

Morfa Bay 2021



MORFA BAY 2021

- Purpose- to build relationships and self confidence
- Monday 13th September Friday 17th September
- Leave school at 9am Monday/ Return approx 3.15pm Friday
- Morfa Bay is near Pendine Sands in West Wales
- St Mary's have been visiting Morfa Bay for over 10 years
- Children are in friendship groups
- Children will participate in 3 activities each day-all led by qualified instructors
- Activities may include climbing wall, abseiling, archery, zip line, body boarding, kayaking, woodland scramble, WW1 experience
- One member of staff from St Mary's per group
- Children will sleep in 2 dormitories- boys and girls
- Evening activities-walks to nearby beaches, film night and a disco.

MON	09:30 - 11:30	14:00 - 16:00	EVE		
AMROTH		Climbing Wall			
CALDEY		Orienteering	Constal Uliva		
GINST		Archery			
LAUGHARNE	School arrival &	Zip Line			
LUNDY	welcome	Woodland Scramble	Coastal Hike		
MARROS		Mud Assault Course			
PENDINE		Climbing Wall			
RAGWEN		Abseiling			
TUES	09:30 - 11:30	13:00 - 15:00	15:00 - 17:00	EVE	
AMROTH	Mud Assault Course	Crate Stack	Archery		
CALDEY	Zip Line	Archery	Woodland Scramble	Pendine Beach	
GINST	Abseiling	Woodland Scramble	Sea Activities		
LAUGHARNE	Archery	Orienteering	Sea Activities		
LUNDY	Crate Stack	Zip Line	Climbing Wall		
MARROS	Woodland Scramble	Abseiling	Crate Stack		
PENDINE	Orienteering	Sea Activities	Zip Line		
RAGWEN	Climbing Wall	Sea Activities	Orienteering		
WED	09:30 - 11:30	13:00 - 15:00	15:00 - 17:00	EVE	
AMROTH	Abseiling	Woodland Scramble	Zip Line	Morfa Bychan	
CALDEY	Climbing Wall	Abseiling	Mud Assault Course		
GINST	Mud Assault Course	Climbing Wall	Orienteering		
LAUGHARNE	Woodland Scramble	Crate Stack	Climbing Wall		
LUNDY	Mud Assault Course	Sea Activities	Abseiling		
MARROS	Orienteering	Sea Activities	Archery	Beach	
PENDINE	Crate Stack	Archery	Woodland Scramble		
RAGWEN	Woodland Scramble	Zip Line	Crate Stack		
THURS	10:00 - 12:00	14:00 -16:00	EVE		
AMROTH	Orienteering	Sea Activities			
CALDEY	Crate Stack	Sea Activities			
GINST	Zip Line	Crate Stack			
LAUGHARNE	Mud Assault Course	Abseiling			
	Orienteering	Archery	BBQ & DISCO		
LUNDY					
	Climbing Wall	Zip Line			
LUNDY		Zip Line Mud Assault Course	-		

This is an example of the daily timetable. Y6 will look at this as they queue for breakfast and then organise their clothes for the day.

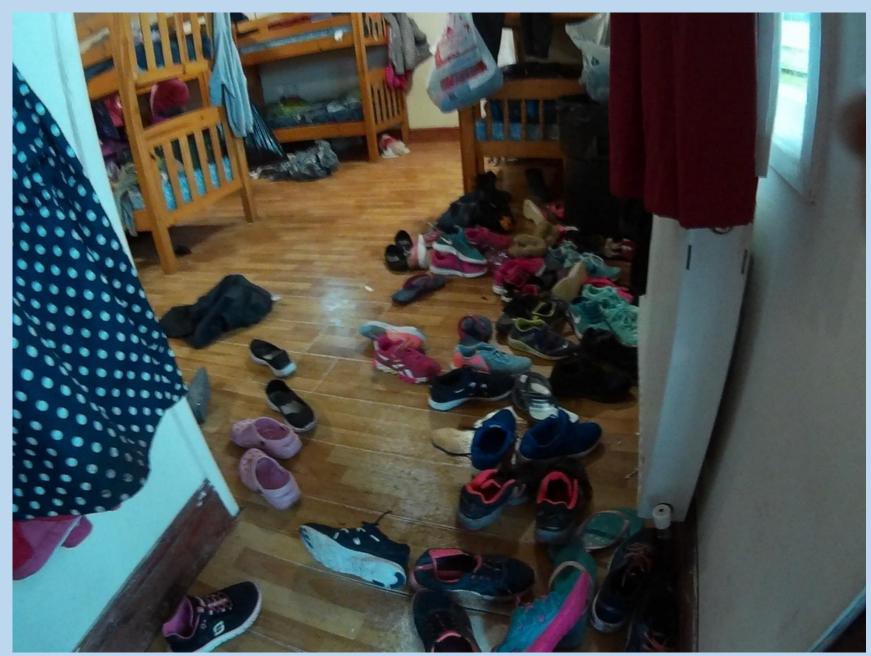
Dormitories





Children sleep in bunk beds. The boys all sleep in one dormitory and the girls sleep in another.





They are encouraged to keep their dormitory tidy!

