

Plas Caerdeon

Barmouth Residential

Year 4

Monday 15th – Wednesday 17th May,
2023

Who is going?

Mrs Vicky Hassall & Mrs Anna Howard

Mrs Helen Hough

Mr Harry Davies

Mr George Mellor

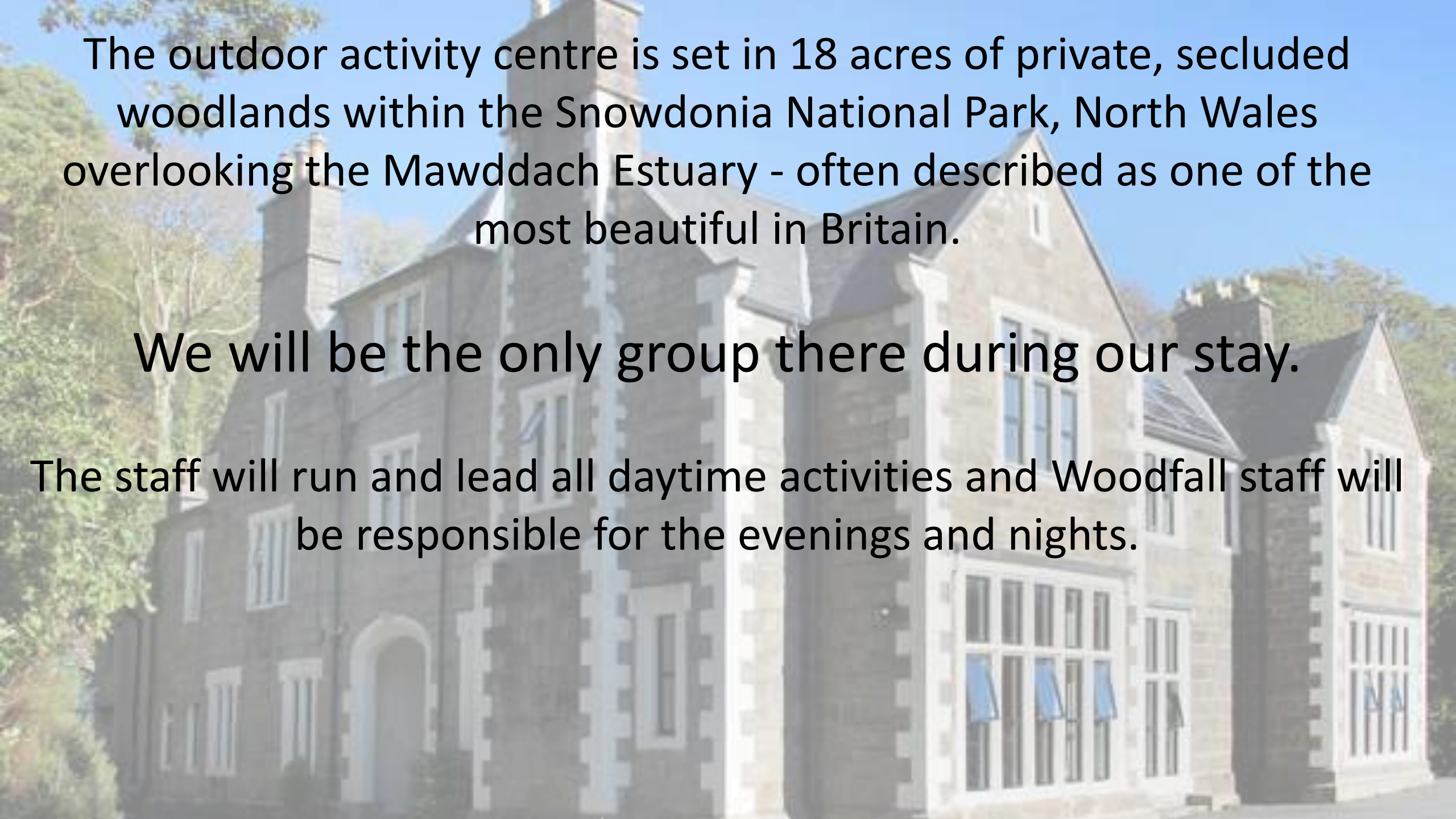
1 or 2 more members of staff to be confirmed

Each Woodfall member of staff will be led in the main activities by a member of Plas Caerdeon staff who will be running the challenges.

