

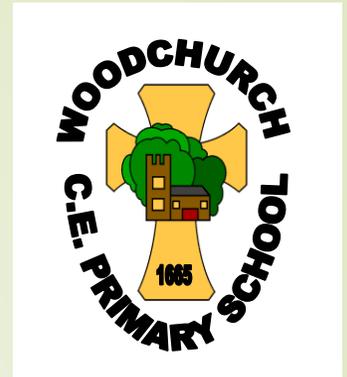


# Year 5 Residential Pentrellyncymern North Wales 15<sup>th</sup> – 17<sup>th</sup> May 2023





**A life changing experience!**



Adventure activities at Pentre have a proven impact on confidence, motivation, well-being and appetite for learning (for staff and young people alike!) which help to raise academic achievement back in the classroom.



We the staff will give you a week to remember if you:



**T**ry your best

**E**ncourage others

**A**im to give everything a go

Always have good **M**anners

**W**ork together

Be **O**rganised

**R**espect yourself and others

**K**eep smiling



Activities are led by **qualified and experienced instructors** and are suitable for a **wide range of ages and abilities**. Activities are agreed with the school with **specialist equipment**



# What happens each day?



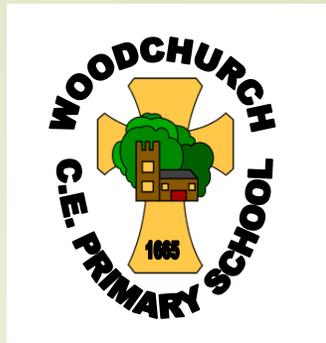
## Day 1

- ▶ 8:30 a.m. – Depart from school
- ▶ 10:30 a.m. – Arrive & Introductions
- ▶ 12:00 p.m. – Lunch
- ▶ 1:00 p.m. – Organisation and inspection
- ▶ 1:15 p.m. – Kit issue
- ▶ 1:45 p.m. – Activity Briefing
- ▶ 2:00 p.m. – Activity
- ▶ 5:00 p.m. – Tea
- ▶ 6:00 p.m. – Tasks
- ▶ 6:30 p.m. – Evening Activity
- ▶ 8:30 p.m. – Supper and Drinks
- ▶ 9:00 p.m. – Night time Routines
- ▶ 9:30 p.m. – **'Good night'**

## Day 2

- ▶ 8:00 a.m., - Wake and prepare for breakfast
- ▶ 8:30 a.m. – Breakfast & sandwich making
- ▶ Dormitory Time and Inspection
- ▶ 9:45 a.m. – Activity Briefing
- ▶ 10:00 a.m. – Activity
- ▶ 1:00 p.m. – Lunch
- ▶ 1:45 p.m. – Activity Briefing
- ▶ 2:00 p.m. – Activity
- ▶ 5:00 p.m. – Tea
- ▶ 6:00 p.m. – Tasks
- ▶ 6:30 p.m. – Evening Activity
- ▶ 8:00 p.m. – Shop
- ▶ 8:30 p.m. – Supper and Drinks
- ▶ 8:30 p.m. – Supper and Drinks
- ▶ 9:00 p.m. – Night time Routines
- ▶ 9:30 p.m. – **'Good night'**





# What happens each day?

## Day 3



- 7:30 a.m. - Wake and prepare for breakfast
- 8:00 a.m. - Pack
- 8:30 a.m. - Breakfast & sandwich making
- 9:30 a.m. - Activity Briefing
- 9:45 a.m. - Activity

- 12:00 p.m. - Kit return
- 12:30 p.m. - Lunch
- 1:00 p.m. - Goodbyes and Depart
- 2:30 p.m. - Arrive back in school



