



## Bicton C of E Primary School and Nursery

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Head teacher: Mrs Natalie Johnson BA (Hons)



May 2023

Dear Parents,

### **ARTHOG VISIT – Friday 16<sup>th</sup> to Sunday 18<sup>th</sup> June**

**Children will need the following in their rucksack/shoulder bag (something which they can wear across their body - a carrier bag is not suitable) for the bus journey to Arthog:**

- Packed lunch in foil/plastic container that can be thrown away/recycled at Arthog – **NOTHING CONTAINING NUTS**
- Sufficient drinks in a water bottle / cartons
- Sun cream and sunhat – **these are compulsory if warm weather is forecast**
- Towel
- Flip flops/beach shoes/spare trainers (children are not permitted to play on the sand or paddle in the sea in bare feet)
- **\*Inhalers and spacers, which children may need during the day. They must bring these from home and cannot take their inhaler from school.**
- Carrier bag for rubbish or wet towel etc.
- Camera (optional) – mobile phones are NOT permitted
- Gaiter/waterproof jacket

**They must take their rucksack to the classroom on Friday morning and keep it with them on the bus. Nothing that they need during the day should be packed in their suitcase/holdall.**

\* All medication, and completed permission forms to administer the medication, must be given to Mr Andrews by the Friday morning. We cannot administer any medication – either prescribed or non-prescription without the completed forms and this includes travel sickness tablets for the journey home on the Sunday.

We will spend the afternoon at Fairbourne and children will not be reunited with their main luggage until 4.00 at the earliest. They need to wear comfortable clothes e.g. tracksuit bottoms / leggings, t-shirt, hoodie and trainers. The coastal path from Arthog station (where we get dropped off) is bumpy in places so trainers are a necessity. They may wear shorts under their clothes, or bring a spare pair of tracksuit bottoms/leggings if they wish, for wearing on the beach but children will not be permitted to swim in the sea. They will not need any money for the beach.

Children must not bring any mobile phones, game consoles, etc.

We expect to leave school at approximately 9:15 am on Friday and should arrive back at school on Sunday at approximately 6:00 pm – we will send a message on Class Dojo if we are running late or expecting to be back much earlier.

We are all looking forward to a fantastic weekend and we will post photos on the website whenever we get chance.

Many thanks



Mrs Natalie Johnson

**Mobile phones, music players, computer games or jewellery are not permitted.**

Arthog will provide waterproof jackets, waterproof over-trousers, walking boots and a rucksack but **your child will need their own waterproof coat for the Friday afternoon.**

### Arthog Kit List – 2023

Please **write your child's name on as many things as possible**.

This can be used as a checklist to tick off items as they are packed in the suitcase / holdall. Your child will be responsible for their own bag and its contents. It is a good idea for them with the packing so that they see what they are taking with them and learn how to pack for coming home.

Item	Tick
<b>Single bed sheet, duvet cover &amp; pillowcase</b> NOT a sleeping bag. Please ensure your child practises making a bed and fitting a duvet cover before they arrive!	
Waterproof jacket (for the Friday afternoon)	
Sun hat / cap	
5 x t-shirts or thin long-sleeve tops	
4 x sweatshirts / hoodies / fleece tops	
5 x sets underwear	
4-5 x joggers / tracksuit bottoms / leggings (jeans are NOT suitable for activities)	
5-6 pairs of socks (at least 1 thick pair)	
Warm hat / beanie (for evening activities)	
Gloves (depending on weather)	
2 x pairs trainers (one will get wet/muddy so the older the better)	
Beach shoes / Crocs / old trainers that can be worn on the beach and can get wet	
Wellies (can be borrowed from Arthog to save you buying)	
Pyjamas and dressing gown (if you have one)	
Slippers / Crocs / flip flops (NO bare feet allowed in the Centre)	
Swim wear (for water-based activities)	
Shorts	
2 x towels (1 for the beach)	
Wash bag, Shower gel and shampoo	
Toothbrush and toothpaste	
Roll-on/stick deodorant (No aerosols or body sprays are permitted because of smoke sensors)	
Hairbrush / comb and hair bands (long hair MUST be tied back for rock climbing)	
1 litre plastic / metal drinks bottle suitable for refilling (labelled with child's name)	
2 x bin bags for wet clothes and footwear	
Insect repellent / wipes	
Sun cream / lotion (labelled with child's name)	
Money for ice creams or souvenirs (£15 max) – Optional but child is responsible for it	
Packet of biscuits – Optional – (nothing containing nuts)	
Sweets (not too many!) – Optional	
Medication if applicable (separate permission forms will be required for all medication listed on the consent / medical forms , including travel sickness tablets, and will be sent out by 07.06.23)	