

Nant BH

4th - 6th November 2024



Nant BH is an education centre based just outside Llanwrst in Conwy County.

Useful Details

- Mrs Harrison and Miss Hughes will be the staff from Northop Hall CP School to accompany the Year 6 pupils.
- On the Monday morning that we go to Nant BH, please can all bags be left in the outdoor area by the Year 6 classroom. Parents, you are welcome to stay to wave off your children. The bus usually leaves between 9-9:30am.
- We will be back on Wednesday afternoon, usually around 2:30-3pm but it all depends on traffic.

Medication

- Medication must be clearly labelled with the pupils' name and details of administration. Please hand all medication straight to Miss Hughes on the morning that we leave.
- If your child requires travel sickness tablets then please can you give them to your child on the morning that they travel. We can then administer a tablet before we leave on the day that we return.

Food

- PLEASE do not send your child with any sweets or snacks.
- A re-useable drinks bottle is handy for the children to bring along
- The children eat really well whilst they are away and they are encouraged to have a substantial breakfast, lunch and evening meal

Kit List



Nant BH Kit List

What to bring

Please make
sure all items
are labelled

Equipment such as waterproofs and fleeces will be loaned from the Centre Stores. Students are encouraged to bring any of their own equipment if they wish. **It is important to remember that activities will be hard on clothes so - the older the better!**

Please ensure that the children bring the following items:

Clothing

- Tops** → 2 jumpers/ sweatshirts
→ 3 T- Shirts (not cotton ones if possible; sports shirts/baselayers are ideal)
- Trousers** → 3 Pairs of warm trousers – e.g. tracksuit bottoms which are suitable for walking (not Jeans)
- Outdoor Jacket** → At least 5 pairs of socks (the thicker the better)
- Underwear and socks** → plus at least 5 sets of underwear.
- Clothes for wet activities** →
 - Swimwear
 - Towel
 - Old baggy shorts to wear over wetsuit (even in winter)
- 1 set of clothes for non-activity time**
- Nightwear / pyjamas**
- Pack everything in a small soft bag which can be easily carried**



Visiting in winter?


- hat & gloves
- warm coat



Visiting in summer?

- sun hat
- Sunscreen SPF 20+
- sunglasses
- insect repellent

must not contain DEET as this damages safety equipment



Footwear

- sturdy pair of trainers** → for walking or climbing 
- old pair of trainers** → for water-sports not wetsuit shoes please.
- Slippers or indoor footwear**
- Wellies** → Clearly named and only if you have them

Other Essentials

- Towel**
- Toiletries** →
 - Soap
 - Shampoo
 - Toothbrush
 - Toothpaste
- Torch**
- Bin bag for taking home wet clothes**
- Water bottle** → An old pop bottle will do
- Pocket money for Centre gift shop (max. £20)**

Please do not bring



Mobile Phones

Digital Cameras

Electronic Devices

Sweets and Chocolate

Residential trips provide children with experiences that we can't easily offer in school, such as...

Gorge walking



Mountain walking



Zipwire and High ropes course



Canoeing



Orienteering



And so much more!







It is a chance for children to participate in team building activities, develop independence and resilience as they undertake new experiences and challenges.



If you want extra information
there is a website for the centre:

<http://www.nwoes.co.uk/our-centres/nant-bh/>

Thank you for listening and
please feel free to ask any
questions that you may have 😊