

Y5/6 residential to CMC Adventure
Pensarn Harbour 27th
– 31st March



General information

- STAFF GOING:
- Mr Collier
- Mrs Sant (first-aider)
- Mr Jones
- Address: Pensarn Harbour

Llanbedr

Gwynedd

LL45 2HP

United Kingdom

Email: office@cmcadventure.org.uk Phone: 01341 241 646

Transport

Byley Coaches



Day of departure

We are aiming to leave school at 8 am.

Children need to arrive at school from 7:30 - 7:45 am and go to the school hall with their luggage.

Please liaise with other parents to fulfil this departure time if it will prove difficult for you.

Itinerary for each day

	AM	PM	Eve
Monday 27th March	Arrive and settle in. ETA: 12-12:30pm	Beach Walk	Hot chocolate and thought for the day from CMC instructor.

		AM	PM	Eve
Tuesday 28th March	A	Sailing	Kayaking	Beach art competition. Hot chocolate and thought for the day from CMC instructor.
	B	Stand Up Paddle Boarding	Rock Climbing	
	C	Raft Building	Gorge Walking	

		AM	PM	Eve
Wednesday 29 th March	A	Raft Building	Gorge Walking	Volcanoes on the beach. Hot chocolate and thought for the day from CMC instructor
	B	Sailing	Kayaking	
	C	Stand Up Paddle Boarding	Rock Climbing	

		AM	PM	Eve
Thursday 30 th March	A	Stand Up Paddle Boarding	Rock Climbing	Trashion show and indoor games. Hot chocolate and thought for the day from CMC instructor
	B	Raft Building	Gorge Walking	
	C	Sailing	Kayaking	

Friday 31 st March	Depart after breakfast for journey home, approx 10 am. McDonald's lunch (pre-ordered and paid for) at about 1 pm. ETA at school 2:30 – 3 pm			





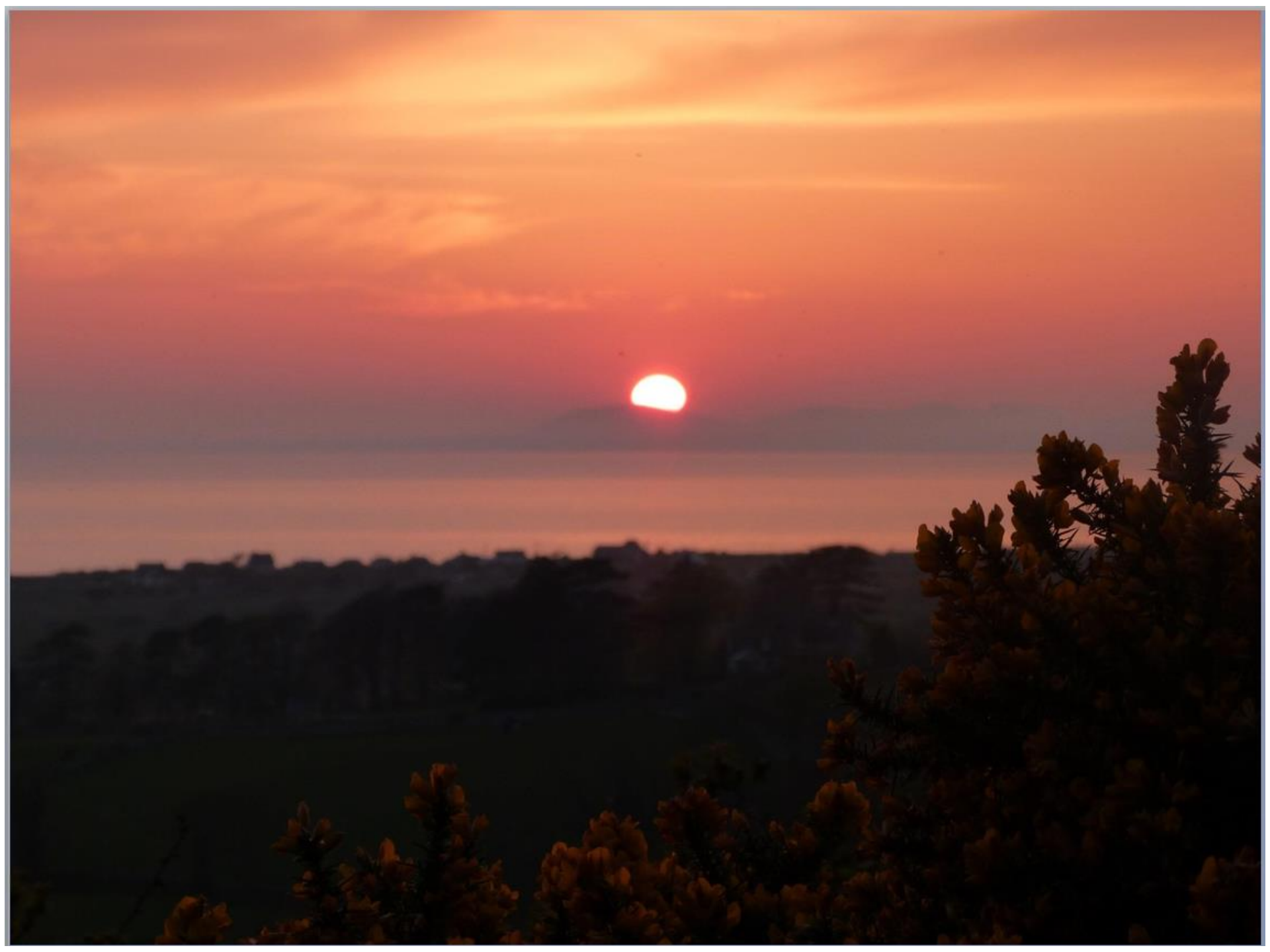
Good Morning
Breakfast is
Kebab
Fruit & Yogurt
Kebab & Yogurt
Energy











