



Robinwood Activity Centre – Wrexham

Maes – Y - Nant

# Staffing

- Miss Newton
- Mrs Cassidy
- Miss McBride
- Mrs Owen



- Mrs Butterworth/Mrs Quigg during the days.

# Why Robinwood?

Communication	Confidence	Cooperation	Developing skills	Encouragement	Listening
Patience	Problem Solving	Resilience	Respect	Responsibility	Support

# What does the day normally look like?

We will be leaving by coach around 9.30 am and getting to Wrexham for around 11.20am

We will be leaving at 2.00pm on Friday 23rd May aiming to arrive back around the end of the school day. We will keep you informed if running late via the text service.

Lunch will be provided at the centre – no packed lunches needed.

# Example Timetable of the week

All children will do the same activities in different order – 13 activities in total and group activities each evening.

All children have the same activities but do not do them in the same order.

Wed

Lunch 12:10 to 12:40	Piranha Pool 12:50 to 14:00	Night Line 14:10 to 15:10	Climbing 15:20 to 16:30	Canoeing 16:40 to 18:00	Evening Meal 18:10 to 19:10	Team Challenge 19:20 start
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Thu

Breakfast 07:30 to 08:00	Dungeon 08:40 to 09:50	Giant Swing 10:00 to 11:20	Lunch 11:30 to 12:30	Raft Building 12:30 to 13:50	High Ropes (Challenge Course) 14:00 to 15:10	Crate Challenge 15:20 to 16:40	Evening Meal 16:50 to 17:50	Archery 18:00 to 19:10	Team Challenge 19:20 start
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Fri

Breakfast 08:10 to 08:40	Caving 08:50 to 09:50	Zip Wire 10:10 to 11:10	Trapeze 11:20 to 12:40	Lunch 13:20 to 13:50
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# Children's Menu

robinwood  
we make  
a really positive  
DIFFERENCE  
developing children

## Fruit & Snacks

Break time snacks are provided and fruit is always available.

## Dietary & Allergens

There is always a vegetarian option and we regularly cater for special diets such as coeliac disease (gluten free), lactose free, dairy free and halal.

A carb count breakdown is available on our schools dashboard.

Please let us know in advance of any dietary needs.

## Children's Menu

Maes y Nant



### Lunch

Cheese & Tomato Pizza

Salad

Crisps/Biscuit

Orange Slices

Carrot & Cucumber Sticks

### Dinner

Baked Potato (with choice of fillings)

Pasta Bolognese

Tomato Pasta

Garlic Bread

Salad

Ice Cream



Hot Chocolate and a biscuit in the evening



### Breakfast

Sausage

Mini Potato Waffles

Beans

Toast

Choice of Cereals

Fruit



### Lunch

Jumbo Hot Dog

Chicken Burger

Sandwich (cheese, ham, tuna or jam)

Muffin

Orange Slices

Carrot & Cucumber Sticks



### Dinner

Fish Fingers & Chips

Curry & Rice

Naan

Peas & Sweetcorn

Cookie



Hot Chocolate and a biscuit in the evening

### Breakfast

Sausage

Mini Potato Waffles

Beans

Toast

Choice of Cereals

Fruit



### Lunch

Sausage Roll

Cheese & Onion Pasty

Salad

Crisps/Biscuit

Carrot & Cucumber Sticks

Orange Slices



Drinks are provided at meal times and water points can be found across the centre to refill water bottles.



# Safety

- Some activities require children to wear helmets/harnesses or both.
- All activities are aimed at a safe introductory level for the 7 to 11 year old age group and the activity venues are specially designed to be appropriate for this age group.
- Examples of specific environments include:
- Indoor climbing walls up to a height of 8 metres, rather than outdoor climbing to much higher levels.
- Canoeing on shallow sheltered water with the bank always close by, rather than paddling on a big lake or moving water.
- The activities will still be a challenge for 7 to 11 year olds and stimulate a real sense of adventure, but all children will remain in very safe, well-supervised environments throughout.

# Dorms

- Children will be split into dorms, they will be with some of their friends.
- The dorms have more space than needed so some children will be in smaller groups (3 or 4), others will be in larger groups (5/6/7/8) – we will let the children know these prior to going.
- The rooms have an en suite toilet facility and a sink.
- The showers are in a block similar to a swimming pool – close by to their rooms. They have the opportunity to shower twice during their stay (after wet activities)
- There will be 2-3 members of staff on each floor – girls and boys floors are separate
- Robinwood staff are also around for safety, the alarm in the room tells the staff the children need someone to come to their room for help.
- There's also instructions to help the children if needed.



# There will be 4 activity groups

- All children have the same activity list but will complete in different orders.
- Their working daytime group may not be everyone they are in a room with.
- Again we will let the children know this prior to going.

