

Year Five Residential to Robinwood,
at Maes y Nant, Wrexham.

20th-22nd March 2023

Depart: 9.00 am

Return: 3.20 pm

Curious
Responsible

Active
Respect

Creative
Brave



**Lower
Park
School**

Staff



- Mrs. Jones

- Mrs. Day

- Mrs. Bailey

- Mrs. Cawley

- Miss. Massey

Mrs Lomas will also be visiting us whilst we are there.

Qualities developed at Robinwood

- The vision at Robinwood is to make a really positive difference developing children and a key way in which they achieve this is through the development of different qualities over the 3 days of a Robinwood course:
- Communication
- Confidence
- Cooperation
- Developing skills
- Encouragement
- Listening
- Patience
- Problem Solving
- Resilience
- Respect
- Responsibility
- Support

General safety information

- Robinwood have an excellent safety record with over 25 years of operation and more than 40,000 visiting pupils each year. All of our activities take place in safe secure environments that are appropriate to provide a safe introduction to adventure activities for groups of 7 to 11 year olds.
- The quality of the staff team and the extensive training programme they undergo is central to having and maintaining an outstanding safety record. Robinwood have a rigorous programme of activity session assessments to ensure everyone is working to the right standard.
- Robinwood also instil an attitude of safety as a state of mind; such that all staff have safety as their highest priority whatever is happening.
- At the centres, they typically have 3 instructor team staff employed for every 10 children that could attend. Due to the 24-hour nature of supervision, this does not mean that we work on these levels throughout. The level of supervision is appropriate to the nature of the activity taking place.
- Most activities are run by the group leader on their own for their group of up to 13 children, but additional staff do come in to assist for key parts of sessions as required. Outside of activity times, for example at mealtimes, bedtimes and wake-up periods, Robinwood operate with around 1 member of staff for every 20 children.
- Staffing ratios are decided by taking into account detailed risk assessments and relevant national governing body guidelines. The numbers quoted only refer to Robinwood staff; they do not include any school staff assisting with supervision.
- On arrival, all schools are briefed in fire safety procedures. They are shown emergency exits and the fire assembly point. Later, on the arrival day, the fire alarm sounds and a fire drill takes place.

Water Confidence

- Children do not need to be able to swim to take part in Robinwood watersports, all that is asked is that they are reasonably confident in water (in other words they would not panic if they fell in). We know, from our swimming lessons that all year five pupils are confident.
- Watersports take place on shallow, very sheltered water, with children reasonably close the bank at all times. Everyone on the water wears a buoyancy aid and a canoe helmet and the session is well supervised throughout by Robinwood staff.

Children who are unable to or do not want to take part in a particular activity

- At Robinwood, they offer 'taster sessions' in adventure and teamwork activities, with an activity programme that has been developed through more than 25 years of experience. Sessions are pitched at an introductory level, suitable for 7 to 11 year olds who in many cases are having their first experience of the activities offered.
- These activities will still involve a level of challenge and we recognise that for some children the challenge may feel quite significant. Some children may be so nervous that they initially do not want to take part. Other children may be unable to take part due to their particular additional needs, although in many cases we can make adaptations to enable participation to some degree.
- No-one will be forced to do any activity that they really don't want to take part in at Robinwood.
- Part of a trip to Robinwood is about challenging fears and overcoming them. Robinwood staff will never force a child to take part in a particular activity, but they will offer lots of encouragement. They will show any nervous child how safe the activity is, give them the opportunity to watch their friends safely and successfully take part and encourage them to have a go when they are ready to do so.
- Robinwood staff have had many thousands of examples over the years, when children have stretched themselves to succeed, where initially they thought they may not be able to. Often these children are the ones who get the very most out of the experience of coming to Robinwood.
- Robinwood can always find different tasks for children to do if needed, still involved with the activity session, but avoiding the particular aspect that they are nervous and/or unhappy about.

Evening and Night Time Supervision

- After their final activity session of the evening, the children meet together with their course leader for hot chocolate and biscuits before bedtime. They also meet night duty staff at this time.
- The hot chocolate/bedtime meeting lasts for around 30 minutes and includes a review of the day, which gives the opportunity to start settling the group down for bed time. Following on from the hot chocolate the settling down period continues, whilst children get ready for bed.
- Robinwood and Lower Park staff on duty wait in the corridors and they ensure that the children are quiet.
- In order that everyone is clear that a proper and professional approach is taken to the supervision of children at night time and a diary record is kept from lights out onwards, which includes details of children coming out of the dormitory overnight for any reason other than just going to the toilet.
- This diary record provides a record of any other issues such as homesickness, enuresis or illness with relevant details noted by the night duty team. It would also give details of incidents of continued noisy and/or generally poor behaviour by the children overnight.
- A copy will also be given to us at the end of the course.
- The children are told about the diary record and that it is shared each day.