Plas Caerdeon is 73 miles away
near Barmouth on the
Mawddach Estuary.







The outdoor activity centre is set in 18 acres of private, secluded woodlands within the Snowdonia National Park, North Wales overlooking the Mawddach Estuary - often described as one of the most beautiful in Britain.

We will be the only group there during our stay.

The staff will run and lead all daytime activities and Woodfall staff will be responsible for the evenings and nights.













A day full of fun and learning...

- Breakfast is served between 7.30am and 9am
- First activities start around 9.30am
- 10 minute refreshment break
- Lunch time allocation between 12pm and 1.30pm
- A full afternoon of activities
- 10 minute refreshment break
- Evening meal time between 5pm and 6pm
- Evening entertainment from 6.45pm followed by hot chocolate and biscuits
- Lights out by 10.00pm

We have created a programme to meet specific objectives, needs and learning outcomes for our children. We have much more autonomy at Plas Caerdeon and we can slow the pace down a little bit too.

- 3 to 4 activity sessions per full day plus one final evening session
- Fully qualified activity instructors lead all activities in the day
- Our children are encouraged and praised during activities but are NEVER forced to take part if they are not comfortable in doing so

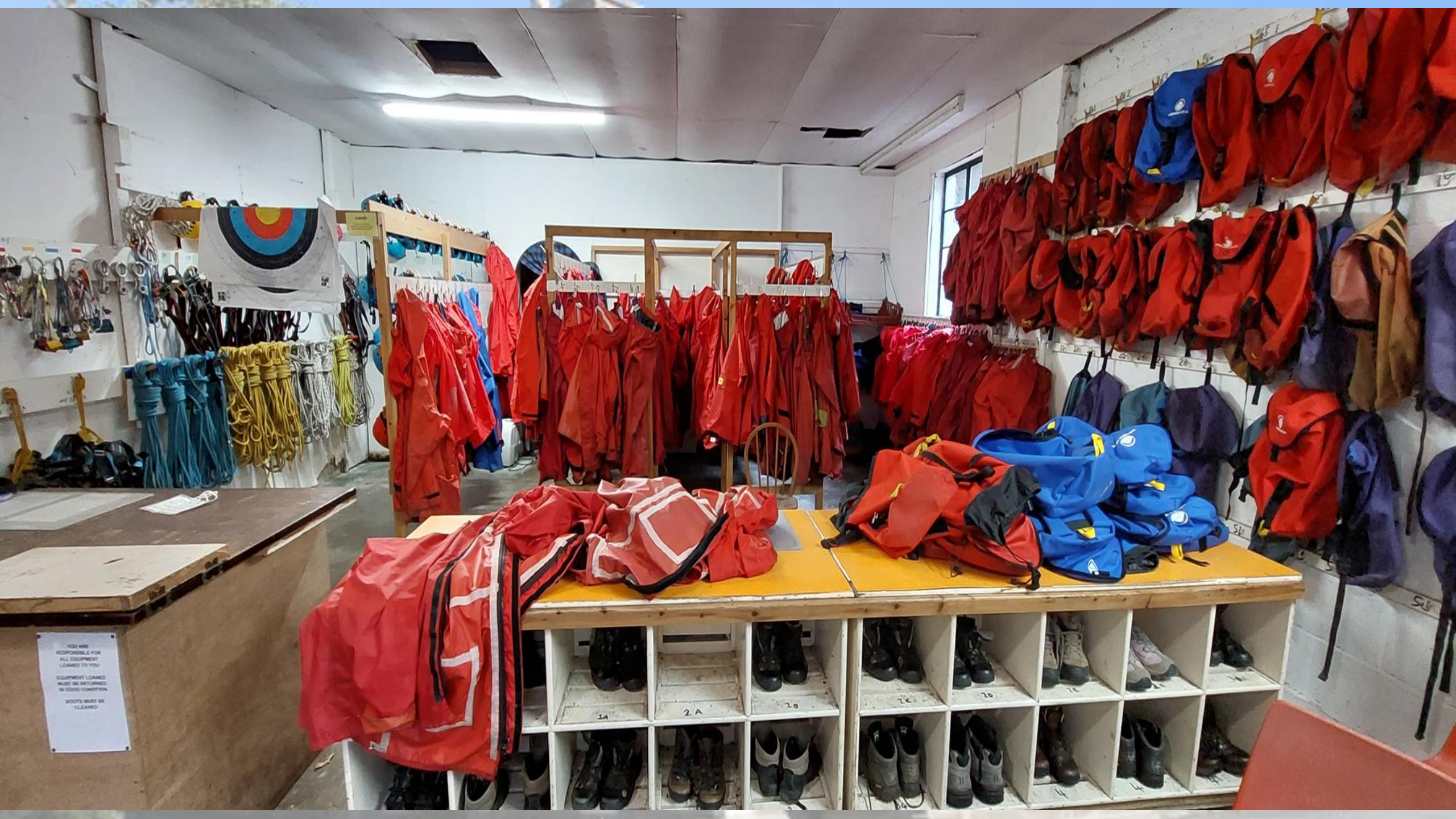
Activities

Kayaking, Gorge Walk, Orienteering, Ropes Course and Zip Wire, Problem Solving, Archery, Climbing.

- All physical activities organised and run by fully qualified instructors, supported by school staff.
- Centre, equipment and instructors vetted by AALA (Adventure Activities Licensing Association) and AMI (Association of Mountaineering Instructors).

Kit List Etc

