

Y6 Outward Bound 2020



Aims of today's meeting

- Travel arrangements
- Staff attending the residential
- Packing and kit list
- Example timetable for the week
- Ensure every child has their medical form completed, ready to be sent on Monday
- Questions



Travel



Monday 6th January

6:50 - Arrival at Gallions

7:00 - Coach leaves for London Euston

08:43 Train from Euston to Birmingham International

10:00 Coach from Birmingham International to
Aberdovey

13:00 Arrive at Aberdovey



Friday 10th January

9:00 - Coach leaves Aberdovey

13:00 - train from Birmingham International

14:30 - Coach from Euston

15:30 - Arrival at Gallions (we will message if this will be
earlier)

Please provide travel sickness tablets. We will oversee these being taken safely on both journeys. On the outbound journey, these can be taken on the train, unless your child suffers serious travel sickness and needs them for the initial coach and train.

Staff attending

The whole Y6 Team are attending:

Mrs Wood, Ms Sultana

Mr Peters, Mr Allgood

We also have and

For activities, there will be 5 groups of about 10 pupils. Each group will have a teacher from Gallions plus an instructor from Outward Bound. We have an additional adult from Gallions to join any group who need the support or to take care of any child needing time 1:1.

Facilities at the centre

Our Aberdovey outdoor education centre has spectacular views over the Dyfi estuary. Water activities are based at our specialist wharf facility, while expeditions and rock climbing take place in quiet, remote mountains and sea cliffs close to the centre. Forest cabins are available for overnight expeditions.



Participants: Accommodates 184 people in bunk rooms of 4-6 people. Toilets and showers are adjacent to rooms.

Group Leaders: Separate accommodation in twin rooms, some with en-suite facilities

Centre Facilities: 4 log cabins, dining room, seminar rooms, common rooms, shop & vending machines.

Packing and kit list

We will adapt the list on the link below and send a final packing list, with meals and any spending money needed.

<https://www.outwardbound.org.uk/assets/pdf/uploads/EBD/Residential%20paperwork%20and%20information/Checklist-for-Students.pdf>

All courses will involve getting wet at some point, so please make sure you have plenty of spare, dry clothes to change into.

CLOTHING: (Please note this is only an idea of what is required, do not buy things specifically)

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- Thick and thin walking socks
- Synthetic trousers for walking (not jeans)
- Jeans (for around the centre only)
- 2 Pairs of trainers (one which can get wet)
- Underwear
- Pyjamas
- Hat and gloves
- Towels
- swimwear

What will be doing?

<https://www.outwardbound.org.uk/assets/pdf/uploads/EBD/Schools-colleges-and-youth-groups-pages/Sample-Programme-5-Days.pdf>

This is a sample. The full details will be decided depending on the weather, initial targets set by the children and then assessment of their needs on the first day.

The courses become bespoke to the group of children to ensure that the outcomes are achieved for all.

COURSE OUTCOMES

- Confidence
- Emotional wellbeing
- Improved relationships
- Resilience
- Confidence in learning
- Understanding of the natural environment

Final check - what should be done by now?

Medical forms should be completed. Please stay today if you need support in completing this.

Deposit (September) and second month's (October and November) payment should be paid.



Finally, information re SATs

Y6 boosters will start for **ALL** pupils from Tuesday 14th January

These will run weekly until **Tuesday 5th May**

Boosters will be run in small groups, targeting the subject your child needs most support with to achieve their targets. Groups will be decided following assessments at the end of this term.

From Tuesday 14th January, ALL Y6 pupils will also be given a pack of **revision books**, which will form part or all of their homework each week. We will provide a timetable to follow, ensuring that they are working on skills already taught.