



Llangrannog

YEAR 5 30TH JANUARY - 1ST FEBRUARY 2019

LLANGRANNOG RESIDENTIAL VISIT



RESIDENTIAL AIMS



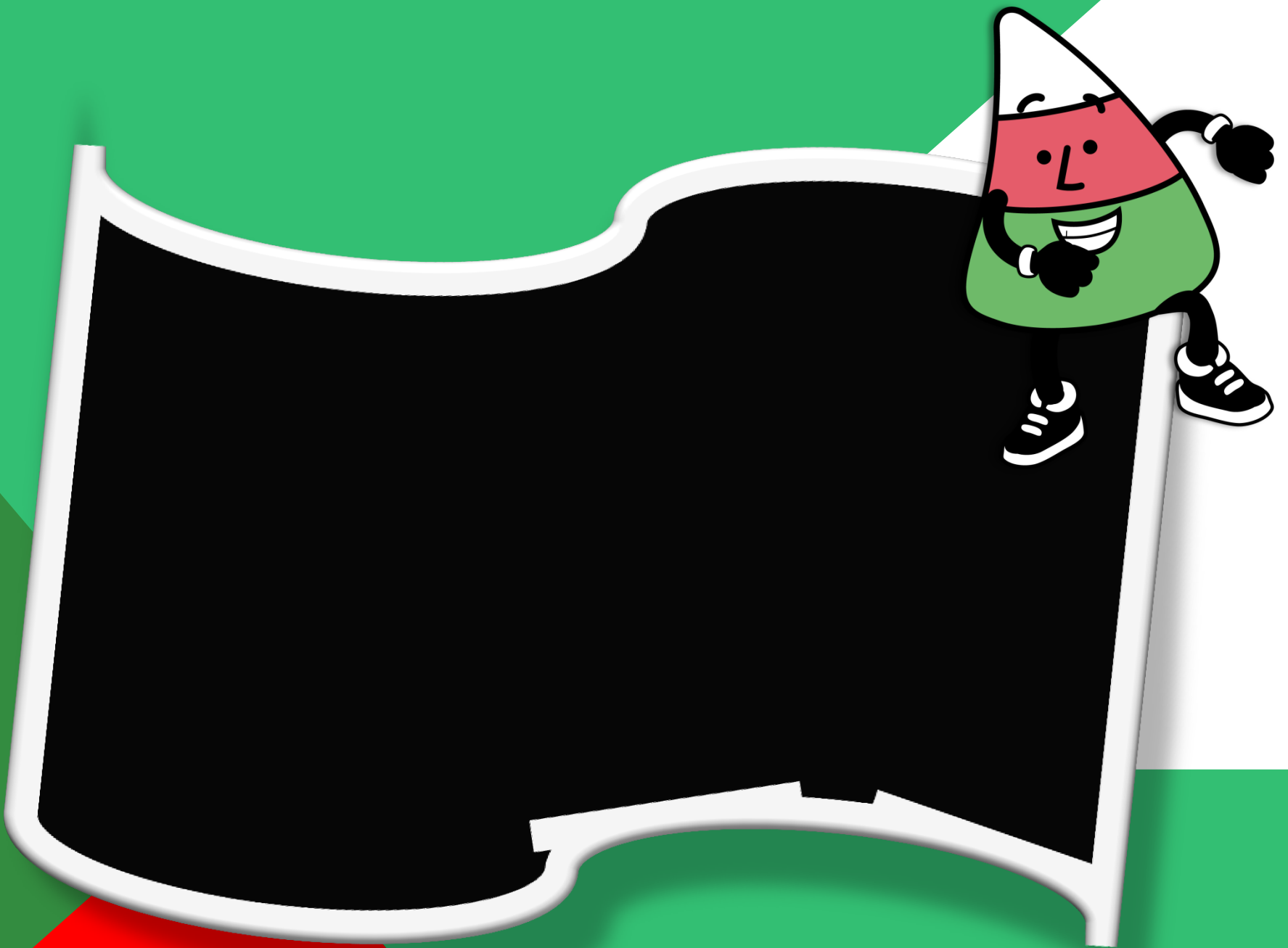
- Give pupils opportunities to communicate in Welsh beyond the classroom.
- To develop positive attitudes towards the Welsh language and culture.
- To develop independence and responsibility.
- To have a safe and enjoyable time at Llangrannog!

