

Holmes Chapel Comprehensive School & Sixth Form College

Welcome to the Conway Centre!



Y7 RESIDENTIAL

Conway Centre Menai, Wales

Monday 12th - Friday 16th February 2024

Four core values:

1. We learn together
2. We belong to this community
3. We are proud of ourselves and each other
4. We have consistently high expectations



What is the aim of the week?

Primary
school

Lower School

HCCS Lower school - Years 7 and 8

- Transition
- Challenge and support
- Culture of engagement
- Building potential
- Building relationships
- Securing the foundations of learning

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What are our core values?

Our **four core values** are fostered, promoted and developed at Menai:

- **FRIENDSHIPS**, students mix with the year group & make new friends.
- **RESPECT**, students listen & learn from each other and staff.
- **EXCELLENCE**, students effectively participate in all activities and try their best.
- **DETERMINATION**, students try their hardest to accomplish all tasks.
- **COURAGE**, students try new things and step out of their comfort zone.
- **EQUALITY**, students treat everyone as equals.
- **INSPIRATION**, students endeavour to be creative, innovative, original and positive with all tasks and activities set.

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Who are involved?

- **180 Y7 Students**
- **18 members of Staff**
including Form Tutors
- **Menai Specialised
Instructors**

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What are the travel details?

DEPARTURE

- Students will arrive at HCCS for normal time on Monday 12th February & will then make their way to the school restaurant with their own luggage.
- Students will travel by coach to the Conway Centre, Anglesey.
- Students will arrive at the Conway Centre, Anglesey at 12.30pm (Students will require their own packed lunch for arrival).

RETURN TO HCCS

- Students will depart from the Conway Centre on Friday 16th February at 11am.
- Parents pick up students from HCCS at 2pm (Parents to meet students on the lower tennis courts where the tutors will meet them)
- Alternatively, students are allowed to go home on their school bus or walk home with parental permission (**written parental note is required**).



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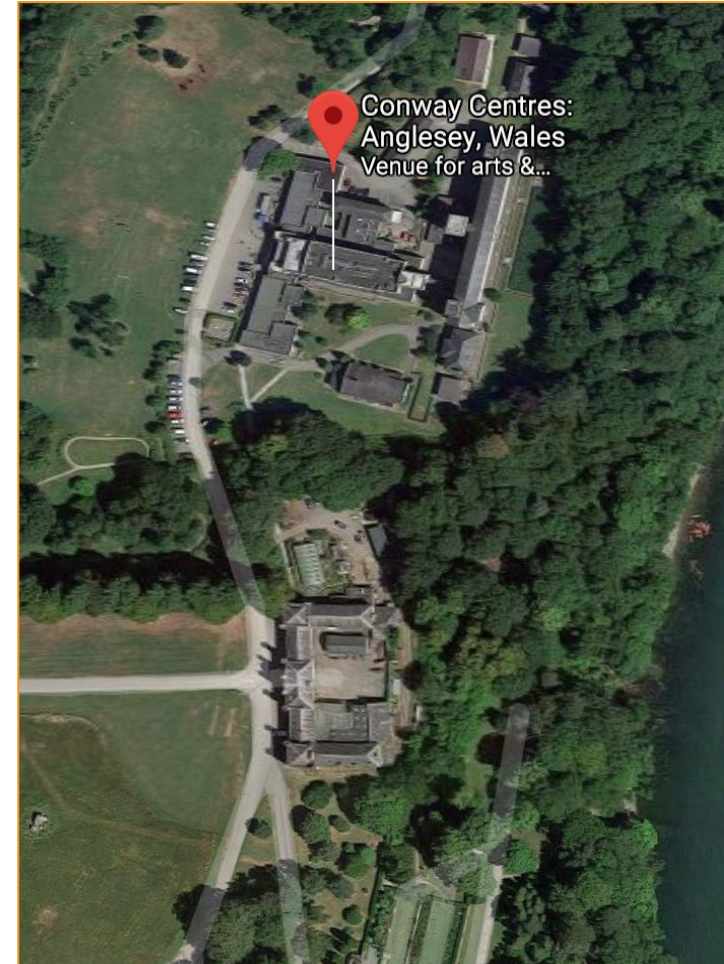


Where is the residential?



ConwayCentres
Arts & Outdoor Education

<http://www.conwaycentres.co.uk/anglesey/>



Where is the residential?



What is the centre's security like?

