ARTHOG VISIT 2019 – KEY INFORMATION

Please see below some of the information provided at the Arthog meeting on Friday and questions asked in previous years. If you have any further questions, please do not hesitate to speak to one of us.



hesitate to speak to one of us.	
What time is the coach	The coach is picking up first at Crowmoor Primary School at 9:15 so we will
departing on Friday 17 th ?	not be leaving Bicton before 9:30 (it will probably be nearer to 9:45.) You
	are welcome to wave the children off.
What is the return time	We leave Arthog at 2:30 on Monday afternoon so we will be back at
on Monday 20 th ?	school at approximately 4:30. If we are delayed for any reason, we will
	ring school as soon as possible depending on the mobile signal available.
Where should my child	Main bags/cases should be left alongside the wall at the front of the
leave their bag on the	school (do not block the entrance door please) and children should take
morning of the visit?	their rucksack for the beach to their class. Please do not tie anything else
	to their main bag/case e.g. wellies, as this makes it difficult when loading
	and unloading the luggage and also makes it harder for children to carry
	their own luggage to their dorm.
What activities will the	Friday afternoon: Fairbourne beach
children do?	Friday night: Nightline at Arthog
	Saturday night: Walk to Barmouth over the footbridge
	Sunday night: Games at the Centre/Fairbourne beach
	Daytime activities: Climbing, abseiling, canoeing/kayaking, gorge walking
	and raft building.
Which staff are going?	Mrs Natalie Johnson Mr Daniel Sudlow
	Mrs Zuzana Walton Miss Amy Sibley
How are children grouped	Children are in 3 mixed Year 5/6 groups and the Year 6s who went last
for activities?	year will be able to offer support to the Year 5s and any Year 6s who have
	not been before. A member of Bicton staff is with each group. All children
	are in a group with at least one friend and children who we know they get
	along with! We do not tell children their group until Friday. Children are
	together for meals and evening activities and are often taking part in
	activities alongside each other during the day.
How much spending	Between £5 and £15. Children can buy an Arthog t-shirt for £5-£10 or a
money will children	neck buff for £5 and they will be able to buy an ice-cream at Barmouth on
need?	Saturday evening.
What do the meals	Breakfast: Cereal/grapefruit/yoghurt, toast, cooked breakfast e.g.
include?	bacon/sausage, beans/spaghetti, scrambled egg.
	Lunch: sandwiches/baguette (typically ham or cheese), crisps, fruit,
	flapjack/doughnut.
	Evening meal: e.g. Pizza/Bolognese and pasta/curry and rice or chips/
	jacket potatoes. Rice pudding/yoghurt/fruit/ice cream/tinned fruit.

Will children be able to	We do not allow children to call home as we find it does not help settle
call parents?	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
What are the room	parents to arrange for the child to be collected.
	Girls and boys will be in separate dorms and the staff rooms are normally at
arrangements?	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	Children will not need to bring a torch or night light. A light can be left on in
torch/will a light be left	the dormitory but we suggest that children who prefer a light on to sleep in
on at night-time?	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	Children only need to bring a bottom (preferably fitted) sheet, a duvet
child need to bring?	cover and pillowcase. They should not bring a sleeping bag as, if there is a
Please can their bedding	fire alarm whilst the children are in bed, sleeping bags can be difficult to get
be at the top of their	out of quickly. Please practise making a bed with your child, if possible,
bag so it is easy to find.	before Friday – don't worry if you do not get chance.
Can my child take a	Children are welcome to pack a toy or small blanket in their luggage – not
teddy/toy with them?	too big please!
Can my child take	Children can bring sweets for the journey/to eat whilst at Arthog. They can
sweets or extra snacks	also bring biscuits but there is plenty of food and they will not go hungry –
e.g. biscuits?	we will make sure they all eat at mealtimes. PLEASE DO NOT SEND YOUR
	CHILD WITH ANY FOODS CONTAINING NUTS.
What footwear do	Arthog have plenty of wellies for children to borrow but children can bring
children need? What	their own if they want to. Please make sure their names are written inside
happens if they don't	all footwear (and preferably other belongings too.) Walking boots are not
have wellies?	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	You need to complete a form for any medication which your child needs to
a medication form e.g. if	take while we are away e.g. hayfever tablets, brown inhaler, travel sickness
my child has asthma and	tablets. Forms have been given to every child and a separate form needs to
uses an inhaler?	be completed for each medication.
Can my child take their	Children should bring their inhaler from home as we need their school
inhaler from 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	We will be taking Calpol Fastmelts from school so please do not send
or Ibuprofen?	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