

# Conway Centre Residential Experience

Wednesday 13<sup>th</sup> – Friday 15<sup>th</sup> September 2023

## Purpose of the visit....

1. Experience a different environment
2. Learn as part of a team in a new environment
3. Tackle new problems and build resilience
4. Motivate and Communicate
5. Enjoyment and Fun
6. Create long lasting memories for our children



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## Benefits for EVERY child...

1. Education outside of the classroom environment
2. Developing inner confidence – “I can do this”
3. Developing personal self-esteem
4. Developing social skills
5. Team building skills
6. Resilience building
7. Experiencing new and exciting learning opportunities
8. Learning respect and tolerance for others – developing emotional self regulation



# Conway Centre Residential Experience – Y6

## Wednesday:

10.00am – Coach departure for Anglesey (after school Mass)

11.30am – Arrive on site for exploration, packed lunch, site orientation,

1.00pm – Activities: Raft Building on the Menai Straits

5.30pm – Hot Dinner, multiple choices

6.30pm – Nightline Activity

7.30pm – Conway Quiz and board games

10.00pm - Bedtime



## **Thursday:**

8.00am – Full breakfast

9.30am – Activities – Mountain Biking

12.00pm – Hot Lunch

1.30pm – Activities – Climbing Wall

5.30pm – Evening Meal

7.30pm – Cricket and board games

10.00pm – Bedtime



## **Friday:**

7.00am – Get up and pack dorms away

8.00am – Hot breakfast

9.30am – Yoga / Mindfulness

12.00pm – Lunch,

1.00pm – Depart Conway Centre, return for 2.30pm



Catch the ferry to Dublin from Holyhead!

CEMLYN BAY AND LAGOON

COPPER KINGDOM

PARYS MOUNTAIN WINDMILL

BENLECH BEACH

RED WHARF BAY

PUFFIN ISLAND

LLANDUDNO

SOUTH STACK

HOLYHEAD GOLF CLUB

ANGLESEY

HOLYHEAD MARITIME MUSEUM

Silver Bay

BEAUMARIS

CONWY CASTLE

ANGLESEY CIRCUIT

ANGLESEY TRANSPORT MUSEUM

ANGLESEY SEA ZOO

GREENWOOD FAMILY PARK

ZIP WORLD PENRHYN QUARRY

SURF SNOWDONIA

ANGLESEY MODEL VILLAGE

ANGLESEY RIDING CENTRE

BEACON CLIMBING CENTRE

SNOWDON MOUNTAIN RAILWAY

ZIP WORLD FOREST

Where are we going?

CAERNARFON CASTLE

SNOWDON MOUNTAIN

ZIP WORLD SLATE CAVERNS

GLASFRYN PARC

PORTMEIRION

## Discussion Points:

- Safety + Staffing
- Mealtimes
- Dormitories
- Value for Money
- *What if.....*



# What to pack:

- Waterproof coat – hat suitable for the weather- sunhat or woolly?
- Indoor and outdoor shoes
- Two sets of clothes – including jumper, layers, t-shirts, etc.
- Pyjamas – including dressing gown or jumper, slippers, socks
- Wash kit and small towel
  
- Drinks bottle - full
- Carrier bag for wet/dirty clothes
- Teddy or comfort toy
- Card games or a small toy/game to play on games night
- Option of £5 (maximum) for the shop
- Packed lunch for day one
  
- *Day One bag – lunch, water bottle, layers, bus activity*
- *Day One – children need to be dressed ready for water activity (lightweight clothing, not jeans)*



**Please do not pack:** phones, sprays, food, cameras or electronics.

**Please ensure everything is clearly labelled with your child's name AND ensure that your child recognises their own belongings**

## Medicines:

- All medicines must be handed into the office by **Tuesday** at the latest, medical forms must be completed. *Please do not send in unexpected medication on the day of the visit.*
- No medicines (other than inhalers) can go in children's bags at all, e.g. paracetamol
- Sun creams cannot be shared, please hand in as medicines, labelled with name.



# Parent 'To Do' List....

Complete and return the Form C and ensure all information is shared with school

Peruse the kit list and label all clothing – no need to buy anything new at all

Ask any questions – no matter how minor the issue may seem

Don't worry – they're going to have a GREAT time!

Follow us on Twitter @StMary\_ofAngels

