

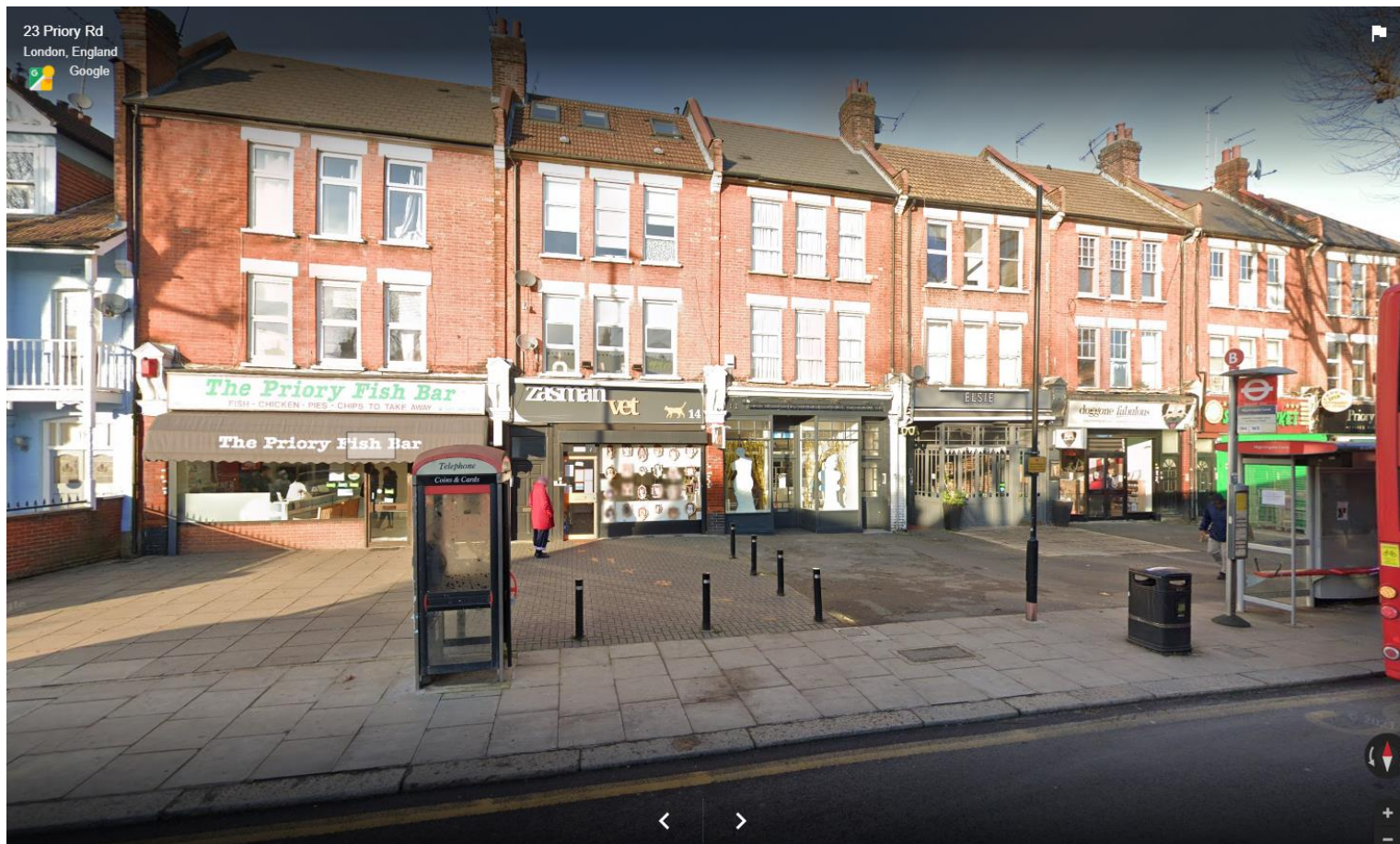


Pendarren
2024
4th to 8th March



Pick up and Drop Off

- We will be picked up and dropped off by the fish and chip show at the end of Nightingale Lane.
- We will travel by coach, leaving by 7.30am on Monday, returning at approximately 5.00pm on Friday. Please arrive at the fish and chip shop by 7.15am.





