



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, WWI 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	School arrival & welcome	Climbing Wall	Coastal Hike	
CALDEY		Orienteering		
GINST		Archery		
LAUGHARNE		Zip Line		
LUNDY		Woodland Scramble		
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	Pendine Beach
CALDEY	Zip Line	Archery	Woodland Scramble	
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 Beach
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	
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	BBQ & DISCO	
CALDEY	Crate Stack	Sea Activities		
GINST	Zip Line	Crate Stack		
LAUGHARNE	Mud Assault Course	Abseiling		
LUNDY	Orienteering	Archery		
MARROS	Climbing Wall	Zip Line		
PENDINE	Abseiling	Mud Assault Course		
RAGWEN	Archery	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	M A	Chicken Goujons, Chips & Baked Beans A	Chicken Korma, Rice & Poppadom A Spaghetti Bolognese B	BBQ Burger, Sausage, Chicken, Pasta & Side Salad
	V B C	Vegetable Nuggets, Chips & Baked Beans B Macaroni Cheese C	Jacket Potato, Veg Option, Cheese, Baked Beans & Side Salad C	BBQ Veg Burger, Veg Sausage, Pasta & Side Salad
	V G D	Jacket Potato, Baked Beans & Side Salad D	VG Meatballs Spaghetti with Tomato & Basil Sauce D	BBQ VG Burger, VG Sausage, Pasta & Side Salad
	G F E	GF Chicken Goujons, Chips & Baked Beans E GF Macaroni Cheese F	GF Spaghetti Bolognese E Jacket Potato & Baked Beans F	BBQ GF Burger, Sausage, Chicken, GF Pasta & Side Salad
	D F G	DF Chicken Goujons, Chips & Baked Beans G Jacket Potato, Baked Beans & Side Salad H	Spaghetti Bolognese G DF Chicken Curry, Rice & Poppadom H	BBQ Burger, Sausage, Chicken, Pasta & Side Salad
	H	Chicken Goujons, Chips & Baked Beans I	Spaghetti Bolognese I Chicken Curry, Rice & Poppadom J	BBQ Roast Turkey, Potatoes, Yorkshire Pudding, Vegetables, Stuffing & Gravy I
				

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



Thursday evening is disco night!



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



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 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 name your all your children's clothes.

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