- **Security codes** are required to enter all buildings.
- **Alarm sensors** are fitted on all fire doors and double doors exiting dormitories.
- **Entry for visitors is strictly via videophone**



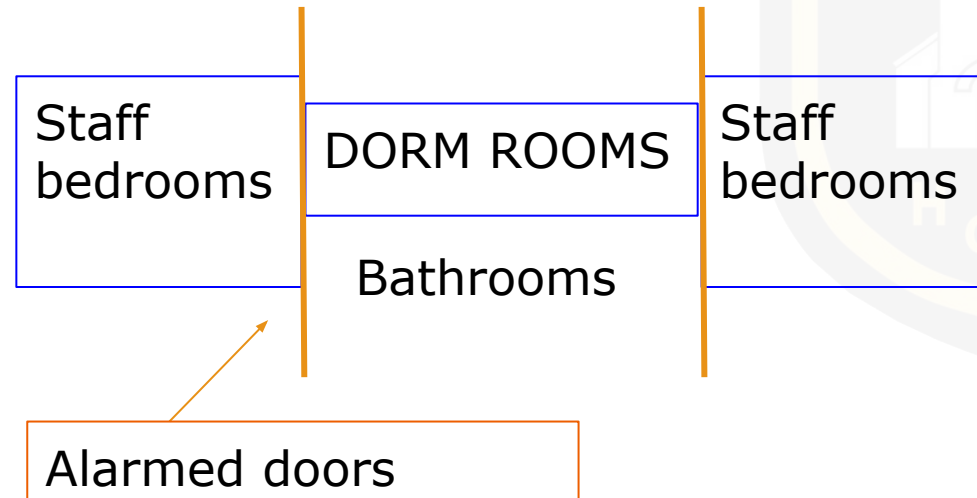
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What are the dormitories like?

- **Maximum of 10** students per dorm.
- **Smoke detectors** are fitted in each room.
- Students collectively **keep their rooms tidy**
- **Rooms will be checked** each morning and evening by staff.
- **Showers & toilets** along the students room corridor.



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Day	Morning	AM Sessions	Lunch	PM Sessions	Early Evening	After Dinner
Mon	<ul style="list-style-type: none"> - 8.15am meet and brief staff. - 8.40am registration and meet in Restaurant. 	<ul style="list-style-type: none"> - 9am Outline expectations. Pack bus. - 10am depart HCCS. 	<ul style="list-style-type: none"> - 12 noon arrive Conway Centre. - 12.30 packed lunch. 	<ul style="list-style-type: none"> - Meet ground staff. Tour of site and allocate rooms & unpack. - 3pm to 4.30pm Tutor activities 	<ul style="list-style-type: none"> - 5.30pm evening meal. 	<ul style="list-style-type: none"> - 6.30pm to 8.30pm HCCS Welsh Dragon's Den - 8.30 to 9.00pm free time - 10pm Bedtime. Lights out
Tues	<ul style="list-style-type: none"> - 8.30am Breakfast 	<ul style="list-style-type: none"> - The A team stay at the centre and enjoy outdoor instructor led activities - B team visit Beaumaris with HCCS Staff 			<ul style="list-style-type: none"> - 5.30pm evening meal - 6.15pm to 6.55pm free time or board games 	<ul style="list-style-type: none"> - 7pm to 9pm Menai's Got Talent - 10 pm Bedtime. Lights out.
Wed	<ul style="list-style-type: none"> - 8.30am Breakfast  	<ul style="list-style-type: none"> - The B team stay at the centre and enjoy outdoor instructor led activities - A team visit Beaumaris with HCCS Staff 			<ul style="list-style-type: none"> - 5.30pm evening meal - 6.15pm to 6.55pm free time or board games 	<ul style="list-style-type: none"> - 7pm to 9pm Movie Night - 10 pm Bedtime. Lights out.
Thurs	<ul style="list-style-type: none"> - 8.30am Breakfast 	<ul style="list-style-type: none"> - All students involved in outdoor activities at the centre 	<ul style="list-style-type: none"> - 12.30pm Cooked lunch at Conway Centre 	<ul style="list-style-type: none"> - All students involved in outdoor activities at the centre 	<ul style="list-style-type: none"> - 4pm to 5.30pm free time & start packing - 6.15pm evening meal - 7:30 pm Disco - 10pm Bedtime. Lights out.  	
Fri	<ul style="list-style-type: none"> - Tidy rooms and finish packing - 8.30am Breakfast 	<ul style="list-style-type: none"> - 9.15am to 9.45am Student's reflections of the week 	<ul style="list-style-type: none"> - 9.45 to 10.30 Pack bus up for departure 	<ul style="list-style-type: none"> - 11am Depart from the Conway Centre. Packed Lunch on arrival at HCCS 	<ul style="list-style-type: none"> - At around 2pm students arrive at HCCS and will be registered. Parents pick up students from the lower tennis courts. 	

What are the meal arrangements?

- Students are provided with **3 meals a day**.
- **BREAKFAST is served at 8.30am**, consisting of hot drinks, water, milk, orange juice, cooked breakfast, toast, croissants, & a large variety of cereals.
- **LUNCH is at 12.30**. On site meal consists of a hot meal, cold salad buffet, water & hot drinks. Students off site are provided with a packed lunch.
- **EVENING MEAL is served at 6pm**, consisting of a hot meal & dessert, with a vegetarian option.



