



GRExpedition June 18-20 2024 - Snowdonia National Park
Information evening 20 March, 6pm

Dear Parents and Carers,

In keeping with what has become a firm tradition for GR6, we will be returning to Snowdonia National Park in June, following in the footsteps of successful expeditions to the mountainous home of legend and lore in 2018, 2019, 2021 and 2022.

The trip is the culmination of a brilliant year with your young people, and is designed to allow everyone to demonstrate Resilience, as well as the other ROCCIT competencies, by engaging in challenging activities and being the best version of themselves. These challenges could be simply spending a couple of nights away from home, pitching a tent for the first time, jumping in a freezing river or climbing a huge mountain! Every activity is a valuable experience that can be added to students' Personal Online Portfolios and CVs for use in interviews as they take their next step into adulthood.

This trip not only represents a great chance to earn ROCCIT Citations and complete the ROCCIT Programme before the end of the academic year, but also solidify a love of the great outdoors, introduce some to camping and outdoor adventure, and forge bonds among students and staff. In short, we want to create happy memories and have fun!

We are asking for a parental contribution of £50 per student, which can be paid using the details below. Financial assistance is available, should you feel you are unable to make a contribution. Please contact the office if you require support.

Sort Code: 09-01-28

Account: 24613001

Account name: The Green Room Foundation Ltd

Reference: Child's Initials then "Snowdon"

Information evening, Wednesday 20 March, 6pm

During the trip we will be staying in the Llyn Gwynant campsite and will be summiting Mount Snowdon via the Rhydd Ddu path. We will descend on the Miner's Trail and enjoy a dip in the glacial pool on the way down.

We will run through the itinerary and logistics in greater detail in our information evening, happening at The Swan on Wednesday, 20th March at 6pm. It will be an excellent opportunity for you to ask questions or raise any concerns, so we do encourage you to join us. Please let us know if you are able to attend by emailing office@thegreenroomschool.com or calling 01753 915420 by 13th March.

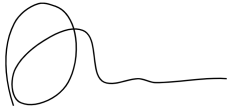
GRC staff will ensure your young person has enough to eat and drink throughout the trip. Pupils will be able to have their own tent to sleep in. The campsite has hot showers, and ample toilets.

Please turn over to view the trip itinerary and typical camping food menu. All activities are optional and there will be alternate arrangements made for those who don't want to take part in certain experiences. This trip is open to all GRC Students and although it is not compulsory, we would like all pupils to attend. **GRC staff, however, reserve the right to refuse to invite any pupil whose behaviour has not met the standards we expect and require for a trip of this nature. Any decision to refuse admittance on the trip will be taken by the Head of School and will be**

based on behavioural incidents and data logged in our school information system. We would like all pupils to be 'Above the Line' - with more positive behaviour incidents than negative ones.

If you have any questions or queries please do not hesitate to contact the office on 07723 632556, or email office@thegreenroomschool.com. Please return both the trip consent and medical form as soon as possible..

Kind Regards



Ashley Sheehan
Acting Head of GRC



Rough Trip Itinerary - All timings are approximate

Tuesday 18th June

- 08.30 - Pupils arrive at The Swan (we will arrange for an earlier pick up for those arriving by taxi)
- 09.30 - Minibus departs for Llyn Gwynant, Snowdonia
- 15:30 - Check In - Pitch tents
- 16:30 – Watersports (Canoes, swimming, kayaks, paddleboards)
- 19.30 - Evening Campfire BBQ
- 20.00 - Evening activities run by staff
- 21.30 - Free time
- 22.30 - Pupils in tents
- 23.00 - Lights out