WHAT IS LLANGRANNOG?

- Welsh Learner Residential Centre
- Purpose built facilities – accommodation, catering, leisure centre, and halls.
- Activity centre.
- Over 20,000 visitors a year.



<http://www.urdd.cymru/en/residential-centres/llangrannog/>



What to bring:

- You should ensure that a name is shown on each item of clothing.
- Sleeping bag.
- Night clothes and toiletries.
- Spare clothes (not the best).
- A warm jumper and anorak or raincoat.
- Play clothes, swimming costume and towels.
- Suitable clothing for skiing and tobogganing i.e. old gloves and an old tracksuit or jeans. (Tracksuit bottoms with “Poppers” are not suitable.)
- Trainers or suitable shoes for walking, and an old pair of shoes or wellingtons for the horse-riding and motor bikes.



WHAT NOT TO BRING:

Please don't allow your child to bring a radio or personal music player (e.g. iPod), video games or expensive toys, torch or mobile phones (there is no reception in the area) to the Centre. Due to Health and Safety regulations, a pocket knife, aerosol sprays (please bring roll-on deodorant), portable electric equipment e.g. hair dryers, ghetto blasters, curling tongs and travel irons are not permitted.

If children do bring these personal items then they will be collected at the beginning of the course and returned at the end. Any other valuables may be left at Reception for safekeeping e.g. cameras.

WE WILL NOT BE RESPONSIBLE FOR ANY LOSS OR DAMAGE TO THE ABOVE ITEMS IF BROUGHT TO THE CENTRE.





OUR TIMETABLE

	Wednesday	
	2.00 -3.30	3.30-5.00
Group 1	Archery	Skiing
Group 2	Skiing	Go karts + Toboggans
Group 3	Horses	Trampolines + Quads

	Thursday				
	9.30-11.00	11.00-12.30	1.30-3.00	3.00-4.30	4.30-6.00
Group 1	Go karts + Toboggans	Zip line + Abseil	Horses	Trampolines + Quads	High ropes
Group 2	Zip line + Abseil	Horses	Trampolines + quads	High ropes	Climbing wall
Group 3	High ropes	Climbing wall	Swimming	Archery	Skiing

	Friday	
	9.30-11.00	11.00-12.30
Group 1	Climbing wall	Swimming
Group 2	Swimming	Archery
Group 3	Go karts + Toboggans	Zip line + Abseil




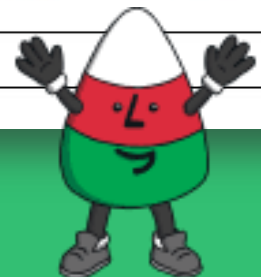
FOOD AT LLANGRANNOG

- ▶ 4 meals a day – variety including vegetarian
- ▶ Any Allergies / Special diet requirements. We must inform Llangrannog a week in advance
- ▶ Drink. Cold drinks free of charge at all times.
- ▶ Hot drinks can be purchased outside meal times