Food





		Mon/Llun	Tues/Mawrth	Wed/Mercher	Thurs/Lau
breakfast brecwast		N/A	Selection of Cereals, Toast & Fruit Preserves	Selection of Cereals, Toast & Fruit Preserves	Selection of Cereals, Toast & Fruit Preserves
lunch cinio		N/A	Finger Sandwich Platter, with Side Salad & Fruit	Finger Sandwich Platter, with Side Salad & Fruit	Open Fish Finger Sandwich & Chips Veggie Bites & Chips Side Salad & Fruit
dinner swper	М	Chicken Goujons, Chips & Baked Beans <mark>A</mark>	Chicken Korma, Rice & Poppadom A Spaghetti Bolognese	Roast Turkey, Potatoes, Yorkshire Pudding, Vegetables, Stuffing & Gravy	<mark>880</mark> Burger, Sausage, Chicken, Pasta & Side Salad
	v	Vegetable Nuggets, Chips & Baked Beans B Macaroni Cheese	5 Jacket Potato, Veg Option, Cheese, Baked Beans & Side Salad	A Quorn Turkey, Roast Potatoes, Yorkshire Pudding, Vegetables, Stuffing & Veg Gravy	BBQ Veg Burger, Veg Sausage, Pasta & Side Salad
	V G	C Jacket Potato, Baked Beans & Side Salad	C VG Meatballs Spaghetti with Tomato & Basil Sauce	B Pasta with Tomato & Basil Sauce C	88Q VG Burger, VG Sausage, Pasta & Side Salad
		GF Chicken Goujons, Chips & Baked Beans E GF Macaroni Cheese F	U GF Spaghetti Bolognese E Jacket Potato & Baked Beans F	Roast Turkey, Potatoes, Vegetables, & Gravy D GF Pasta with Tomato & Basil Sauce E Roast Turkey, Potatoes,	BBQ GF Burger, Sausage, Chicken, GF Pasta & Side Salad
	F				880 Burger, Sausage, Chicken, Pasta & Side Salad
	D F	PF Chicken Goujons, Chips & Baked Beans G Jacket Potato, Baked Beans & Side Salad	Spaghetti Bolognese DF Chicken Curry, Rice & Poppadom H	Vegetables, & Gravy Pasta with Tomato & Basil Sauce	880 Halal Burger, Sausage, Chicken, Pasta & Side Salad
	H	Chicken Goujons, Chips & Baked Beans	Spaghetti Bolognese Chicken Curry, Rice & Poppadom	Roast Turkey, Potatoes, Yorkshire Pudding, Vegetables, Stuffing & Gravy	morfabay® adventure

The menu for the week is sent to us a week before our visit so that the Children can pre-order their food.

Evening entertainment



Every evening we go for a walk to one of the local beaches.

Thursday evening is disco night!





The following is an essential guide for an activity week at Morfa Bay. Several activities include getting wet or muddy:

- one sleeping bag
- one pillow and pillowcase
- one waterproof coat
- one fleece/outdoor jacket
- Waterproof trousers
- Hat /gloves
- two or three warm sweatshirts/jumpers
- two or three pairs of tracksuit bottoms (jeans not ideal)
- 3 pairs of shoes/trainers (one pair preferably old and lace-up for Assault Course and or Coasteering/Gorge Walking, one pair for normal outdoor wear and one pair for indoor wear)
- NB Flip flip flops/pool sandals/Crocs essential for sea activities
- shorts x2 or 3 (one pair to wear over wetsuit for Coasteering/Gorge Walking)
- t shirts x5
- two large towels (named)
- underwear/socks for 5 days + spares
- toilet bag and toiletries no sprays
- one water bottle
- plastic mug for hot chocolate
- sun cream (dependant on time of year)
- swimming costume (2 if possible)
- two strong bin liners (one for Assault Course clothing) spare for any other wet items. Labelled with name.
- £5 pocket money in a named purse preferably coins.
- Torch
- Disco-wear!
- All clothing must be named including underwear.

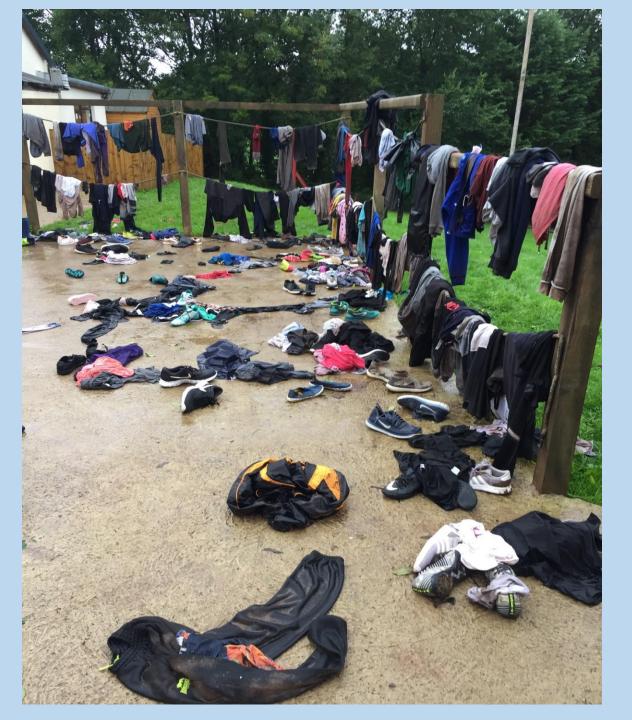
We will send out the kit list before the end of term and again in September.

The Drying Room

Children are responsible for placing their wet clothes into the drying room.







At the end of the week, the children need to sort through all the belongings on the outdoor washing line to find their clothes so please <u>name your</u> <u>all your children's clothes.</u> Please watch the video showing the amazing time we had in Morfa Bay in 2019. Click on the link on the website beneath this presentation.

If you have any questions about our visit to Morfa Bay in September, please contact me via the school office.

Thank you,

Mrs Cartledge