



GSHS Summer Camp Student Booklet



20 22



M^AP Adventures

Name: Form:



With safe, yet challenging exposure to outdoor environments, students pick up more valuable life lessons including social responsibility, the management of risk, adapting to and understanding others' lifestyles and viewpoints.

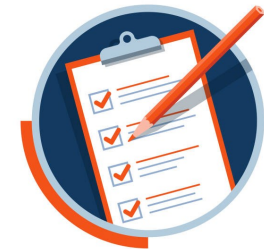
Participation in Outdoor Education programmes provides the opportunity for students to work together outside their normal school environment, with challenges designed to engage them enabling them to develop their characters by taking on responsibility and working as part of a team.

By introducing students to new environments their senses are awakened. When in unfamiliar surroundings, teams communicate, work together and individuals grow in confidence and resilience.

Student benefits are numerous and the life skills they learn from Outdoor Education programmes are transferable - they can be utilised back at school, in the home environment, and in the community - as well as in the Great Outdoors.

Your Check list

- Medical form completed
- Camp Emergency numbers saved
- Camp gear packed
- Sleeping bag
- Medication (if needed)
- Day bag
- Water bottle and lunch box



If you have any further queries please contact the school or alternatively email one of our camp leaders on

campenquiries@greatsankey.org

If there are any issues with kit and you need to borrow any of the following items then please get in contact:

Waterproof pants

Waterproof Jacket

Day Bag (small rucksack)

Sleeping bag

Why Outdoor Education?



Challenging outdoor experiences promote the development of communication, problem solving and decision making skills which have currency across a range of occupations. They encourage a positive "opting in" and "can do" attitude. Young people's horizons are broadened, new challenges come to be relished rather than shunned, and perseverance and determination are reinforced. Values and attitudes developed in a context of shared endeavour help to form a sound basis for responsible citizenship.

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Gwaenynog Campsite

Campsite address: Powys, SY21 0LJ

Gwaenynog is a beautiful stone farmhouse and Campsite in a peaceful area, ideally located for visiting Mid Wales.

Nestled between the Berwyn and Cambrian Mountains in Mid Wales, we're only a mile from the River Vyrnwy and just 12 miles from Welshpool, we're surrounded by some of the most wonderful, scenic areas which are relatively untouched, and seldom visited.



Health & Safety

The activity leaders will brief all students with regards to Health & Safety when they arrive at the camp and before each activity. However, pupils must take responsibility for their own health & safety and act in a safe & responsible manner at all times.

During the night there will be designated members of staff who are on duty. Students will be informed who this is and how / where to contact them in an emergency. Should there be an emergency on site students should follow the procedures outlined by the activity leaders and assemble at the agreed assembly point.

Around the site students must wear suitable footwear at all times and when going to the toilets at night they must go with a 'buddy'.

The Country Code

How can we help to conserve it?

Everyone who uses the countryside should be concerned with looking after it and making sure that it remains the way it was for others to enjoy. This is what CONSERVATION means.

But how can we conserve the COUNTRYSIDE?

Unless we know how to use it properly, we might do the wrong things. Our Outdoor Pursuits can easily damage the land and the wildlife, so we must always be careful.

FOLLOWING THE COUNTRY CODE IS THEREFORE VERY IMPORTANT

- 1 Do not drop litter
- 2 Do not shout, keep all noise to a minimum
- 3 Respect wildlife-
 - Do not pick plants
 - Do not scare animals
- 4 NEVER THROW STONES
- 5 Keep to the footpaths and use stiles where provided.



Typical Day at Camp

Morning

7.00	Wake up call
8.00	Breakfast
9.00 - 12.30	Activities

Afternoon

12.30 - 13.00	Lunch
13.30 - 17.30	Activities
18.30 - 19.30	Evening meal
20.00 - 21.30	Evening activity
21.30	Daily review
22.30	Bedtime



Contact Information for Parents

Camp Site	Gwaenynog
Address	Dolanog Welshpool Powys SY21 0LJ
Emergency	07921 975 737
Telephone	<i>(Mobile contact at camp site)</i>

07921 975 736
(Mobile contact at School)

01925 724 118

Rotation Dates

Rotation 1: Sun 10th July—Tues 12th July
(7A1, 7A2, 7B1, 7B2 & 7N1)

Rotation 2: Tue 12th July—Thurs 14th July
(7N2, 7P1, 7P2, 7T1 & 7T2)

Rotation 3: Thurs 14th July—Sat 16th July
(7S1, 7S2, 8P1, 8P2, 8S1, 8S2, 8T1 & 8T2)

Rotation 4: Sat 16th July—Mon 18th July
(8A1, 8A2, 8B1, 8B2, 8N1 & 8N2)

Departure Information

Departing on a weekend

Meet at the main school car park at 16.00pm. Parents will not be allowed to drive their cars onto the school car park. We advise that you use the leisure centre car park.