Communication.

A member of staff will contact school once we have arrived at Pensarn.

A member of staff will be in touch with school with daily updates.

A member of staff will be in touch with school during the return journey, if our arrival time appears to be significantly different from the itinerary.

We have access to all your emergency contact numbers via the medical forms you have filled in and via our contact with school.

Groups and bedrooms

Day groups: CMC have split us into 3 groups (6 activities). Every child is in a group with a friend they have chosen. One member of school staff will accompany each group for each activity, plus 2 or more CMC staff for each activity.

Bedrooms: The number of beds in a dormitory ranges from 2 up to 6. Every bedroom has their own en-suite shower room. Every child is sharing a bedroom with a friend they have chosen.

Staff rooms are in the same vicinity as the children's rooms. The children will be told which staff are where, should any of us be needed at any time.

Catering

BREAKFAST: cereal choice followed by a hot course (egg or sausage etc. and beans) plus toast, tea, coffee and cold drinks.

LUNCH: children are supplied with sandwich fillings, bread and butter to make their own sandwiches plus crisps, fruit, cake and a drink.

DINNER: a meat based dish (vegetarian alternative for those who have specified) plus vegetables and salad, followed by pudding. Drinks available.

School has previously forwarded all dietary requirements from parents and suitable alternatives are **ALWAYS** provided, on an individual basis if required.

Behaviour and conduct

The children will be made aware before departure, that the expected standard of behaviour is the same as at school.

Any cases of inappropriate behaviour will be dealt with in accordance with our school behaviour policy.

In cases of extreme inappropriate behaviour a member of staff may contact parents to assist with resolving the situation.

Health and safety

The trip has been approved by Cheshire East educational visits department.

Risk assessments have been prepared and all staff involved will receive a copy.

Children will be briefed on safety procedures on arrival at Pensarn. There will be a fire practice evacuation on the day of arrival.

There are no other schools visiting the centre whilst we are there.

The doors to the centre are locked at night.

The school has full travel insurance through Ace Insurance.

Medicines

All children taking any medicine, including travel sickness tablets, need to have this recorded on a school medical form.

All medical forms to be returned to Mrs. Sant (first aider).

Please ensure that your medical form is completed and handed in by Friday March 24th March.

Medicines should be handed to Mrs. Sant on the morning of departure. All medicines must be clearly labelled with the child's name.

Return journey

We plan to leave CMC at 10 am.

We will stop at McDonalds just outside Chester at lunchtime. All meals will have been pre-ordered and pre-paid.

Onwards journey to school with an ETA of 2:30 – 3pm. School will be contacted if there is likely to be a significant difference due to e.g. traffic.

You are asked to meet your child at school and take them home straightaway as they will be tired. Younger children can be taken from other classes at this time also.

Any questions?

