones**

Mobile phones are **NOT** necessary on this trip and are **NOT** to be brought. They will be confiscated and returned to parents on our return to school.

**Emergency Contact Information**

**School day – 01925 853500 – office staff will contact Conway Centre**

**Mrs J Butler – 07514383049 – Head of Year 7**

**Mrs Bryan – 07562341682 – Head Teacher**

**Meal Times**

You must be on time for meals as serving does not begin unless everyone is present.

Take it in turns to serve, clear up, etc., and ensure your table manners are of the highest standard.

When the meal is over and the table has been cleared SIT QUIETLY as this is the time when important instructions and notices are given out.



Breakfast 8.15am

Lunch 12.15pm

Evening meal 5.00pm

**Dormitories**

You will all be assigned to a particular dormitory, based on 4-10 learners sharing. All dorms will be single sex and will only consist of BCHS learners. Staff will decide upon rooming arrangements and changes may be made throughout the stay as required.

**Fire Regulations**

On arrival the Fire Drill will be explained to you. Take special note of this, your life may depend on it.

***Site and Activities***

Activities

Learners will have the opportunity to participate in the following activities:

* Mountain Biking
* Bush Craft
* Abseiling
* Outdoor business – Enterprise activity
* Canoeing
* High Level ropes
* Raft building
* Via Ferrata – rock climbing
* Zip Wire

If you follow all the guidelines here we are sure you will have a very enjoyable residential experience. If you have any further questions please talk to Mrs Butler or your Form Tutor

**HAVE FUN !!!!**