- Warm clothing – layers are important. Think leggings, joggers, t-shirts, hoodies, coats – it can still be very cold in the woods.
- Suncream and hat – we are hoping for warm weather!
- Underwear, extra socks and sleep wear
- Slippers or slipper socks
- Trainers – please do not send wellies. If you have walking boots then send them, if not the centre has them for your child to borrow.
- Bath towel and small handtowel and washbag. We will ask the children to have a shower after their kayaking activity.
- Teddy, book and a small activity – top trumps, wordsearch book or similar for evening entertainment.
- Small torch
- Name EVERYTHING – yes we really do mean everything!



YOU ARE RESPONSIBLE FOR ALL EQUIPMENT LOANED TO YOU
EQUIPMENT LOANED MUST BE RETURNED IN GOOD CONDITION
FOOTS MUST BE CLEANED

Sleeping – a home away from home!

- All residential dormitories are warm, comfortable and 100% secure – and we are the only group there during our stay.
- Children sleep in separate areas and teachers' rooms are located close by to allow for plenty of supervision
- All bedding is provided on centre - one of the very first tasks for all students is making up their own beds!
- Separate showers and toilet facilities are available for the children
- Dorms at Plas Caerdeon sleep between 2 and 10 and each floor have their own toilets and shower facilities.



Woodfall Overview



Monday 15th May –

- Leave school at 9am (approx)
- Arrive Plas Caerdeon at 11 am
- Settle in, site orientation, lunch and then off for afternoon activities

Tuesday 16th May -

- Full days activity on site at Plas Caerdeon

Wednesday 17th May–

- Pack bags and tidy dorms
- Breakfast on site
- Morning activities
- Leave Plas Caerdeon around 11am
- *Activities still to be confirmed*
- Return to school for normal end of day