Wednesday 19th June

- 07.30 - Wake up call
- 08.00 - Camp Breakfast
- 08.30 - Bus leaves campsite for drop off at Rhyd Ddu trail head
- 08.45 - Arrive at Rhyd Ddu trailhead and begin hike up Mount Snowdon (6.3km, regular breaks throughout, break for lunch included)
- 14.00 - Train party leave Llanberis Railway for journey up to Clogwyn Station for spectacular scenic views
- 15.30 - Walkers descend via Miner's Path, stop at Glacial Lake for cool down paddle
- 18.00 - Train party and walkers rendez vous at Pen Y Pass for transport back to campsite, via Snowdon view point
- 19.00 - Evening Meal – Stonebaked pizzas from the campsite restaurant
- 20.00 - Evening activities run by staff
- 21.30 - Free Time
- 22.30 - Pupils in tents
- 23.00 - Lights Out

Thursday 20th June

- 08.00 - Wake up call
- 08.30 - Camp Breakfast – to be served by GR staff
- 09.00 - Strike camp
- 10.00 - Travel to Zip World Penrhyn Quarry for Quarry Karts or Zip wire
- 14.00 - Depart Zip World Penrhyn Quarry
- 20.30 - Arrive back in Windsor for parent pick ups or drop offs home.

Kit list essentials:

- Rucksack/Holdall for all your luggage
- Suitable clothing and footwear for walking (walking shoes/boots or sturdy trainers are fine for the walk)
- Daypack appropriate for hiking with to carry water, packed lunch and waterproof layer
- Pillow (ESSENTIAL)
- Waterproof outer layer
- Sun hat/baseball cap
- Sunglasses
- Torch
- Towel (ideally two: 1 for showers, 1 for watersports)
- Suitable Swimwear for watersports
- Toiletries:
- **Sun Cream**
- Warm nightwear (joggers, hoodie, beanie hat)
- Walking shorts
- Toothpaste, toothbrush, other toiletries .
- Insect repellent
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Medication

If your child requires medication during the trip please complete the medical form and ensure the medication is brought to school in its original packaging with complete dosage instructions. We will not have refrigeration facilities for medicines. We will have pain relief and hayfever tablets and already have consents for paracetamol, ibuprofen and antihistamine.

Food Allergies and Dietary Requirements

Food and snacks will be provided. There is no reason to bring additional food or drinks and we actively encourage pupils not to. We already have a record of your child's allergies and dietary requirements but do get in touch if you have any concerns.

Electrical equipment and Valuables

Please note there is only limited wifi at the campsite and mobile network signal is likely to be patchy at best. If electronic devices are brought along they are solely the pupils' responsibility and we recommend keeping valuables and precious items safely at home. There will be absolutely **NO SPEAKERS** or any sound systems allowed on the trip. This is the campsite's rule which we must obey or face removal from the site.

Money

Pupils will need to bring some money if they wish to purchase additional food or souvenirs from the campsite shop. We will also stop for lunch at a service station along the way, so some money for food on the journeys would be helpful, or a packed lunch.

We have attached two forms which require completing and returning to school:

- Consent Form for GRSnowdonia 2024
- Medical Form



GRExpedition 2024 CONSENT FORM

I agree to (pupil name) participating in The Green Room Snowdon Expedition 2024, details of which are included in the letter attached.

Please tick below to confirm:

- My young person will need to have medication administered during the trip:

YES NO

If you answered YES, please provide details of when medication needs to be taken in the medical form attached, and any other information relevant to your young person's safety. Please provide the medication in its original packaging prior to the trip.

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Signed: Father / Mother / Carer *(please circle)*

Printed:

Date:

PLEASE RETURN COMPLETED FORM TO GRC STAFF



GRExpedition MEDICAL FORM

If your young person requires medication during **GRExpedition**, please fill in this form and return it to GRC Staff as soon as possible.

Name of pupil: _____

Please see example below of how to fill in the table:

Medication	Dosage	Time of administration	Notes
<i>Eg: Acmemeds</i>	<i>1 x 200mg tablet</i>	<i>Morning</i>	<i>Empty stomach</i>

If you have any other concerns or anything you think GRC staff should be aware of in order to keep your child safe, please fill it in below.

Name of Parent/Carer: _____

Signature: _____ Date: _____