SAMPLE MENU

Thursday	Food Hygiene Rating- 5  Menu – Food and their Allergen content
Breakfast :	Cornflakes(barley) Cocopops(barley) Ricekrispies(barley) Weetabix (wheat and barley) ✂️ 🍷 Homemade Muesli (Contains wheat and sulphur dioxide) ✂️ 🍷 May contain barley Grapefruit Scrambled eggs (Contains egg milk) 🥛 🥚 Baked beans mushrooms and tomatoes Toast (Contains wheat gluten soya) ✂️ 🌿 Butter / Flora portion (Contains milk) 🥛 Jam Marmalade
Vegetarians :	Menu above
Lunch:	Chicken curry (Contains milk celery wheat) 🥛 🌿 ✂️ Garlic and Coriander Naan (Contains wheat soya milk eggs) ✂️ 🌿 🥛 🥚 (May contain traces of sesame) 🍞 Mango chutney Sambals - Cucumber Tomatoes Peppers Spring onions and fresh Mint Mixed white and brown rice Or Cold Turkey, Baguettes (Contains cereals containing gluten) ✂️ (May contain milk lupin sesame soya) 🥛 🍞 🌿 with a choice of fillings from salad bar (List of allergens at salad bar) Selection of Salads (List of allergens at salad bar)
Vegetarians:	Vegetable Balti curry
Dessert :	Iced sponge (Contains wheat gluten eggs soya) ✂️ 🥛 🥚 🌿
Light Tea:	Chef's choice Orange drink Tea or Coffee
Supper:	Welsh Beef burger (Contains gluten soya and sulphur dioxide) ✂️ 🌿 🍷 Roll (Contains wheat gluten) ✂️ (May contain sesame) 🍞 Onions Or Fish (Contains wheat gluten cod) ✂️ 🐟 Lemon Tartar sauce (Contains egg mustard) 🥛 🍷 (May contain celery wheat barley fish milk soya and sulphur dioxide) ✂️ 🌿 🐟 🥛 🍷 Peas , Selection of Salads (List of allergens at salad bar) Chipped potatoes (Oil contains soya) 🌿
Vegetarians:	Vegetable Burger (Contains cereals milk mustard) ✂️ 🥛 🍷 Roll (Contains wheat gluten) ✂️ (May contain sesame) 🍞 Onions (Oil contains Soya)
Dessert:	Artich roll (Contains gluten egg milk soya) ✂️ 🥛 🥚 🌿



SUPERVISION

- Mrs Williams, Mrs Morgan, Mrs Jones, Miss Harwood & Mr Matthews will attend the trip
- Day groups – pupils will always be with at least one of these adults in the group
- Activities led by trained staff
- All staff on site – CRB checked
- Night porter on duty throughout the night
- All children sleep on a supervised block. Along with all Cwmafan staff members.
- No need for children to exit rooms during night. Children will know where to find help at night from staff who are close at hand.
- Corridor light will remain illuminated throughout the night
- CCTV throughout communal areas



ADDITIONAL INFORMATION

Medical Information – medical form,
medication, travel tablets, allergies

Money - £10 maximum – children are
responsible for their own money.

Cold drinks available at all times

Hot drinks can be purchased outside meal
times





KEEPING UP TO DATE



You can keep updated on our progress throughout the trip by following our twitter account

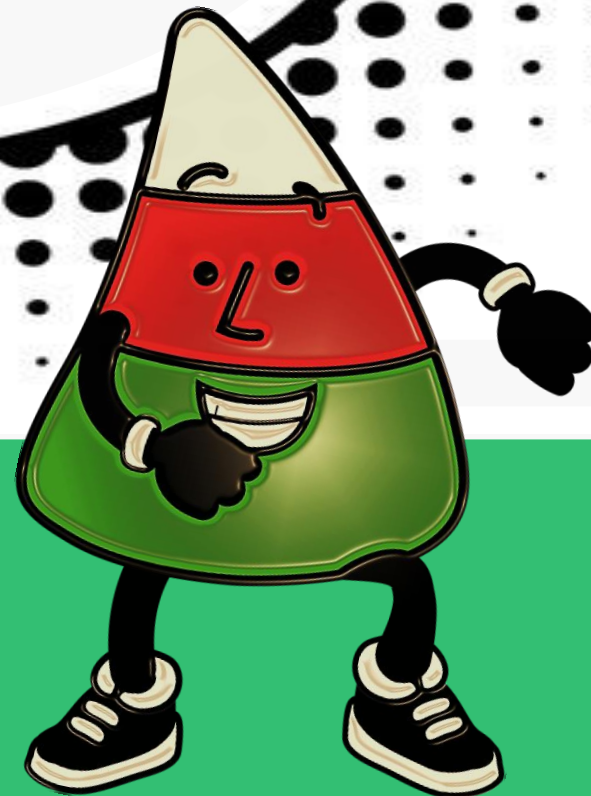


[@CwmafanPrimary](https://twitter.com/CwmafanPrimary)





**ANY
QUESTIONS?**



Ysgol Gynradd Cwmafan



Cwmafan Primary School