

Paddock Wood Primary School

Year 5 Residential Visits to Plas Pencelli, 29 Jan - 1 Feb 2019 and 12 Feb - 15 Feb 2019

### 1. Staffing

29 Jan - 1 Feb 2019

Elisa Bienz (SLT), Annie Predescu, Kevin Gartland, Gemma Waters and Julie Gammon

33 pupils/5 staff (Kent County Council ratio is 1:10)

12 Feb - 15 Feb 2019

Carly Gavin (SLT), Sarah Boniface, Lizzie Payne, Chelsi Willis and Ali Tovey

34 pupils/5 staff (Kent County Council ratio is 1:10)

### 2. Safety and Security

Plas Pencelli has standard dormitory style accommodation. Rooms range from twins to 8 bed dormitories, with gender-separated bathroom and shower facilities and teacher rooms are close by. Sheets, duvets, duvet covers, pillows and pillow cases are provided. A member of the Plas Pencelli staff will be in residence every night undertaking security duties. Disclosure and Barring Service (DBS) checks are carried out on all centre staff.

Plas Pencelli undertake comprehensive risk assessments. We also carried out our own detailed risk assessments.



### 3. Medicines

We will willingly support families with administering any and all medicines, but do require written consent to administer each, even Calpol. Medicine forms are available from the school office.

### 4. Home Contact

Generally, we will have long, busy days and there won't be time to telephone home. We will, of course, telephone if anything happens that we would normally contact parents about, but we don't anticipate any problems. If you do have any questions or concerns during our visit, we are happy to respond to parents' texts when we can, but this is likely to be later in the evenings.

Contact telephone numbers during our visit	<b>01892 833654</b>	during school hours (School office)
	<b>07734832681</b>	outside school hours (Carly Gavin)
	<b>07984857823</b>	outside school hours (Elisa Bienz)

**Please remember that children may not take their own mobile telephone.**

## 5. Other

All children's needs are catered for but the centre does have a shop where children can buy postcards, limited refreshments, pencils and souvenirs.

## 6. Plas Pencelli Suggested Clothing List

During your stay all technical equipment will be supplied along with a waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleece may be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost every day! You therefore need 2 to 3 complete sets of outdoor clothing at the very least. You'll also need everyday clothes for wear around the centre.

<b>Personal Clothing</b>	<b>Miscellaneous items</b>
Plenty of underwear	Towels (1 bath-size, 1 swimming and 1 small)
3 light tops (T, football or other casual)	Wash-kit
3 heavier tops (jumpers, fleeces, sweatshirts etc)	Set of pyjamas
3 track suit bottoms, trousers, leggings etc.	2 Heavy-duty bin liners
3 thick pairs of socks (for boots and wellies)	Torch with spare batteries
1 pair of gloves	Pen
1 woolly hat	Watersport gloves for Canoeing or Caving (optional)
1 or 2 pairs of old trainers	Camera (optional)
1 set of swimwear	Pocket money for snacks & souvenirs

### Check your labels

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should all be avoided for use on activities, particularly in the winter months. Fleece or woollen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.