# Some examples of activities

## Giant Swing



In pairs the children have harnesses and helmets on. They will be attached to the swing and lifted high (as high as they feel comfortable with) then let go and swing until they ask to stop.

# Raft building



In groups the children will be given equipment to build a raft (and some help)  
Then they'll put it on the water to try and paddle on it. It can fall apart and that is the fun bit – we usually all end up in the water but don't have to. Children can help build but not sail it if they choose not to. Don't worry if not confident in water, they'll be given helmets and buoyancy aids to help them feel safe. The water is shallow and can touch the ground if needed.

# Crate challenge



# Trapeze



For trapeze children climb to the top of a tower like this, then jump and try and catch the trapeze and swing.

The children wear harnesses for safety.

# Zipwire



# Canoeing



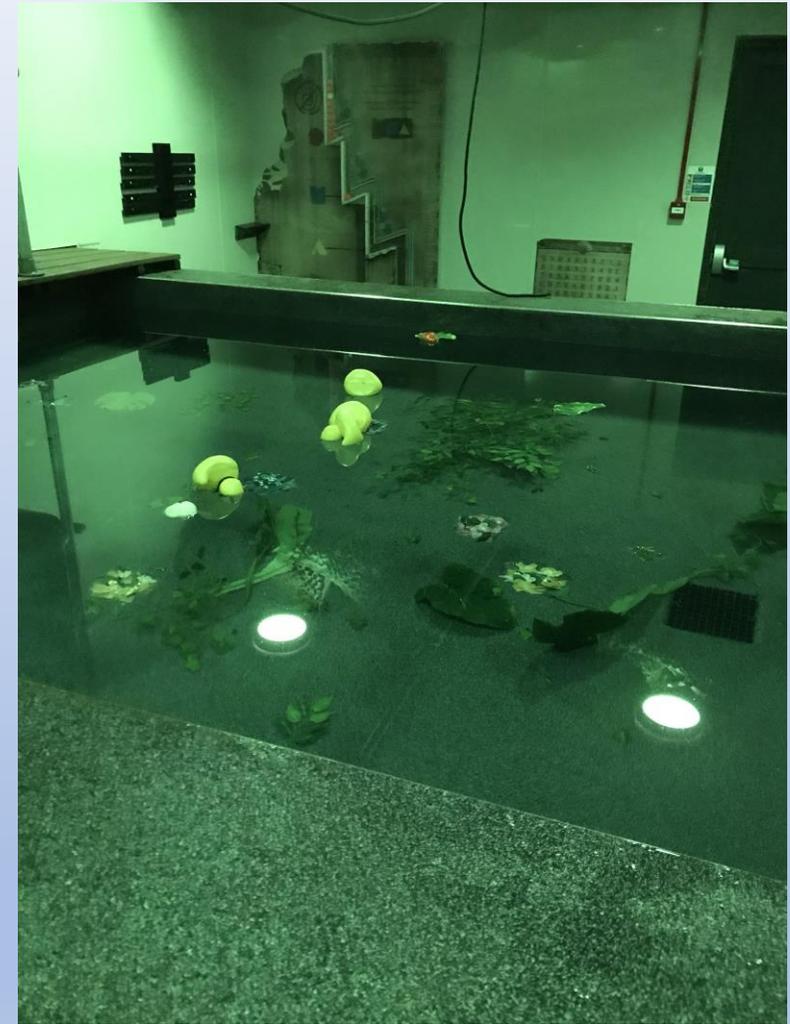
Children have helmets, buoyancy aids and usually waterproof clothing to stop them getting wet.