Need to bring a snack for a stop at a service station.

Travel Sickness – We can administer travel sickness tablets if you child gets travel sickness.



Please make sure your child has taken their travel sickness pills in the morning. Please also send in further pills for a coach journey we shall have in Wales as well as for the journey back home. Put the travel sickness pills, in their packaging in an envelope / plastic wallet with your child's name on it and hand it in either to the school office on Friday 1st March or to the staff at the drop-off point.



The other option are travel bands which have worked miracles with my daughter who does suffer terribly from travel sickness.

What do I need to do if my child needs medication?

ANY medication that children need to take **in addition to what we are already aware of**, must be prescribed from a G.P. and brought to school by Friday 1st March. Any medication we have in school will be sent along with their care plans.



Accommodation

The main house has 5 rooms with 46 bunk beds. There is a maximum of 12 to a room. Some rooms are smaller.

The Annexe has space for 30 children.

The rooms for the teachers are on the same floor in both buildings.

Staff put children into groups for sleeping and for activities. Children are told when they arrive at Pendarren.



Living Together

During the week, considerable emphasis is laid on developing a harmonious community atmosphere, and some participation on the part of the children in the daily running of the Centre is necessary. This normally entails care of the equipment, keeping the dormitories and centre tidy and some dining room duties.

A typical day at the Centre would be:-

- 07.30 Rising bell
- 08.00 Breakfast
- 09.00 Activities
- 17.00 Return to Centre
- 17.30 Shower
- 18.30 Dinner
- 19.15 Evening Session
- 20.30 Recreation
- 22.00 Lights out





Half day activities

Climbing and abseiling: Climbing is on a man made climbing wall and abseiling is done in the grounds.

Canoeing: Canoeing takes place a short drive from the centre. The children will be taught the safety elements of this activity and will travel in pairs down the canal in their canoes.

Bushcraft: The children will build their own shelters on site, light a fire without matches, discover wild food, learn how to safely use a knife and toast a marshmallow.

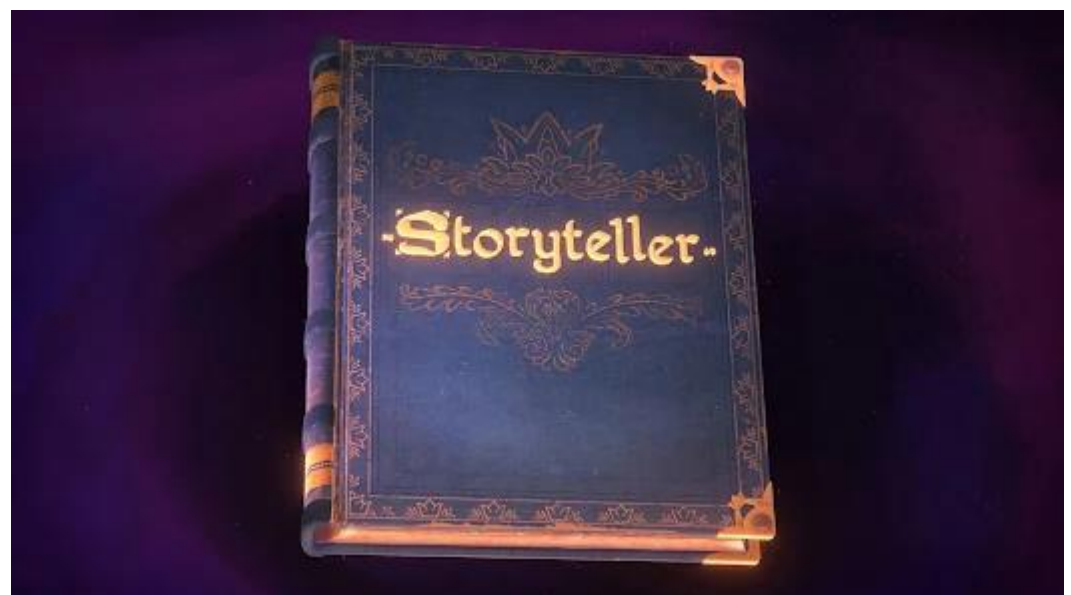
Minibeasts – a stream study: The children will collect invertebrates from the local stream, learn to identify them, draw keys and identify adaptations to the environment

