



St John's C of E Middle School



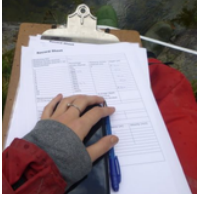
# ARETE OUTDOOR EDUCATION CENTRE

LLANRUG, CAERNARFON,  
NORTH WALES  
LL55 4AP

**Trip Leader:** Miss K. North      Mr. W. Warwick      Mrs N. Hine  
Miss A. Kendall      Mr. M. Hackett      Mr. T. Moyle  
Mr. L. Boyd

**Monday 22nd- Friday 26th May 2023**





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# 1 Itinery

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# 2 Kit list

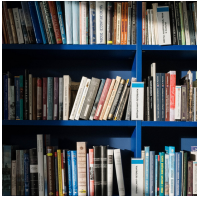
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# 3 Parental Information

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# 4 Tuck Shop Price List

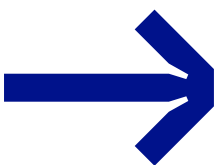
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# 5 Learning Outcomes

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# ITINERARY

*subject to change*



## **Monday 22nd May**

**8:15am**

Bags to be dropped off in the gym

**9:30am**

Depart for Llanrug

**1:15pm**

Arrive at Llanrug and have lunch

**2pm**

Meet instructors, fire drill and introduction to the centre

**2:30pm**

Afternoon activity.

**6pm**

Lay tables, evening meal and duties

**7:15pm**

Evening activity

## **Tuesday, Wednesday, Thursday**

**7:15am**

Get up and get dressed

**7:30am**

Make lunches and lay tables

**8am**

Breakfast and duties

**8:45am**

Tidy rooms, empty bins, wash/clean teeth etc

**9:15am**

Meet instructors and prepare for days activities

**9:45am**

Leave the centre

**4:30pm**

Arrive back at centre & pack all kit away/shower etc

**6pm**

Lay tables, evening meal and duties

**7:15pm**

Evening activity

## **Friday 26th May**

**7:15am**

Get up and get dressed

**7:30am**

Make lunches and lay tables

**8am**

Breakfast and duties

**8:45am**

Tidy rooms, empty bins, wash/clean teeth etc

**9:15am**

Meet instructors and prepare for final activity

**12pm**

Arrive back at centre and have lunch

**1pm**

Depart Llanrug (TBC)

**5pm**

Arrive at School (TBC)

## Student

# KIT LIST

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The Arete activity courses are held at outdoor venues across the mountains of **Snowdonia** and along the coastline of **Anglesey**. The changing weather adds to the beauty of the area and the sense of real adventure. For this reason it is important to pack and be prepared for all eventualities, to ensure a comfortable stay. We have drawn up a recommended kit list below. At the centre they do have specialist kit for the outdoor activities that includes waterproofs, fleeces, walking boots and wetsuits. These can be used by all course members, but feel free to bring any of your own items too. Please don't bring along any new or expensive items of clothing that aren't designed for the outdoors. Be prepared to be muddy and wet at times. **Note the centre isn't responsible for any expensive or treasured items, and we recommend such items are left at home.**

- One fitted single sheet, pillowcase and duvet cover, or sleeping bag if you would prefer. (This is to keep charges as low as possible, £3 per pupil for linen hire). However, we would ask that you bring a fitted bottom sheet and pillow case in either case, in order to protect our mattresses. Duvets and pillows are provided.
- At least two pairs of thick ski or walking socks with a 'loop stitch'. Thin socks are hard on the feet and cause sores and blisters.
- At least two warm jumpers or fleeces with long sleeves.
- Two pairs of warm trousers to wear during activities. Track suit bottoms are quite adequate. Please don't bring jeans for activities as they aren't suitable.
- A different T-shirt or similar to wear each day during activities. Thermal tops are ideal if you have any.
- A warm hat and a pair of gloves plus sun hat and sun cream to cover all weather options.
- Shorts and swimwear. Extra old shorts to wear over the top of the wetsuits.
- Underwear and nightwear.
- A set of casual clothes to wear around the Centre during the evenings.
- Toiletries and a large towel.
- A second large towel or changing robe for changing outside.
- Pocket money (maximum £20) if you wish to use the onsite souvenir and tuck shop.
- Torch with spare batteries.
- At least one pair of old normal trainers to wear during water sessions and a dry pair for land activities and travelling to venues. Sturdy trainers with laces rather than thin soled slip-on shoes. Not football astro shoes as the rubber is too hard and slippery on rock.
- Sandwich Box and 500ml water bottle (any plastic bottle will do).
- Medication if necessary.
- Carrier bag to return wet/dirty clothing.
- If you have your own waterproofs, walking boots, wetsuit or wellies please feel free to bring them along to use on activities. For easy storage and to create more room in the dorms, please bring belongings in a soft bag rather than a rigid suitcase.

# PARENT INFORMATION

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THE ARETE CENTRE/ST. JOHN'S SCHOOL TAKE  
NO LIABILITY FOR ANY LOSS OR DAMAGE FOR  
PERSONAL ITEMS.

## **Mobile Phones**

Mobile Phones/tablets are **not** permitted on this residential and should be left at home.

## **Insurance**

Insurance has been arranged through Arete and is specifically designed for offsite activities such as those provided. It covers personal accident. A full statement of cover can be viewed at any time by prior arrangement with the school office.

## **Supervision**

Instruction/supervision at the centre is carried out by a team of professional outdoor instructors under the direction of a qualified and experienced course leader. A member of school staff will attend most activities in a supportive role and are responsible for the children throughout the night.

## **Behaviour**

At all times the children will be supervised and never allowed to go off on their own. As visitors to the centre, the children are ambassadors for St. John's and behaviour is expected to be exemplary at all times. If serious misbehaviour occurs, parents will be asked to come and collect their child from the centre.

## **Medications**

Please bring any medication in a named, sealed bag or container and pass it to Miss North on Monday morning. Hay fever tablets/medication will remain the responsibility of pupils unless otherwise requested.





## Tuck Shop

# PRICE LIST

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Here is a list of some of the items in our shop. We are trying to reduce the single use plastic we sell. All items are subject to availability and over time **some prices may vary.**

- Reusable Water Bottle ..... £3.00
- Spiral Beakers ..... £2.50
- Ceramic Mugs ..... £3.50
- Toy Dragons ..... £3.50
- Teddy Bears with Rucksack ..... £4.00
- Animal Key Ring ..... £2.00
- Teddy Bear Key Ring ..... £2.30
- Teddy Bear Fridge Magnets ..... £2.30
- Torch ..... £3.00
- Binocular (eye glass) ..... £2.50
- Playing Cards ..... £2.50
- Hairbrush ..... £1.50
- Funky Balls ..... £1.50
- All Pens ..... £1.20
- All Pencils ..... £0.70
- Note Pads ..... £1.70
- Postcards ..... £0.40
- Chunky Eraser ..... £0.60
- Chocolate Bars ..... £0.60



### Clothing Prices

- T Shirts (extra small, small, medium, large adults sizes) ..... £7.50
- Bronx Cap ..... £8.00
- Cap ..... £6.00
- Visor ..... £7.00
- Beanie ..... £7.00
- Bobble Hat ..... £9.50
- Morf ..... £6.50
- Bag ..... £4.00

## HOW WE ACHIEVE LEARNING OUTCOMES AT ARETE OUTDOOR CENTRE



# NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

