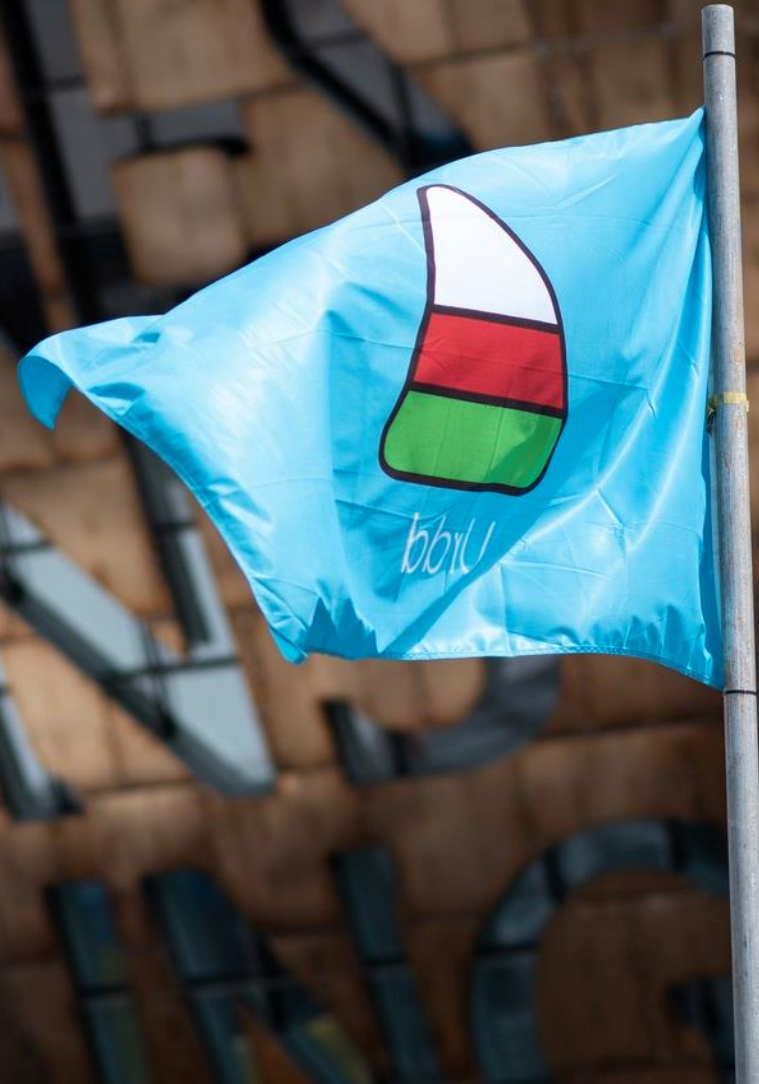


Cardiff City Sleepover

7th - 9th February 2024



Where is it? **Urdd Centre, Cardiff Bay**

When is it? **7th - 9th February 2024**

What staff are going? **4 female members of staff and 2 male members of staff are going on the trip. These are: Miss Lewis, Mrs Porter, Mrs Card, Miss Jones, Mr Parker and Mr Dixon.**

Sleeping arrangements: **Pupils will sleep in rooms of up to 6 (there are rooms of 3/4/5 and 6). We will have finalised the sleeping arrangements by this Wednesday.**

What do I need to provide?

Essential:

- Packed lunch for day 1 – this **MUST** go in your child's rucksacks as their main bag/case will go in the hold storage on the bottom of the bus.
- Sleeping bag
- Pyjamas
- Toiletries – body wash, shampoo
- Toothbrush and toothpaste
- Clothes – enough for three days. At least one warm jumper required. Please ensure names are on clothing where possible.
- Underwear and socks
- Waterproof coat
- Suitable shoes for walking – no heeled boots.
- Day rucksack to carry lunch and water bottle

Optional:

- 1 comfort toy for bed if needed (this will not be taken out on our daytime activities).
- Pen/pencils and a notebook or a reading book for downtime.

What not to bring?

Any electronic devices including phones

No money

No food, snacks or drinks. All main meals are being provided by the Urdd Centre and the school are going to provide extra snacks.

How will I know that everything is ok?

There'll be pictures on Twitter to follow. If needed, we will contact you. In an emergency, contact the school or the Urdd Centre (only to be contacted after school hours and in an absolute emergency).

Please ensure the contact numbers provided on the health forms are contactable for the duration of the trip

My child has never slept away before, will they be ok?

Not a problem. Staff are always at hand to reassure pupils. Quite often pupils are shattered after a full day of visits!

Medication:

Any medication must be handed to Mrs Porter in a clear bag with your child's name and instructions on how to administer, on the morning of the trip. Where possible, the medication should come in the correctly labelled box.

You must ensure that all medication is in date and that there is sufficient supply to last the entirety of the trip.

Allergies:

All allergies must be included in the health forms. The Urdd Centre chefs have been made aware of any allergies that have been included in the health forms to date and meals will be adjusted accordingly.

If any new allergies or medication starts between now and the trip, it is your responsibility to inform us. We will then make arrangements accordingly

Lunch orders:

Packed lunches are provided by the Urdd Centre for days two and three of the trip. This week the pupils will be asked to choose from the following lunch options: Ham, Cheese, Tuna, Vegetarian and Vegan.

Itinerary

Day/Time	Activity
Day 1 – 8th Feb	
10am	Leave school
11.30am	Big Pit + Lunch
3.00/3.30pm	Arrive at Urdd Centre – Welcome talk / Rules
3.45pm – 4.45pm	Settle into rooms etc.
4.45pm	Games at the Centre – Scavenger hunt & Bingo
5.30pm	Evening Meal
7.00pm	Bowling
8.15pm	Arrive back at the Urdd Centre. Time given to relax in rooms.
9pm approx.	Lights out.

Day/Time	Activity
Day 2 – 9th Feb	
7.30am	Wake up
8.30am	Breakfast
9.30am	Tour of Senedd
11am	Princess Katherine – Water Taxi into the City Centre.
11.45pm	Natural History Museum + lunch
2.00pm	Principality Stadium Tour
4.30pm	Water Taxi back to Cardiff Bay
5.15pm	Down time in rooms.
6.00pm	Evening Meal
7.30pm approx.	Film at the Urdd Centre with snacks provided by school.
9.00pm	Relax in rooms
9.30pm approx.	Lights out

Day/Time	Activity
Day 3 – 7th Feb	
7.15am approx.	Wake up. Everyone to pack bags and tidy rooms.
8.30am	Breakfast
10.00am	Speed boat around the Bay
11.00am	Pick up lunches from the Urdd Centre and pack up the bus.
11.30pm	Techniquet + Lunch
2.15pm approx.	Bus back to school
3.00pm	Arrive back at school. Pick up from main Heol-Yr-Frenhines entrance (usual Y5 entrance/exit)

Emergency Contact Details

- Llangewydd Main Number – 01656 815530
- Miss Jury's email – admin@llangewyddjs.bridgend.cymru
- Mrs Green's email – head@llangewyddjs.bridgend.cymru
- Urdd Centre Number (only to be used in emergencies and after school hours) – 02920 635678.