

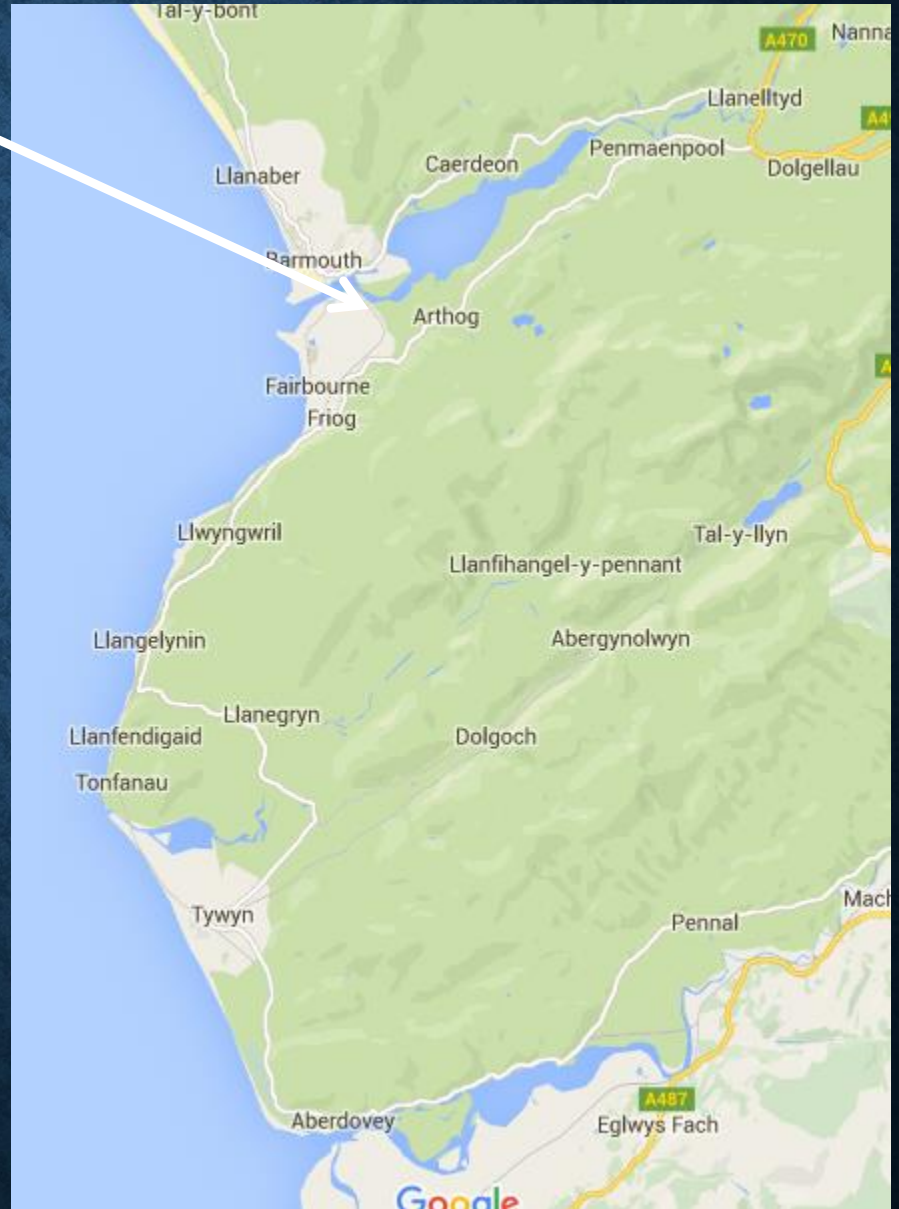
ARTHOG
RESIDENTIAL
YEAR 5

9TH - 13TH MARCH '26

WHAT/WHERE IS ARTHOG.....

Arthog is owned and managed by T & W. It is an Outdoor Education Centre in Mid-Wales.

Newport Junior School have been attending the centre for at least the last 30 years!



