

Residential Visit to  
The Brecon Beacons National Park  
South Wales

Residential Centre:  
Argoed Lwyd  
Libanus  
Brecon  
Powys  
LD3 8EN

**Date of visit: 5<sup>th</sup> - 9th June 2017**

**Introduction**

This is the 21<sup>st</sup> year that Holbrook has been going to Wales! We have included more activities as well so that the children will have the opportunity to experience activities that they may have never done before.

The main aims of our trip are:

- To enable the children to spend time in a different environment.
- To encourage the development of social skills and responsibility through living and working together.
- To encourage children to develop geographical and problem solving skills.
- To promote an interest in outdoor adventurous activity.

The success of the trip depends upon good organisation and preparation by the staff and the co-operation of the children and the parents. We hope that everyone will have a good time and enjoy themselves. All children will be expected to carry out adult instructions immediately and without question as a requirement of Health and Safety rules and to ensure their full participation in the planned activities.

**Accompanying staff and adults from:**

Mrs. C. Landon  
Miss S. Trenchard  
Mrs H. Sivier  
Mrs H. Rattray  
Mr C. Plow

## **Argoed Lwyd**

Argoed Lwyd is an outdoor activity centre that has been converted from a traditional 19<sup>th</sup> century farmhouse. The centre is set in almost an acre of ground and this offers many opportunities for problem solving activities and small-scale studies in the IT equipped study room. It is about one kilometre from the small village of Libanus and looks towards Pen-y-Ffan in the Brecon Beacons. The centre is ideally placed for local visits to the National Park. There is a centre warden who is a qualified Mountain Leader with detailed knowledge of the area. It is a condition of the centre hire that the warden's instructions must be followed and any modifications to the programme suggested by the warden must be observed. The staff at the Mountain Centre have worked with Holbrook Primary School for a number of years now and accompany our children on the activities.

If we are to continue using the centre in years to come, it is essential that we ensure that the centre is kept clean and tidy and that all the regulations are adhered to.

## Behaviour

It is essential that all the children behave appropriately whilst on the visit. The good behaviour of the children this year will ensure our welcome back in future years. The following code of conduct must be agreed by all the children who will be required to follow the rules outlined below.

**Parents should be aware that any gross misconduct would result in the child's parents being contacted immediately with a view to them returning home.**

If a problem arises due to illness/discipline, parents may have to travel to Argoed Lwyd to collect their child.

### Code of conduct:

1. Children should remember that they represent Holbrook Primary School and should behave well at all times.
2. As we are living and working together, please co-operate by being helpful, sensible and considerate to all adults and all children.
3. Children must obey all adults at all times without delay.
4. Bedtimes will be strictly adhered to and children must go to bed when they are told.
5. No children may leave the centre unless accompanied by an adult.
6. There should be no noise after 10.00pm or **before** 7.00am
7. We must respect the privacy of others and children are not allowed in other children's rooms.
8. Shortly after arriving on site the designated play areas and those out of bounds will be made clear to the children. The procedures in case of an accident or fire will be explained and a fire drill carried out.
9. All children will keep their rooms and possessions tidy. There will be a daily room inspection.
10. All children will help with duties such as washing up and drying dishes, cleaning, vacuuming, making beds etc.

## Personal equipment to bring with you

You are likely to get wet on activities so bring at least a complete change of warm clothes for each day, remember they will get dirty so bring old things that don't matter. Perhaps bring something better for the evenings.

Use the check list below to help prepare for your visit.

1 litre water bottle - preferably in plastic bottle (very important) and a lunchbox  
Warm hat, gloves, scarf (even in the summer)  
Sun hat / Sun cream (summer)/lip balm  
Single duvet cover/ pillow case/ bottom sheet  
Washing kit - 2 towels (1 shower, 1 hand towel)  
Hand towel for drying up  
Indoor shoes or slippers  
Pyjamas or nightshirt plus dressing gown of some sort  
Casual clothes for travelling and relaxing  
Wellingtons (can be supplied by the centre)  
Torch  
Large Plastic bag to put dirty cloths into  
a small game or book  
Nintendo DS can be taken but we have no facilities for recharging and will be taken off until the return journey

**For each day of activity a full set of warm activity clothes is required (enough for 5 days):**

6 pairs of underwear  
Thick socks for inside boots  
5 T-shirts  
2 Long-sleeved tops - ( e.g. warm sweaters - fleece)  
Loose warm trousers (e.g. track suit bottoms not jeans)  
Old shorts (for over wetsuit- Gorge Walking/ Canoeing)  
Trainers (plus an old pair for water activities)  
Swimming costume (for water activities) - no bikinis!

