

Water Sports Trip – Parents Meeting



Thursday 9 May 2019



Welcome & Thank You

Updates and
Reminders

Issuing of
Essentials

Opportunity
to ask
questions



Itinerary - Thursday 30 May – Friday 7 June 2019

Date	Morning	Afternoon	Evening
Thurs 30 May	05:30am @ Lourdes	Travelling	Dover to Calais Coach to Ardeche
Frid 31 May	Arrive @ Ardeche	Open Canoe	Robot Wars/Disco
Sat 1 June	Open Canoe	Open Canoe	Vallon-Point-d'Arc Visit/Disco
Sun 2 June	Open Canoe	Open Canoe	Wacky Races/ Disco
Mon 3 June	Leave Ardeche	Arrive @ Mimosa Beach Activity	Superhero Auction/ Disco
Tues 4 June	Dinghy Sailing	Funboats	Scrapheap Challenge/Disco
Wed 5 June	Catamaran Sailing	Paddle Boarding & Raft Building	Talent Show/ Disco
Thurs 6 June	Banana Boat/Sit on Kayaks	Climbing & Abseiling	Depart Mimosa
Frid 7 June	Calais to Dover	Travelling	Home @ 10.00pm

Departure

Meet at the school at 5.30am and the bus will leave at 6.00am.

Pupils MUST WEAR their hoodie as we depart.

Pupils will not have access to their main luggage until we arrive at the campsite in France.

ON THE BUS: Sleeping bag and pillow, Wear school hoodie, Change of clothes, Packed lunch and dinner or money to buy lunch at services and dinner on the ferry...NO ENERGY DRINKS, Toothbrush and toothpaste, DVDs/ games



Forms Reminder

If there are any updates regarding medication or emergency contact details please speak to a member of staff asap.

- **Green - Emergency Contact details**
- **Yellow – Admin of Medication**

Updated Insurance Details should be collected before you leave tonight.

- **White – Insurance Details**



Kit reminder

- Sleeping bag
- Single sheet - optional
- Pillow
- 2 towels
- Clothes pegs
- Night clothes
- Several changes of clothes
- Casual Wear - shorts, t-shirt
- Dry Bag
- Rash Top
- Shoes for walking
- Swimming cap

PGL **What to bring**
Southern France

Please ensure that all items are named.

FOR ACTIVITIES WE ADVISE THAT ALL GUESTS BRING

- High factor sun cream (min. SPF 30)
- Reusable drinks bottle - For the Ardèche descent, you'll need two, 1.5L bottles. These can be purchased on course
- Sun hat / baseball hat / cap
- Sunglasses
- Small rucksack / bag - to carry items

Clothes are likely to suffer wear and tear and also get dirty and wet. Please bring old clothes for activities - not jeans. During activities you should wear long shorts and tops which protect you from the sun. Footwear must be worn during all activities including on the beach.

FOR WATER-BASED ACTIVITIES

- Rash vest if you have one, and a t-shirt which covers the shoulders, required for watersports and swimming
- Swimming costume / trunks
- Knee length shorts / board shorts / leggings no hot pants or denim
- Old towel
- Glasses retainer strap (if needed)
- A pair of old trainers required for protection, these will get wet. Water shoes may be worn Mimosa, but these must have a strong sole
- Drawstring bag for groups canoeing from Domaine de Segries - may get wet

Dirty shoes, socks, wet suit boots or anything with open toes or studs are not suitable for watersports or activities

FOR LAND-BASED ACTIVITIES

- Long sleeved t-shirts
- Knee length shorts / leggings no hot pants or denim
- Closed-toe shoes / trainers suitable for walking

YOU WILL ALSO NEED

- A passport unless the Party Leader is organising a collective passport
- European Health Insurance Card (EHIC) This is available free of charge. Apply online or pick up a form from the post office
- Food and drink for your journey
- Pocket money
- Any personal medication

OTHER ESSENTIALS

- Sleeping bag, pillow and bed sheet
- Towel for showering
- Labelled bin bag for wet and dirty clothing
- Wash bag including soap and shampoo
- Torch
- Insect repellent & bite cream
- 1 or 2 sets of clothes for evenings and excursions
- Underwear and socks
- Suitable nightwear
- Waterproof jacket
- Fleeces / sweatershirts

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Jewellery / valuables
- ✗ Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance

LOST PROPERTY

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your Party Leader who will contact PGL. Postage will be charged for returning lost items.

• Plastic bags (bin bags)

• Spare clothes

• Roof suntan



Passport/ Money/ EHIC Reminder



Everyone was issued with an envelope at the last meeting.

- Passport
- Health Insurance card
- Euros and Sterling in small notes

Please ensure this is handed to the **school office** on **Monday 20 May** at the start of the day.

Campsite shops for pupils to buy drinks/sweets/ice cream. We may also visit a small market town one evening.

Updates during the Trip

As with GCC and PGL Guidelines no mobile phones or iPads are permitted on this trip.

There will be daily updates on the school twitter feed. @LourdesSec



Hoodies and I.C.E Details



Hoodies **MUST** be worn when travelling.



I.C.E Details **MUST** be worn every day of the trip.

Centre Addresses & Staff

Segres

S. A. S

Domaine de Sangries

07150 Vallon Pont d' Arc

France

(0033) 4 75 38 63 99

Mimosa

Centre Mimosa

Chemin des Montilles

34350 Grau de Vendres

France

(0033) 4 67 37 45 70

GROUP LEADER: Mrs Lisa-Joy McMullan

STAFF: Miss Sarah Campbell, Mr Francis Carroll

Staff Links

Mrs McMullan

Cara	Morrison
Sylvia	Niekorek
Emilia	Kwiecien
Safa	Younis
James	Gethins
Ryan	McAvoy
Caris Marie	Nasim
Neve	Ogilvie
Sean	McGrory

Miss Campbell

Chelsea	Maclean
Kyle	Lynch
Joshua	McCafferty
Alannah	Dunn
Alicia	Millar
Euan	MacLeod
Kacey	Granger
Michael	Rogan
Demmi-Leigh	McMillan
Lewis	Haggarty

Mr Carroll

Calum	McColl
Louise	Downey
Emma	Hughes
Keiran	Plommer
Declan	MacLachlan
Sean	Birmingham
Patrick	Carragher
Rebecca	Hodge
Corra	Caldwell
Robbie	Stewart

I.C.E - +447918330971

Questions

We are now happy to answer any questions you may have.

If you want to speak to a staff member confidentially then please wait behind at the end.

Thank you for coming.



3 WEEKS TO GO