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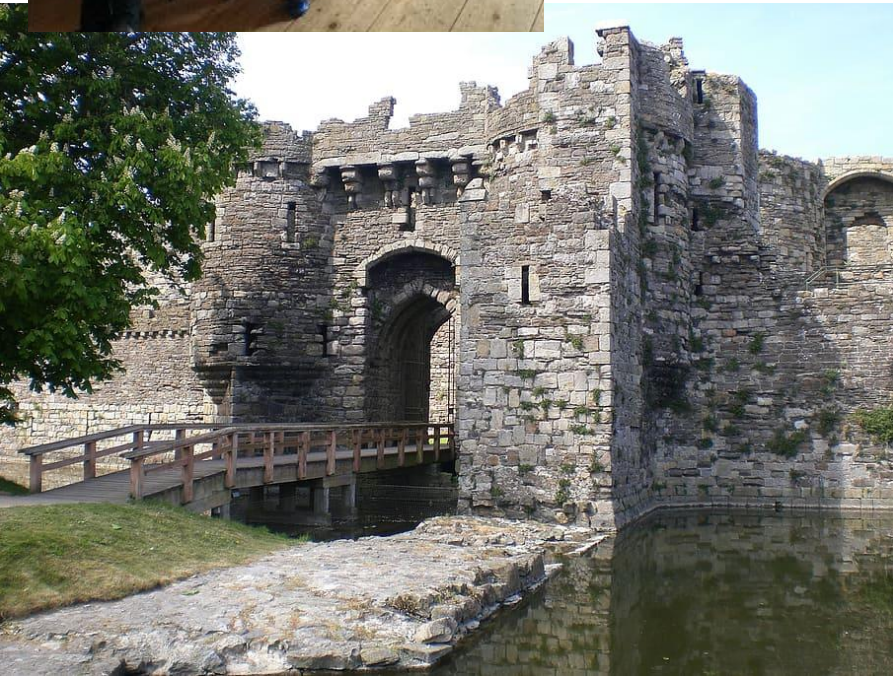


Activities

Tuesday and Wednesday



Half the year group visit Beaumaris



Half the year group have activities at the centre.



Activities



Mountain biking
Bush craft
Indoor rock climbing
High ropes/ Low ropes
Canoeing
Kayaking
Raft Building
Zip Wire



Team Building Activities

THURSDAY

+ a chance to do another centre based activity



Thursday Night: Witches/ Wizards Themed Disco



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Frequently asked questions



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How are the dormitories allocated?

- The children choose who they would like to share with.
- Groups will then be allocated a dorm room.
- If we don't feel that a group would work well together, then we might split them into smaller groups.



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What money is permitted?

- **We recommend £10** for extra snacks & presents.
- If you wish to hand the money in, please put the money into a **named envelope** and pass to the student's tutor.



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What can the students buy?



Onsite shop and a visit to Beaumaris: souvenirs, food and drinks.



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What medication is permitted?

- Throat sweets
- Plasters
- **Any prescription medication needs to be handed in to the tutor** in a labelled plastic bag and accompanied by a medical form.
- Please take a medical form if this applies to your child.



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What is not permitted on the trip?


- Expensive items and valuables to be left at home.
- **STRICTLY NO MOBILE PHONES** or smart watches are permitted (*Sim or Simless*).
- Students must be fully responsible for any cameras taken (disposable cameras are advised). No GoPros.
- Fizzy drinks, energy drinks and numerous bags of sweets/ junk food.

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What should students pack?

- Strong shoes/trainers
 - Old trainers
 - Socks
 - Tracksuit/old leggings
 - Jeans
 - Outfit for Disco (witches/ wizards)
 - Shirts/t-shirts/tops
 - Warm coat/waterproof, hat, gloves, scarf
 - Underwear
 - Nightwear
 - Towels (2)
 - Washing/shower kit/toiletries
 - **STRICTLY NO AEROSOLS**
- 
- Medicines (Student to give to their tutor on MON morning, together with a completed medicines form)
 - Bin bags x 5
 - Pencil case with pen, pencil, coloured pencils
 - **Packed lunch for the Monday**
 - Magazines/Books/small games
 - An extra Magazine to use in art session
 - Small day bag/rucksack

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Menai Memories



"It was amazing, I wish we could go back next year"

"I enjoyed working with others to achieve goals"

"We all feel much closer as a year group"

"I feel like I can now cope with situations better"

"Since returning to HCCS I am now a much happier person"

"I feel more confident & I am really proud of myself"



".....learning outside the classroom contributes significantly to raising standards and improving pupils' personal, social and emotional development."
Ofsted Report: Learning outside the classroom