

Will children be able to call parents?	We do not allow children to call home as we find it does not help settle them if they are feeling homesick. If children are upset at bedtime, we will reassure them and try to take their mind off thinking about home. We will only contact home to speak to parents in extreme circumstances and as a last resort. If a child is unwell, and they need to go home, we will contact parents to arrange for the child to be collected.
What are the room arrangements?	Girls and boys will be in separate dorms and the staff rooms are normally at the end of/next to the children's dorms. Children sleep in bunk beds and we encourage them to agree between them who has the top/bottom bunk but we will help them decide who sleeps where if needed.
Will children need a torch/will a light be left on at night-time?	Children will not need to bring a torch or night light. A light can be left on in the dormitory but we suggest that children who prefer a light on to sleep in one part of the dormitory and the children who prefer darkness to sleep at the opposite end. The toilets and sinks are immediately outside the dorms and the lights in those rooms are kept on at night.
What bedding will my child need to bring? Please can their bedding be at the top of their bag so it is easy to find.	Children only need to bring a bottom (preferably fitted) sheet, a duvet cover and pillowcase. They should not bring a sleeping bag as, if there is a fire alarm whilst the children are in bed, sleeping bags can be difficult to get out of quickly. Please practise making a bed with your child, if possible, before Friday – don't worry if you do not get chance.
Can my child take a teddy/toy with them?	Children are welcome to pack a toy or small blanket in their luggage – not too big please!
Can my child take sweets or extra snacks e.g. biscuits?	Children can bring sweets for the journey/to eat whilst at Arthog. They can also bring biscuits but there is plenty of food and they will not go hungry – we will make sure they all eat at mealtimes. PLEASE DO NOT SEND YOUR CHILD WITH ANY FOODS CONTAINING NUTS.
What footwear do children need? What happens if they don't have wellies?	Arthog have plenty of wellies for children to borrow but children can bring their own if they want to. Please make sure their names are written inside all footwear (and preferably other belongings too.) Walking boots are not needed and trainers are best for most activities - children will definitely need 2 pairs of trainers, as one pair will get wet and possibly muddy!
Will I have to complete a medication form e.g. if my child has asthma and uses an inhaler?	You need to complete a form for any medication which your child needs to take while we are away e.g. hayfever tablets, brown inhaler, travel sickness tablets. Forms have been given to every child and a separate form needs to be completed for each medication.
Can my child take their inhaler from school?	Children should bring their inhaler from home as we need their school inhaler to remain in school so that it is here for the day after we return from Arthog and for the rest of the term.
Do I need to send Calpol or Ibuprofen?	We will be taking Calpol Fastmelts from school so please do not send bottles of Calpol or Ibuprofen.
And finally...	We know that children will have a wonderful time as we always do. We will upload photos to the website when we get internet access to do so.

Thanks in advance for all your support with the visit.

Mrs Natalie Johnson Mr Daniel Sudlow Mrs Zuzana Walton Miss Amy Sibley