Full Day activities:

Coastal trip: We go to Caswell Bay which is a beautiful beach near Swansea.

River study (including caving): We visit the river Mellte and study the changes as it flows down the mountain. The children follow the river into the caves explore them from within and experience total darkness!

There is no TV!



Pendarren Equipment

All visitors are provided with waterproof and windproof clothing, boots and rucksacks and with specialist equipment for all activities, but it is also very important that sufficient suitable clothing is brought by each person. Do NOT buy new clothing!



What do they need to bring?

- 1 Bed linen: single duvet cover, single sheet and one pillow case (duvet and pillow are provided.; if necessary Pendarren can provide this bed linen but there will be a small charge for laundering).
- 2 Water bottle
- 3 Warm tops, sweatshirts or jumpers x 3 (fleece is ideal)
- 4 Shirts or T-shirts x 4 (some with long sleeves)
- 5 Trousers x 3 for activities (jogging bottoms or leggings, not jeans)
- 6 Jeans x 1 pair (for evenings)
- 7 Underwear (enough for the week)
- 8 Trainers x 1 pair (old ones, for activities)
- 9 Trainers/slippers x 1 pair (for inside wear)
- 10 Large towel x 1 (for activities)
- 11 *Swimming costume (April – October only)*
- 12 Warm hat and gloves (essential in winter, mittens are warmer than fingered gloves), scarf is optional.
- 13 Nightwear / pyjamas
- 14 Dressing gown (optional)
- 15 Wash kit – towel, soap, toothbrush and toothpaste
- 16 Thick socks x 3 pairs, plus thinner socks
- 17 Wellington boots (if already owned) should be brought for primary school and field studies courses. Can be borrowed from the Centre for no charge.
- 18 Walking boots (if already owned) should be brought for primary school and field studies courses. Can be borrowed from the Centre for no charge.
- 19 Sunscreen and peaked sunhats for late spring / summer term

At least one set of casual clothes is required for evenings in the Centre, together with soft shoes or slippers (indoor use only). **Old clothes are most suitable for Pendarren activities.**

What do they need to bring?

Money: The children will have the opportunity to buy small gifts from Pendarren gift shop, if they wish. Do not give them more than £10. Please put coins (rather than notes) in a small zip purse or wallet that is labelled with your child's name. The children will be responsible for looking after their own money.



What are they not allowed to bring?

- Mobile phones are not allowed. If your child needs their phone for when they return then you must give it to me and I will look after it and give it back to them when we return.
- Any electronic devices.
- Sweets, chewing gum, snacks etc.
- Cameras – They don't need one. A Pendarren camera will be allocated to each group and at the end of the week a DVD of all the school photos will be bought by the school and we will upload these onto a safe platform for you all to access.
- Anything you cannot afford to lose e.g. jewellery, cameras.

Meals

Children need to bring a snack for the journey to Pendarren. We have lunch on arrival.

Cooked breakfast is provided, if required, together with a packed lunch at mid-day. A cooked dinner is served after the day's activities.

A packed lunch is provided for the return journey home on Friday afternoon.





All first aid / medication to be handed to the school office by Friday 1st March (clearly labelled).

All Pendarren staff are First Aid trained.

ANY
QUESTIONS
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