



Bishop Wordsworth's School

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18 May 2018

Dear Parents/Guardians

PENCELLI – Sunday 24 June to Friday 29 June 2018

With just 5 weeks to go until your son leaves for Plas Pencelli I am writing to share some further information and to ask you for important details that are required by the Centre before our arrival. Please can you take the time to read, fill in the attached Individual Information Form and return it to me by Monday 4 June 2018 (the first day after half term).

I have also attached the Centre recommended basic personal kit list which should help you fully prepare for the trip with plenty of time still in hand. I will brief the boys in a little more detail before the half-term break in order to give as much time as possible to purchase any kit which you might need.

I would 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 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 has clear guidance on mobile phones and other electronic devices. To support them the following arrangements will be in place; boys are welcome to bring such devices on the coach to and from the Centre. They will be collected from all students by the Staff Leaders upon arrival and returned before we leave. There is a payphone at the Centre and in case of emergency you can contact the Centre or the School directly. The aims of the week include physical, mental and social challenges and I am sure that the boys will have a fantastic time.

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; a copy of which is available on the school website. If you wish to take out your own insurance you are free to do so.

Please ensure that we have current emergency contact details and details of any medical conditions and that your son takes all necessary medication with him on this trip. These details can now be checked through the Insight Parent Portal, otherwise please contact Mrs Sarah Hayward sah@bws.wilts.sch.uk to update your son's information.

My final correspondence will detail the travel arrangements and meet times which I will be confirming in the coming weeks.

This should cover everything for now but if you have any further queries please do not hesitate to contact me at school – the easiest way is by email: agr@bws.wilts.sch.uk.

Yours faithfully

Andrew Griffin-Raphael

agr@bws.wilts.sch.uk



Individual Information Form

Plas Pencelli provides programmes of Outdoor Education that can make a unique and powerful contribution to an individual's education and development. Using a variety of teaching methods, adapted to a range of individual learning styles, within a challenging environment, each course focuses on specific learning objectives within the National Curriculum. Citizenship, Physical Education and Personal, Social and Health Education feature strongly. Achievement centres on 4 main areas. **Personal development; Relationships; Social Skills and Appreciation of the Natural Environment.** Throughout the course a high priority is placed on health and safety.

Full Name			Adult/Student	
Date of Birth			Male/Female	
School/Group			Course Dates	
Address				
Emergency Contact	Daytime tel no.	Evening tel no.	Mobile tel no.	
Doctor			Tel. no.	
Medical conditions, allergies, significant disabilities (e.g. asthma, heart trouble, diabetes, epilepsy, previous injuries etc.) or any special educational needs. Please give details of any medication, care plans and any additional information.				
Water confidence (e.g. 50 metres in a swimming pool)				
Special dietary needs (e.g. vegetarian)				
Overnight concerns(e.g. sleep walking)				
Please outline previous experience of outdoor activities				

Courses at Plas Pencelli may include any of the following activities: Caving, Mine Exploration, Rock Climbing, Abseiling, Canoeing, Kayaking, Hill walking & Mountaineering, Mountain Biking, Paddle Surfing, Improvised Rafting, Gorge Scrambling, Sea Level Traversing, Surfing, Ice climbing, Orienteering and other Outdoor Activities. I confirm that I understand what a course at Plas Pencelli entails and I am sufficiently fit and healthy to participate safely. I agree to emergency medical treatment if necessary. The course fee is none refundable.

Signed: (Parent/Guardian to sign if under 18)



PLAS PENCELLI OUTDOOR EDUCATION CENTRE



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.

Personal Clothing

Plenty of underwear	1 pair of gloves
4 light tops (T, football or other casual)	1 woolly hat
4 heavier tops (jumpers, fleeces, sweatshirts etc)	1 pair of old trainers
4 pairs track suit bottoms, trousers, leggings etc.	1 set of swimwear
4 thick pairs of socks (for boots and wellies)	1 baseball hat*

Miscellaneous items

2 Towels (1 bath-size and 1 small)	2 Heavy-duty bin liners
Wash-kit	Torch with spare batteries
Set of pyjamas	Pen for Records of Achievement
Sunglasses*	Rubber gloves for Canoeing or Caving (optional)
Sun cream (at least factor 20)*	Camera (optional)
Lipscreen*	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 Pencilli 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 Pencilli 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.