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Headmaster: Dr S D Smallwood BSc (Hons) PhD NPQH

Dear Parent/Guardian

14 May 2015

PENCELLI– Sunday 21 June to Friday 26 June 2015

For those who are yet to make the final payment, this instalment of £150 is due by Friday 22 May. This can be made in two ways:–

PAYMENT OPTIONS:

Online: Via www.scopay.com. If you need a link code please email lbr@bws.wilts.sch.uk

Debit/Credit card: Telephone Finance Office 01722 333851 ext 260.

You will find a copy of the kit list with this letter. The Plas Pencelli outdoor activities centre issues each pupil with the correct equipment and over-clothing for each activity, but your son will find it necessary to bring lots of spare changes of dry socks, pants, trousers, t-shirts and a couple of jumpers. A spare pair of trainers as well as some waterproof flipflops/crocs could come in handy, as the boys will be changing fairly regularly and moving around the site to do so. I do not recommend bringing new or valuable clothing, particularly for the activities themselves as both cave and river water has a habit of staining. I suggest that whatever they pack with a mind to wearing for the activities is something which they do not mind potentially ruining.

I would also like to stress the importance of including bin liners/waterproof stuff sacks in the boy's kit. More than one of the activities will involve partial, if not full, submersion in water and the centre itself has limited drying facilities. When it comes to storage of wet, smelly clothes in shared dorms these bin liners become essential, not to mention for the journey home and re-packing of luggage as a whole.

The Centre at Pencelli insures all staff and pupils for public liability and the School also has personal accident and travel insurance, which covers all pupils. If you wish to take out your own insurance you are free to do so.

In terms of final arrangements, I will have one more meeting with the boys to discuss the kit list and general housekeeping for the week. Beyond this, the following information should sufficiently detail our travel arrangements and emergency contact details.

Depart:

Meet at BWS	Sun 21 June	1.30 pm
(Please check in with your Group Leader so we know who has arrived)		
Depart BWS	Sun 21 June	2.00 pm
Arrive Pencelli	Sun 21 June	5.30 pm (Approx)

Return:

Depart Pencelli	Fri 26 June	2.00 pm
Arrive BWS	Fri 26 June	6:00 pm (Approx)

The address for the week is:

Pencelli Outdoor Education Centre
Plas Pencelli
Pencelli
Brecon
LD3 7LX



Telephone: in case of **emergency only** the Warden's office number is: 01874 665241

A payphone will be available for your son to use during the week. (Tel: 01874 665909). There is also a tuck shop which will be open during the evenings, from which the boys can buy sweets and soft drinks and souvenirs. I leave it entirely to your discretion how much pocket money your son travels with but can recommend around £15 for the week. I will remind the boys that they will be entirely responsible for their own money during the week.

Please keep an eye on the twitter feeds @BWSTrips for updates, I will also make sure the boys keep you updated personally if they have a mobile phone, regarding our return journey.

I hope this covers the final few questions, but if you have any further queries please do not hesitate to contact me at school – the easiest way is by email: jmo@bws.wilts.sch.uk

Yours sincerely

J M Oldham
PE Department

PERSONAL KIT LIST

During your stay all technical equipment will be supplied along with waterproof jacket and trousers, rucksack and wellies. Where needed, walking boots and fleece may be provided. As a great deal of your course will be based outdoors, there is a good chance of getting wet almost everyday! You therefore need 3 to 4 complete sets of outdoor clothing at the very least! You'll also need everyday clothes for wear around the centre.

Check your labels!

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should all be avoided for use on activities, particularly in the winter months. Fleece or woollen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

Bring the following minimum set of clothing for a 5-day course. All items will be subject to heavy wear and tear. They should be warm, comfortable and durable:

Plenty of underwear	4 light tops (T, football or other casual)
4 heavier tops (jumpers, fleeces, sweatshirts etc)	4 pairs track suit bottoms, trousers, leggings etc.
4 thick pairs of socks (for boots and wellies)	1 pair of gloves
1 woolly hat	1 pair of old trainers
1 set of swimwear	1 baseball hat*
2 Towels (1 bath-size and 1 small)	Wash-kit
Set of pyjamas	Sunglasses*
Sun cream (at least factor 20)*	Lipscreen*
2 Heavy-duty bin liners	Torch with spare batteries
Pen for Records of Achievement	Rubber gloves for Canoeing or Caving (optional)
Camera (optional)	Pocket money for snacks & souvenirs

Sunburn: Exposure to the sun's rays is inevitable in the outdoors at any time of the year. You should protect yourself from the sun to help prevent damage to your health - see items marked with *.

PLEASE DO NOT BRING!

- **MOBILE PHONES** create difficulties at the Centre. They are easily lost and broken, are a distraction from the social aims of the course and at worst can tend to exacerbate situations when used irresponsibly. Students are therefore asked not to bring them along. If they are then most visiting staff will ask for them to be handed over for safe keeping for the duration of the course. There are payphones available for student use at the Centre and Emergency Systems are in place both at Plas Pencelli and via each School.
- **AEROSOLS** can aggravate those with conditions such as asthma. They also trigger fire detectors when used in bedrooms. We ask that you use alternatives during your week.
- **ELECTRICAL EQUIPMENT** such as personal music players, electrical games etc. are out of synch with creating the right kind of an atmosphere for your course.

GET THE MOST OUT OF YOUR COURSE!

The emphasis at Plas Pencelli is on developing communication and social skills using a variety of challenging situations and adventure activities. It means that there is very little free time available. Your stay is a real chance to discover the real you and learn new ways of working with other people