Robinwood Maes y Nant - Crag Group

Lower Park School - 20 March 2023



Mon

Lunch 11:30 to 12:00	Dungeon 12:40 to 13:50	Zip Wire 14:00 to 15:10	Piranha Pool 15:20 to 16:30	Evening Meal 16:40 to 17:40	Climbing 17:50 to 19:00	Team Challenge 19:20 start
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Tue

Breakfast 08:10 to 08:40	Quest 08:50 to 10:00	Caving 10:10 to 11:20	Giant Swing 11:30 to 12:40	Lunch 12:50 to 13:50	Archery 14:00 to 15:10	Night Line 15:20 to 16:30	Trapeze 16:40 to 18:00	Evening Meal 18:10 to 19:10	Team Challenge 19:20 start
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Wed

Breakfast 07:30 to 08:00	High Ropes (Challenge Course) 08:40 to 09:50	Crate Challenge 10:00 to 11:10	Canoeing 11:20 to 12:30	Lunch 12:40 to 13:10
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Please note that timings for activities and showers are for guidance purposes only and may vary.

	Outdoor activities
	Indoor activities
	Outdoor water activities
	Partially covered activities



robinwood
Activity Centres

a really positive
DIFFERENCE
developing children

These are the main dining rooms where we eat our meals.



At breakfast time, I can have cereal, toast, sausage, beans and potato waffles.
I can have all of these if I want or I can just choose my favourites.

When I arrive at Robinwood, my lunch will be either pizza or a choice of sandwich (cheese, ham, tuna or jam) with crisps and a penguin biscuit.

My Group Leader will ask me what I would like for the rest of my stay.

These are my options:

Evening meal Day 1:

Baked Potato
(with choice of filling)
Pasta Bolognese
Tomato Pasta
Salad available

Ice Cream

Lunch Day 2:

Hot dog
Chicken burger
Sandwich with filling
(cheese, ham, tuna or jam)

Oreos
Mini muffin
Raisins

Evening meal Day 2:

Fish Fingers and Chips
Curry and Rice
Peas and Sweetcorn available

Chocolate chip cookie

Lunch Day 3:

Sausage Roll
Cheese Roll
Sandwich with filling
(cheese, ham, tuna or jam)

Crisps
Fruit
Caramel wafer

If I don't like something, I can tell my Group Leader or my Teacher and they will arrange something different for me so that I have something that I like.

These are examples of where I might sleep.
The bedrooms all have a name to help me
remember which one I am in.



This is a bedroom door with the name on it.



There are helpful instructions inside the bedrooms.



If I need help at night, I can press a button
that tells the Robinwood night staff that I need
somebody to come to my room. It won't wake
anybody up in my room if I press it.



The toilets all have locks on the door.
The toilets near my bedroom looks like this.



The toilets and showers I will use in the day time
look like this.



This is a picture of a group kit cupboard (mine may
have a different name on it).

When I have finished with my wet clothes,
after a shower I leave them in the
green bin to be washed.



When it's time for a drink, I can have one at the Drink Station.



At night I can fill up my bottle from the tap in my room.

These are the activities I can do. I will do them all but they will be in the order shown on my group's timetable.

Archery: I will learn to shoot a bow and arrow and play lots of fun archery games.



Canoeing: For canoeing I will wear a buoyancy aid and a helmet so that I am safe.



Caving: I will wear a helmet to protect my head.

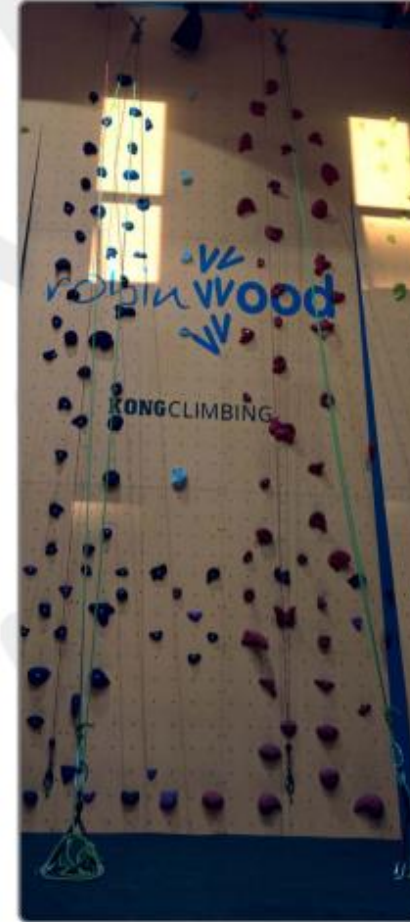


If I want to get out of the caves there are exit hatches in the roof. If I knock on it, my Group Leader will come and let me out.

