

# Conway Centre Residential Experience

Tuesday 8th – Wednesday 9<sup>th</sup> September 2026

## 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



## 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



### **Comfort Zone**

Safe place to reflect.

### **Learning Zone**

Where you grow and learn.

### **Panic Zone**

Learning is beyond what you are familiar with and becomes very difficult.



# Conway Centre Residential Experience – Y6

## Tuesday:

9.30am – Coach departure for Anglesey

11.00am – 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, Free Play, Shop, board games

10.00pm - Bedtime



**Wednesday:**

7.00am – Get up and pack dorms away

8.00am – Hot breakfast

9.30am – **Mountain Biking / Climbing**

12.00pm – Lunch,

1.00pm – Depart Conway Centre,

2.30pm – Collection from school



## Mountain Biking / Climbing Wall

Mountain bikers must be competent and capable bikers.

Not suitable for beginners





## Discussion Points:

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



### Tuesday Evening Meal

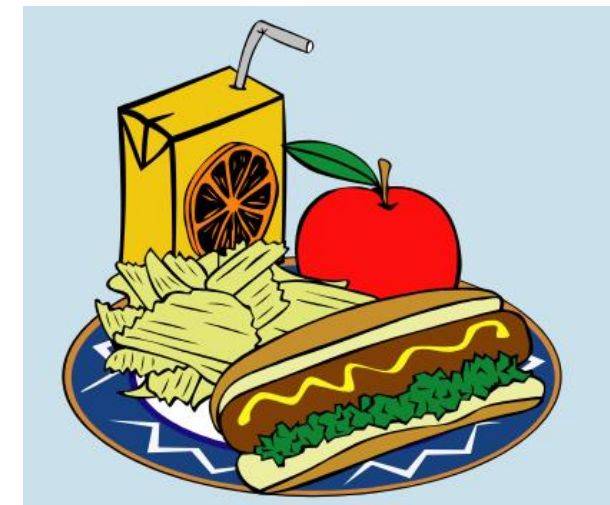
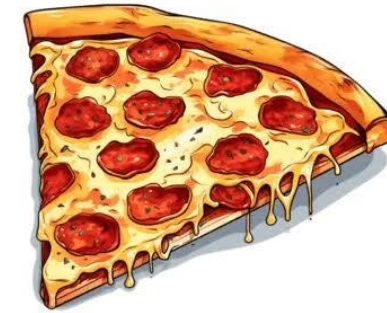
- Pasta Bolognaise with Garlic Bread
- Pizza with Chips
- Fishcakes with Chips
- Vegetables and side salads
- Selection of biscuits, yoghurts and fruit for desert

### Wednesday Breakfast Meal

- Cereals – cornflakes, rice crispies
- Apple Juice, Fruit Juice
- Bacon, Scrambled Egg, Baked Beans,
- Croissants, Toast, Butter, Jams etc

### Wednesday Lunch

- Hot Dog with Chips
- Jacket Potato with choice of fillings
- Deli Bar



# What to pack:



On day one, children need to be dressed ready for their water activity (lightweight clothing, not jeans).

## **Day One bag**

They will also need a small rucksack, filled with the following:

- Waterproof coat and a hat suitable for the weather on the day - sunhat or woolly
- A packed lunch and a full water bottle
- A bus activity
- Spare clothing for after raft building – including underwear and sliders or crocs to change into and a small towel.

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

# What to pack:



## Suitcase or hold-all:

- A pair of outdoor shoes (to act as a spare pair after the raft building activity)  
*Water shoes are not permitted.*
- 2 **spare** sets of clothes – including jumper, layers, t-shirts, etc. *Shorts are not permitted for activities.*
- Pyjamas – including dressing gown or jumper, slippers, socks
- Wash kit and small towel
- 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 – children to look after this themselves



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 **Monday 7th** at the latest, medical forms must be completed. *Please do not send in unexpected medication on the day of the visit.*
- No medicines can go in children's bags at all, e.g. paracetamol. There can be no self-administering of medication. Inhalers will be carried by a member of staff who will be with the children. Children will have their inhalers with them at night time.
- Sun creams can be packed, but children must be aware they cannot be shared. I have sun cream to give out to children who do not have any, if needed.

# 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

Please check that children have x2 spare outfits packed in their overnight bag.

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 Instagram



# **Parent ‘Please don’t’ List....**



Sneak any ‘treats’ into their bag – food sweets, etc. We have severe food allergens and a well meaning action could be dangerous.

Please don’t stay to wave us off – it’s triggering for the children, just as we’re leaving.

Please don’t contact unless it’s an emergency. Asking why you haven’t seen a photo of your child on Instagram isn’t an emergency. Asking if we can find out why your child isn’t smiling on a photo isn’t an emergency.

Please consider carefully comments on what’s app groups and social media – the domino effect is dangerous.

