

Our Ref: CXS/gdo/arthog2022

May 2022

Dear Parents/Guardians and Students

Below is the information that was delivered at the recent Arthog meeting.

It is imperative that all information below is read by yourself and the student attending the trip. If you have any questions about anything below, please do get in touch as soon as possible.

Travel arrangements

- Departure is Saturday 9th July – return on Friday 15th July
- Arrival at school – please arrive no earlier than 8:15
- Use the parking bays to the right of the bus park and in front of reception on the East side of school
- We plan to depart school at 9am
- Students will travel in their tutor groups
- Please ensure that any travel sickness medication have been administered in advance, and that enough are supplied for the return journey
- You will need a packed lunch for when you arrive at the Centre – not to be eaten on the coaches!!
- We intend to arrive at the Centre by 1pm
- A text message will be sent to parents informing of the arrival at the Arthog Centre.

Groupings

- You will be in groups of 10 mixed gender / band / tutor group – these will be decided by school
- You will be allocated an Arthog instructor and a member of Oldbury Wells staff for the week.
- You will stay in the groups for all daytime and evening activities.

Activities

- All activities that take place will be under the instruction of the Arthog staff – their expertise ensures that all activities are undertaken safely and to maximize enjoyment
- Booked activities include: climbing, gorge walking, water sports, orienteering, team building, mountain walking etc.

Kit / Equipment

- Arthog Centre have provided a kit list which details what they know attendees will require – their list is based on a 5-day course, so please pack a little extra to cover our 7-day course
- Please **DO NOT** go and spend a fortune on new clothes for this trip, Primark provides excellent value should you need small extras.
- Waterproofs (jackets and trousers) / walking boots and rucksacks are provided by the centre on arrival

Aspire | Enjoy | Achieve

- If you have your own wellies or walking boots, then feel free to take them – but please provide a bag for them to go in.

Label everything

Spending money

- **£20** will be plenty – there will be limited spending opportunities – maybe the odd ice cream / tuck shop at the center
- Any money brought should be in a purse / wallet and will be the responsibility of each student

Electronic devices

- **Mobile phones are not permitted on the Arthog site by students** – this is a non-negotiable from the center themselves. Any student found to have a mobile phone will be putting their place on the trip in jeopardy, with no argument or refund.
- Please do not bring any electrical items with you – this includes any of the following:
 - Tablets
 - Kindles
 - Handheld computers
 - Bluetooth speakers / earphones
 - Watches

Anyone who brings the above items is doing so at their own risk, damage, confiscation, or loss.

Medication

- Self-administered medication – please feel free to bring these but include them on your consent form
- Supervised medication – must be given to your group leader on arrival and specific information of dosage must be mentioned on your consent form
- Inhalers / hay-fever medication – must be always on you and for all activities.

All medication must be labelled

Behaviour expectations

- Students are expected to follow the standards set out by the school
- Students will be representing the school for the duration of the trip
- Should students slip below the expected standards, choosing to not follow any of the set rules they could face the following sanctions:
 - Group move
 - Dormitory change
 - Site chores
 - Miss out on certain activities
 - Expulsion from the trip (parents will be required to collect from the Arthog Centre) – no refund will be available

Final Preparations

- Fill in the consent form (please include the maximum of 2 friends you would like to share a dorm with on the back) and return.
- **Pay any outstanding instalments – all payments must be made by 6 June (unless your child has been picked to attend the trip within the last 2 weeks) – any issues please contact me as soon as possible: chris.smith2@oldburywells.com.**
- Check your kit list, students will need to carry their kit for a short distance so don't bring too much!

If you have any questions, please do not hesitate to contact me using the above email address.

Yours sincerely



Mr C Smith
Arthog Lead Organiser

continued (kit list)/...

Kit List

(5-day programme - bring less for shorter visits)

This page can be used as a **checklist** so that things can be ticked off as they are packed into your suitcase.

Arthog's Top Tips for Parents/Guardians

- **Involve** young visitors in packing so they learn how to pack and can see what they are taking with them.
- **Write names** on as many things as possible – we get lots of things left behind each week.
- **Do not bring** mobile phones, music players, computer games, jewellery and fashion clothes.
- **Bring a single bottom sheet, duvet cover and pillowcase.**
- **Practice** fitting a duvet cover before arriving!
- **Casual, warm** clothes are most useful. If clothes get wet they can be dried in the drying room. (We encourage youngsters to reuse dried worn clothes!)
- **Pocket Money** – Ask your school for advice but don't bring too much.

Avoid bringing:

- Jeans – they are not suitable for activities – they keep wet, and make you colder
- Sleeping bags,
- Aerosol deodorants or other sprays. Roll-on and stick deodorants are fine.

At Arthog, we will provide:

1. Waterproof jacket
2. Waterproof over-trousers
3. Walking boots
4. Rucksack

Please use the list overleaf to help with your packing. Good Luck!

Arthog Kit List

NAME:	Tick
Bottom sheet, duvet cover & pillowcase	
4-6 vests/t shirts	
3-5 sweatshirt/jumpers/fleece tops	
4-5 sets underwear	
3-5 joggers/trousers	
Socks –at least 6-8 pairs of which 3 pairs are thick	
Warm hat / balaclava (<i>Cold months</i>)	
Gloves	
2 pairs shoes/trainers	
Wellies	
Pyjamas & slippers	
Swim wear (April-September)	
Towel/soap/shampoo	
Toothbrush/toothpaste	
Small metal thermos flask (in Winter)	
Plastic drinks bottle	
2 plastic carrier bags	
Sun hat	
USEFUL EXTRAS	
Sun Cream,	
Insect Repellent	
Lip Salve,	
Torch	
Plasters	
Stamps for postcards	

If you need medication remember to bring it with you!