Students will be registered by members of staff and put into coach groups. If you are running late please contact the camp emergency phone, the number for this can be found on page 5.

If you have any medicine, this should be handed to a teacher before departing from school.

All medicine should be clearly labelled with your child's name on it.

The teachers will then direct students to the coach. Please make sure you have all your gear with you at this point.

You will arrive at camp at 18.00pm.

Departing on a school day

You will need to bring all of your camp gear to school, this will be placed in a college room in the morning and will be locked all day. A teacher will be there to collect any medicine that you need on camp.

You will arrive to school in non-uniform, you will need all your school books for that day. At the end of the school day (2.40pm) you need to go to the College Theatre where you will be split into your coach groups. You will depart school at 15.00pm, arriving at camp at 17.30pm



Activities

Abseiling & Rock Climbing



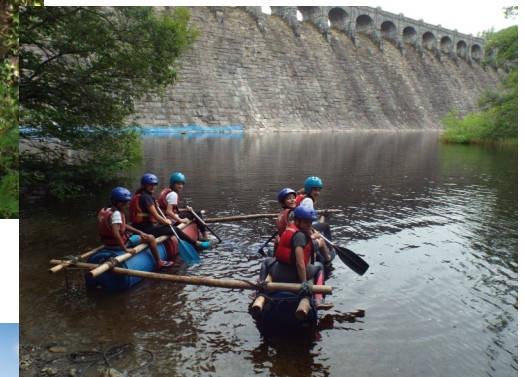
Hiking



Kayaking



Raft Building



Other activities include camp crafts such as fire starting.

The order in which pupils do these activities will depend on the group that the pupil is in and the weather.

Equipment Information Continued

Outdoor Adventurous Activities are done in all sorts of weather and everyone should be suitably dressed for the activities.

Parents should not find it necessary to buy specialist clothing or equipment but waterproofs and sensible walking shoes are recommended.



All items of clothing and equipment should be clearly labelled with the students name to avoid any confusion.



Travel Information

All luggage should be clearly labelled this included, rucksacks, roll mats, sleeping mats.

We also suggest that items of clothing have names in as well.

There is no eating or drinking on the coaches. All coaches should be left clean and tidy.

Spending Money

There may be opportunities for students to purchase souvenirs, we advise that students bring a maximum of £10. This should be kept in a secure purse or wallet. All spending money is brought at the students risk.

Electrical Devices

Mobile Phones—Students are allowed to bring their mobile phones as we have found this is useful for contacting home to let parents know they have arrived or on their way back. Students also like to take pictures to remember the camp.

If any student is using a mobile phone inappropriately then school staff will confiscate the mobile device for the remainder of the camp and it will be returned to the parent when they arrive back at school.

No other electricals are allowed on the camp.



Water Safety—Activities & on the camp site

All of the water sports activities will be taking place at Lake Vyrnwy, where you will take part in raft building and kayaking.

Whilst you are there to learn new skills and have a great time, there are a few safety rules which everyone MUST follow for maximum safety and enjoyment.

1. NEVER enter the water without a member of staff's permission.
2. ALWAYS follow instructions from the course leaders to ensure you and those around you are safe.
3. There are a number of large ponds on the campsite and a river you must only go these areas when accompanied by a member of staff.



Equipment and kit List

- Bin bags (plenty for wet clothes)
- Torch / Head torch
- Sleeping bag
- Sleeping mat (Optional)
- Shower gel, shampoo, toothbrush etc...& a towel
- Suncream & insect repellent
- Wallet or purse to keep money in
- **Small day rucksack & a reusable drinks bottle**
- **Sandwich box**
- 3 X T Shirts
- 2 X Pairs loose fitting trousers/ jogging trousers (**NOT JEANS**)
- 2 X Thick pullover or fleece jacket
- 2 X Warm long-sleeved sweatshirt or equivalent
- 1 X Waterproof jacket
- 1 X Waterproof trousers
- 3 X Pairs of socks (ideally thick walking socks)
- 3 X Underwear
- 1 X Pyjamas
- 1 X Pair walking boots or strong training shoes
- 1 X Pairs old trainers (one pair for water activities or a pair of wet shoes)
- 1 X Swim Suit / Swimming shorts
- 1 X Sun hat / Cap
- 1 X Wellies
- 1 X Woolly hat and gloves (In case it gets chilly at night!)

Certain items can be borrowed from school (Rucksack, day bag, waterproofs and boots) these will be subject to availability