ACTIVITIES.....

- Whilst at Arthog the children will be taking part in:-
- Team challenges
- Rock Climbing
- A Gorge walk
- A mountain walk
- Orienteering
- Depending on water temperatures, another water based activity.



EVENING TIME....

- During the evening the activities continue.
The children will be completing:
 - A night walk
 - Night orienteering.
 - Quiz.
 - Games evening.
 - DVD
 - Souvenir shop.

WHAT WE NEED TO TAKE

- Children need to take all items on the kit list. These must be labelled with their name, all in one travel bag - either suitcase or holdall.
- On arrival children will be given a ruc sac, a pair of walking boots, a pair of water proof trousers and a water proof jacket. It will be their responsibility to keep these safe and hand them back in at the end of the week.
- DO NOT go and buy new clothes - the older the clothes the better (as they can always be thrown away when they get home - saves on the washing!!)
- Jeans are not suitable for the activities.
- We also need a DISPOSABLE packed lunch for Monday lunchtime. When we arrive at Arthog - we will be spending some of the afternoon on the beach - please ensure your child is dressed appropriately, ready for action!

EXTRAS

- Cameras; Each staff lead attending Arthog will have a camera to use! All the photos are usually uploaded that evening , however - wi-fi at Arthog has been traditionally terrible – please don't be alarmed if you have not seen a photo of your child – they will have been taken but maybe not uploaded as yet!
- Maximum of £10 spending money – there maybe a chance to buy ice cream or items from the souvenir shop.

BEDDING...

- Children will need to bring with them; a bottom sheet, a duvet cover and a pillow case. They will be given a pillow and a duvet.
- Their first challenge!! To make the their own beds!

PLEASED TO KNOW....

- When at Arthog children will be assigned into teams for the activities - these are the teams children stay in all week.
- As well as children in the team, an NJS adult will also be in that group, along with a fully qualified instructor.
- Each team also have jobs to complete, either in the morning or the evening, these range from cleaning, to sorting, to tidying and even laying of the tables for mealtimes.
- Adults attending - along with myself, Mr Lawson, Mrs Wood, Miss Lockwood, Miss Wood, Mr Parker and Mrs Dunscombe - who have all attended Arthog many times and have recently worked with these children.

TRANSPORT - COACH

- We are going to Arthog on a coach from Newport Junior School.
- You need to be at NJS by 8.45am and meet in the hall so we can collect together.
- Our return journey you will need to collect your child from NJS around 4pmish but please keep an eye on our Facebook page and we will confirm our time around 2pm. All children to be collected from the main gates by the High 5 Block.

TIMES

- Monday 9th - Children should be at NJS by 8.45am with all their belongings; departing 9.15am.
- Friday 13th - You should collect your child from NJS at 4pmish but please keep an eye on our Facebook page and we will confirm our time around 2pm

MEDICATION

- If your child has medicine to take please make sure you bring it with you - DO NOT PACK IT.
- When you arrive on Monday 9th please place medication, with a letter of authorisation to administer and instructions for when it should be given, in our first aid box.
- If your child has an inhaler, please provide two, one for the child to keep with them and one for the medication box.
- Please don't forget to collect the medication back from me on Friday 13th March.

WHAT SHOULDN'T WE TAKE?

- Children will be entertained all week, so DO NOT need anything electrical -NO mobile phones,
- Children are also NOT permitted to take aerosols or spray deodorants as these severely effect the centres fire alarm system due to sensitivity.

EMERGENCY.....

- IF there is need for you to contact us during the working day then please ring the school office, they will then contact staff mobiles, as we are off the centre site all day!

NJS School Office - 01952 386600

- IF there is need to contact us at the centre during the night, in an emergency contact -
Arthog Centre - 01341 250455

- IF WE need you, I will contact you direct.

Please ensure you have copies of

- Kit list
- Behavioural Contract
- Medical forms - these need completing and returned by Friday 6th Feb please
- These slides will be made available on the website after this meeting.