# Nightline



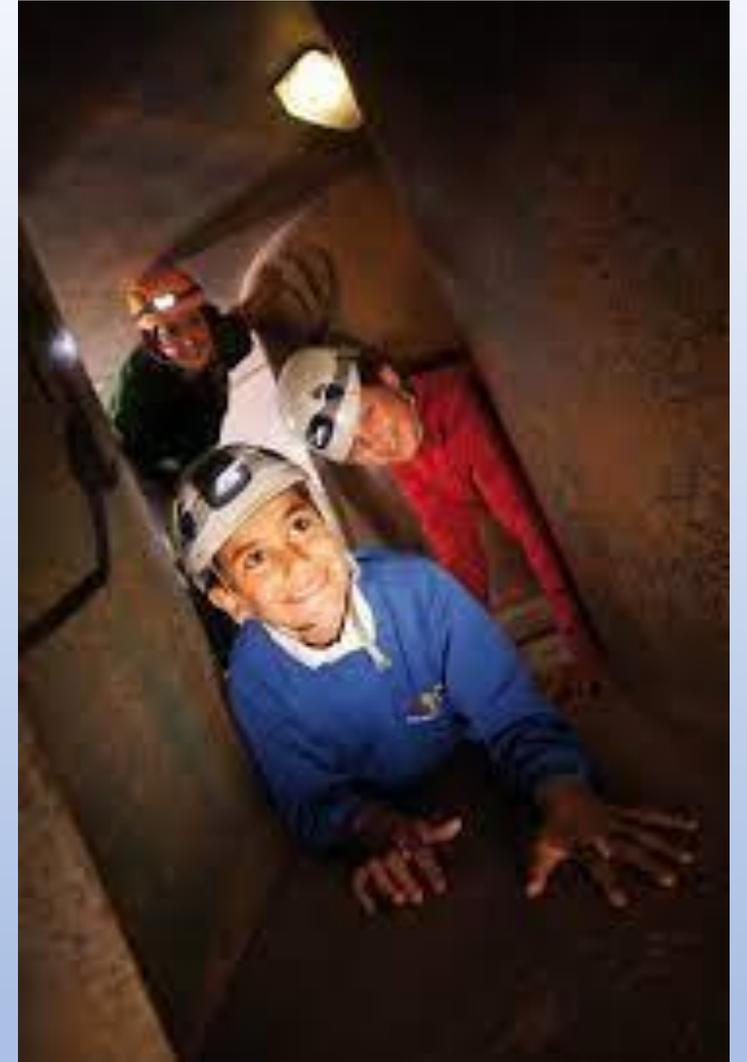
# Piranha Pool



# Caving



Caving. **We have specially designed indoor caving systems at all of our centres.** Even though it feel real it is indoors and they can exit at lots of points if they feel unhappy or uncomfortable there.



# Climbing



# Suggested Clothing List

There is no need to go out and buy anything special for a trip to Robinwood, all specialist equipment is provided. The clothing list given includes clothing being worn on the journey (so if you are wearing a pair of trousers for the journey, you only need to pack 2 more pairs).

- Water Bottle
- 4 Comfortable long-sleeved tops (sweatshirts/jumpers/hoodies/fleeces)
- 3 T-shirts (not vest type)
- 3 Pairs of trousers (not restrictive; sportswear is good/ideally not jeans)
- 1 Pairs of shorts (knee length)
- 5 Sets of underwear
- 6 Pairs of socks
- 2 Pairs of trainers
- 2 Towels
- 1 Waterproof coat
- 1 Warm hat
- 1 Pair of warm gloves
- 1 Set of nightwear
- 1 Bag of toiletries
- 1 Black bin liner

With us going in the spring – it's advisable to take a cap and sun cream.

Copies of these are found in your pack

# Clothing

- Please ensure, wherever possible, that items brought to Robinwood are marked with the child's name
- They have a drying room and also provide a laundry facility for children's clothing at Robinwood. Wet and/or dirty clothing will be washed on a 30-degree cycle and dried in a tumble drier.
- Please do not bring any new or expensive items, or any items which cannot be tumble dried. Anyone on wet activities on the last morning won't have clothes laundered. So please remember a black bin liner.
- Due to the nature of the activities, it is possible that clothes may occasionally get damaged. All clothing should be suitable for use in an outdoor, and sometimes muddy, environment. Old clothes are best, not new or expensive clothing.
- Footwear – old trainers work well but please make sure they still fit.

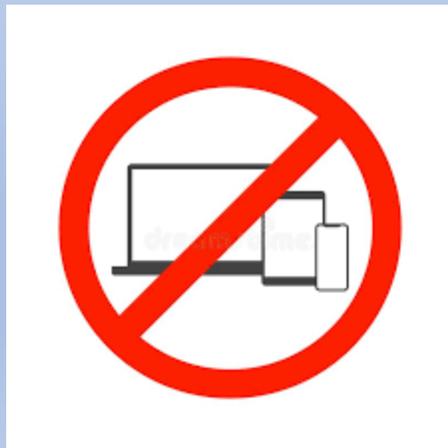
# Snacks



The children can bring snacks for breaks during the day but the children are asked not to eat in their rooms. Please remember we are looking after them and would like some sleep so not too many Skittles 😊

**THEY MUST BE NUT FREE**

# Items not to bring



**NO CAMERA**



# Medications

- Please mark all medication with your child's name and add any information on dosage/instructions for administering onto the envelope/packet
- Please place all needed in one food bag.
- I will administer any medication as required.
- The children's group leader will hold any inhalers so they are available whenever needed – please ensure they are not running out.



# Items you will need/might want to bring:



Can be filled from the taps in their rooms



If you think your child might be homesick maybe their own pillow or special cuddly toy might help them settle.





Any concerns, please let one of us know



THANK  
you