**The Centre will provide** All Activity related equipment. For example helmets, buoyancy aids, harnesses etc.

Walking boots

Waterproofs                      Day sack

Please make sure that all items are named. Where possible please use a soft canvas type holdall instead of a suitcase.

## **Pocket Money**

Children may bring a **maximum of £10.00** pocket money in a named purse or wallet. The only places to spend money are at the Big Pit Museum or St Fagans.

## **Valuables**

The children will be responsible for their own money and any valuables in their possession. Cameras, watches and binoculars are not essential but would be useful to take along. **Children are not able to take any electrical appliances or mobile phones.**

## **Please Help**

We would be grateful for any cakes to share after our long days out. The children are always glad of them with a hot drink to recharge their batteries. Either one cake (6 portions) or 6 small cakes would be ideal. Please hand them in on the morning of departure. Should you make your own cakes, please list the ingredients so that we can avoid nut allergy issues.

## **Emergencies**

We need a contact telephone number and address for you should we need to speak to you. If anything should go wrong at home and you need to contact us at the Centre, please ring the numbers below and they will be in contact with us.

- Holbrook Primary School - 01329 286011
- Mrs Bissaker (Holbrook) - 07769 911 812

## **Medicines**

All medicines must be given to the adult in charge first thing on Monday morning with full written instructions. **Parents are reminded that they should provide the adult in charge with the child's NHS number by the 25<sup>th</sup> May 2017** This is to enable us to send all the relevant information to the staff at the mountain centre.

**The child cannot participate in the visit unless the NHS number is provided. Due to half term being the week before the trip it is essential that the forms are returned and filled in with ALL details - no form: no trip!**

## Transport

Children will be allocated to a mini-bus group to travel to and back from Wales. On Tuesday and Thursday the children will travel and work in groups of no more than 10 as they complete the waterfall walking, canoeing, caving and mountain walking activities.

All mini-bus drivers have MIDAS certificates and full insurance cover.

**Children may bring travel sweets for the journey but these will be collected once we arrive at the centre and given back on the return journey.**

### Rota:

DAY	WASHING UP	SETTING AND CLEARING TABLES	SWEEPING AND VACCUMING FLOORS	CLEAN LOUNGE	DRY ROOM
Monday	1	2	3	1	2
Tuesday	2	3	1	2	3
Wednesday	3	1	2	3	1
Thursday	1	2	3	1	2
Friday	2	3	1	2	3

<b>DAILY ACTIVITY PROGRAMME</b> Arrive 3:30 pm    Depart 10:00 am <b>Aims:</b> To take children out their comfort zone and face challenges that they have never experienced before.			<b>EVENING PROGRAMME</b>
<b>DAY</b>	<b>GROUP 1</b>	<b>GROUP 2</b>	
Mon 5 <sup>th</sup>	<b>Big Pit</b> Welcome arrive & Settle in 3:30 pm		Routines Fire Drill Issue Kit <b>Local Walk</b>
Tues 6 <sup>th</sup>	<b>Mountain Walk</b> Morgan	<b>Mountain Walk</b> Heather	Photo orienteering <b>Self led</b> Group reports
Wed 7 <sup>th</sup>	<b>Canoe</b> Morgan	<b>Cave+ Waterfalls</b> Heather	Problem Solving <b>Self led</b> Group reports
Thu 8 <sup>th</sup>	<b>Cave+ Waterfalls</b> Morgan	<b>Canoe</b> Heather	Slide show Course review Pack
Fri 9 <sup>th</sup>	Depart 10am		Home

## Menu choices

### Breakfast:

Choice of cereals, fruit juice, toast with various spreads  
Bacon sandwich, scrambled eggs, beans on toast (1 per day)

### Packed lunches:

Choice of sandwich fillings, crisps, cakes, fruit and chocolate (for energy)

### Afternoon cakes and drinks.

Dinner: Outside caterers will be providing a two course meal each evening which we think will be from the following.

Various soups with bread

Pasta with sauce

Sausages and mash

Cottage pie

Roast chicken

Hot dogs / burgers

Fruit crumble

Fruit salad

Ice cream

### Supper:

Hot chocolate and choice of biscuits: penguin bars, caramel wafers etc

All children must eat a substantial breakfast to have enough energy resources to sustain them through the day.