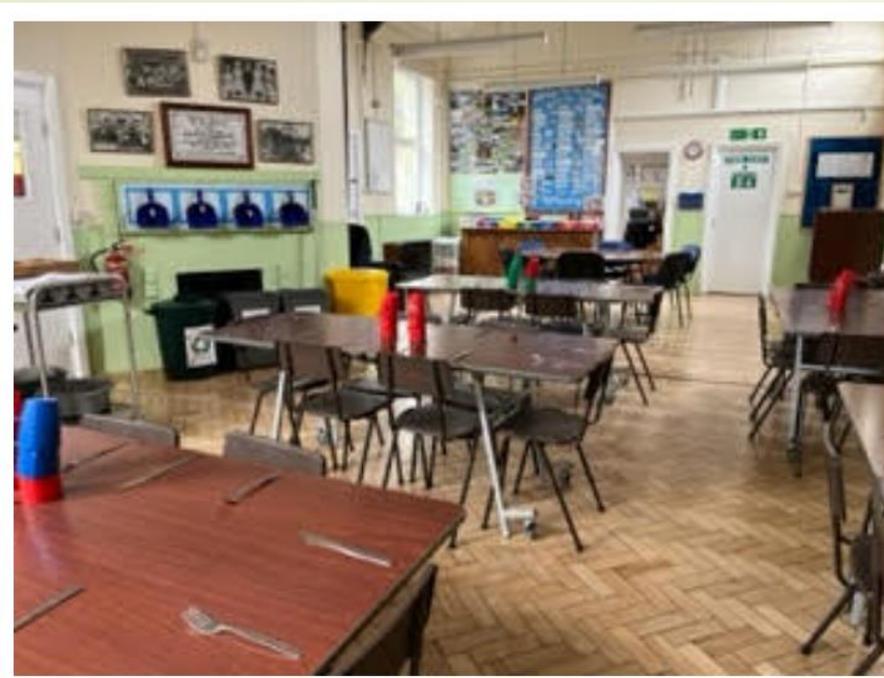


*Can you make your own bed?*

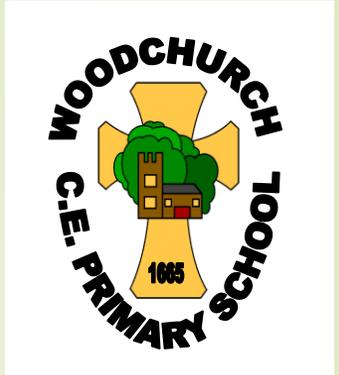


## **Dormitories with en-suite**





*Practice your sweeping skills!*



**BREAKFAST**

**8:30 a.m.**

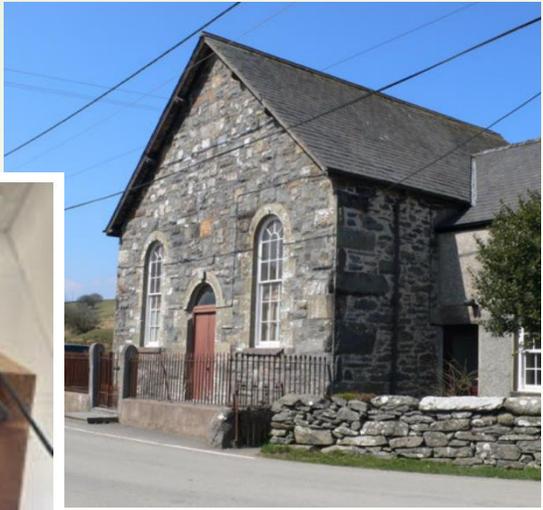
**LUNCH**

**12:30 a.m.**

**TEA**

**5:00 a.m.**

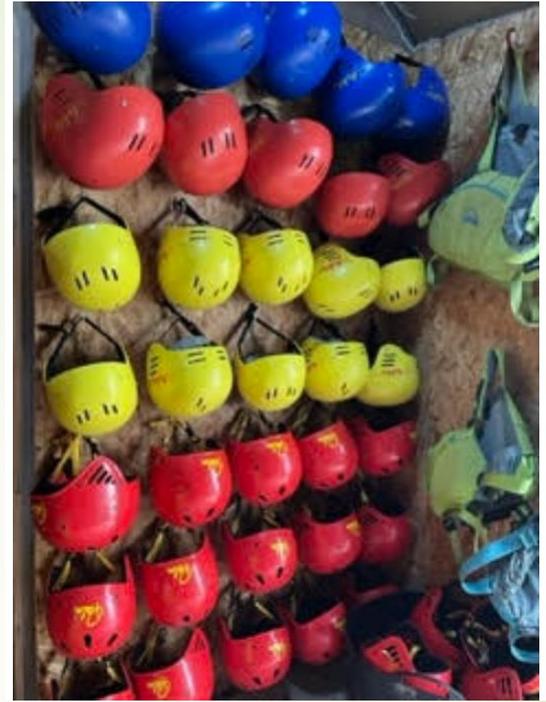
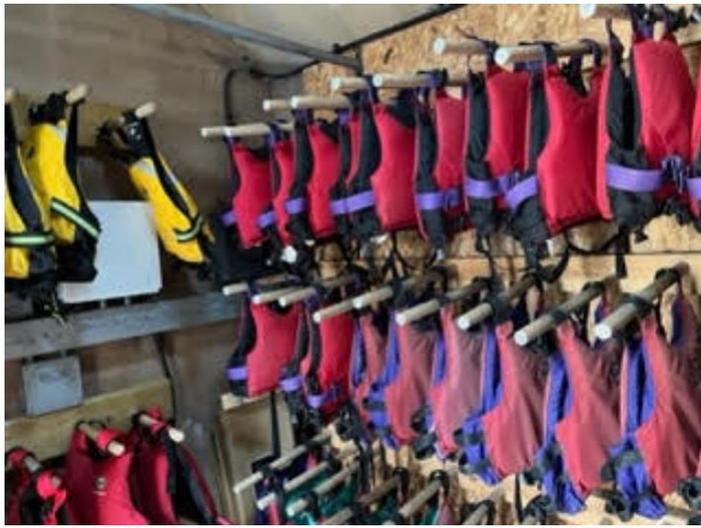