Challenge Course: I will wear a helmet and harness to keep me safe. I will go over the obstacles with my friends.



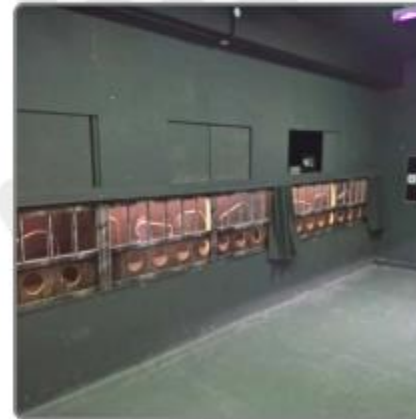
Climbing: I will wear a harness and helmet so that I am safe.



Crate Challenge: I will wear a helmet and harness to keep me safe.



Dungeon: I will solve lots of different puzzles to help my team escape.



I will also wear a sash like the ones in the photo. They have different names on.

Giant Swing: I will wear a harness and helmet to keep me safe. I will pull the rope to help my teammates



Knight's Quest: I will help my team to solve puzzles and help them complete the challenge.



Night Line: I will wear goggles so that I can't see, then hold on to a rope in a line with my friends so we always know where we are going.
My friends will pass on instructions to help and a helmet will protect my head.



Piranha Pool: I will work with my team to solve the clues and get out of the room within 40 minutes.
I will wear a Piranha Pool t-shirt.



Trapeze: I will wear a harness so that I am safe. We will climb up onto the tower and jump off attached to a rope.



Team Challenge: I will join the rest of my school and play games



Zip Wire: I will wear a harness and helmet so that I am safe. I will sit the top of the tower and wait for my turn.



Which activities are you looking forward to the most?



We can't wait to see you at Robinwood!

What to wear

Packing for Robinwood

(This list includes what you'll wear to Robinwood)



☐ 3 x T-Shirts
(No vests please)



☐ 2 x Towels



☐ 4 x Long Sleeve
Tops
(Jumpers/Hoodies etc)



☐ 1 x Warm Hat
1 x Pair of Gloves



☐ 3 x Trousers
(Ideally not jeans)



☐ 6 x Pairs of socks
5 x Pairs of underwear



☐ 1 x Pair of shorts
(Knee length or longer)



☐ 2 x Pair of
trainers



☐ 1 x Set of
pyjamas



☐ 1 x Bag of toiletries
(No aerosols please)



☐ 1 x Coat, ideally
waterproof
(For walking to centre)



☐ Water Bottle

Please do not bring any
phones, cameras
or other electrical devices




Lost Property

- Please add names to all your children's clothing and equipment so that if lost they can be returned to them.

Souvenirs

If you would like to pre-order Robinwood souvenirs, please complete the order form below and return to Mrs Jones. Orders will be collated and given to us during our stay.


Payments should be made directly to school.




Souvenir Form


Child's Name: _____

If you would like to pre-order Robinwood souvenirs please complete the order form below and return to your Party Leader.
Orders will be collated and given to your school during their stay.




New for 2022!
Robinwood Piranha
Soft Toy
£12.50
 (Approx Size 20cm)







T-Survived the Piranha Pool T-Shirt - £12.50




Robinwood T-Shirt - £10




Robinwood Pencil - 60p



Robinwood Mug - £5



Robinwood Pen - £1.20



Robinwood Eraser - £1

Size	Piranha T-Shirt £12.50	Blue T-Shirt £10	Piranha Soft Toy £12.50	Mug £5	Pen £1.20	Pencil 60p	Eraser £1
7-8							
9-11							
12-14							
S							
M							
L							
XL							
Totals							
Cost							
Please note: Children's T-Shirts are labelled as Youth M, L and XL				Total Cost			

Payments should be made directly to your school. Thank you.

Emergency Contacts

Activity Centre Contact Details

- Robinwood Activity Centre, Cross Lanes Hotel, Bangor Road, Cross Lanes, Wrexham, LL13 0TF.
- In an emergency, please contact the school office on 01625 872560 and they will contact one of us.
- Robinwood do not allow children to have mobile phones on centre.
- Although homesickness generally isn't a problem, if children do get on the telephone to parents, particularly on the first night, this can sometimes make a potential home sickness situation significantly worse.