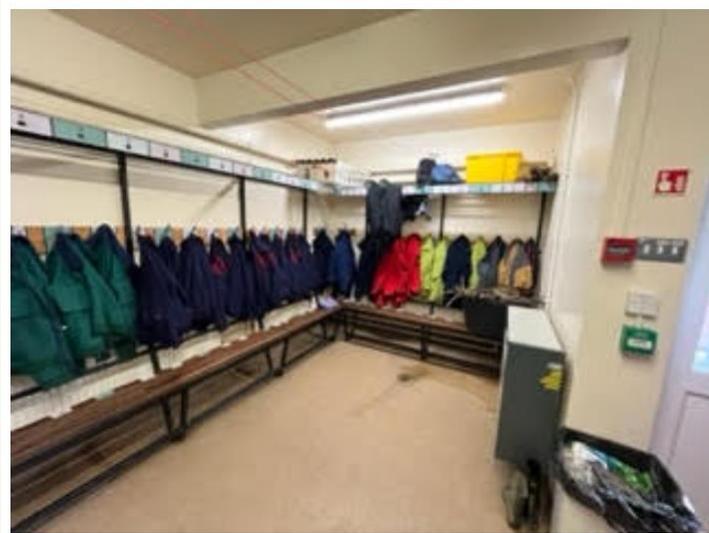
# Climbing Walls

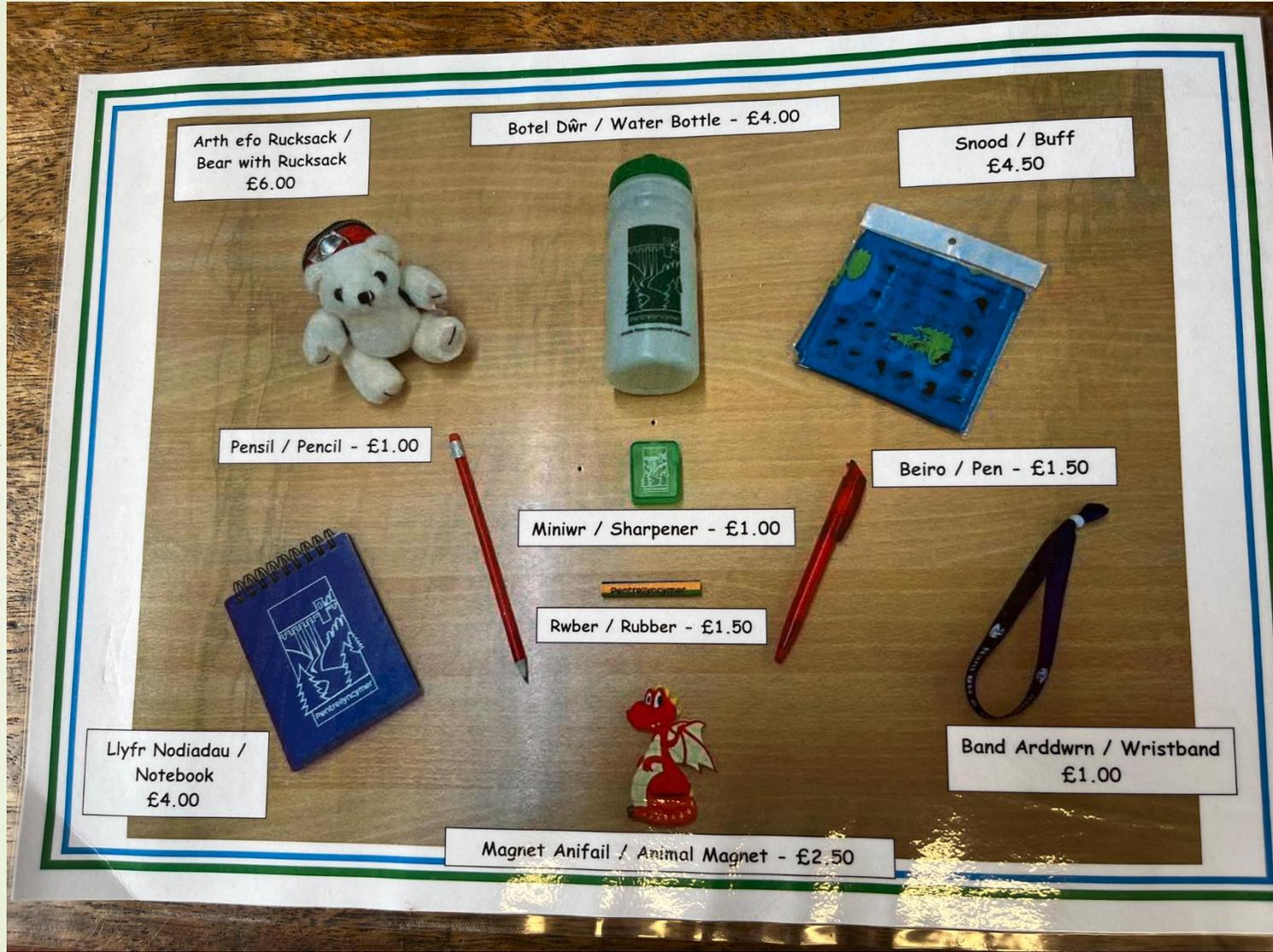
# Meeting Room





# ***EQUIPMENT***





How much money do you need?

£10 - £20 is a suggested amount.

# Shopping for souvenirs



# Additional Information

- **FORMS** - All forms including medical forms need to be in by the end of the week.
- **MEDICATION:**
  - Any medication should be clearly labelled and handed over to staff prior to departure. This should include **Antihistamine** if your child takes this for allergies.
  - Information related to dosage must also be included
- **MONEY** should be in a wallet or purse with your child's name on it
- **MOBILE PHONES ARE NOT ALLOWED ON THE TRIP**
- Digital cameras are not advised to avoid potential loss or damage.
- Small hand held electronic games may be brought.
- **School does not take responsibility for any loss or damage related to personal items.**
- All payments must also be paid by Friday 12<sup>th</sup> May.



**Please contact the school office with any questions?**



# Fun, adventure, achievement Priceless Lifelong Memories

*'Helping your child to be the best they can be.'*

Great home cooking, warm and comfortable centres and exhilarating adventures: everything we do at Nant BH and Pentre is focussed on helping your child to make the most of their time with us. We've built up an excellent reputation for quality and safety in adventure education since opening in 1967.

Working closely with your child's teacher or group leader we'll make sure they get the support, encouragement and expert instruction they need to overcome amazing challenges in the wilds of Snowdonia. They'll get a new perspective on what they can achieve and will leave feeling ready and able to make the most of opportunities and tackle future challenges. They'll also have a lot of fun with their friends and probably won't stop talking about their experiences for some time!

