

Pentrepoeth Primary School

Monday February 2<sup>nd</sup> 2026

# Llangrannog Parents Meeting 2026



‘creating a **C**aring, **R**espectful,  
**O**pen **E**nvironment  
where **S**uccess and  
**O**pportunity flourish’

# Why Llangrannog?

*Year 6 trip to Llangrannog Residential Centre*

Llangrannog 360  
Pictures

## Gwersyll yr Urdd Llangrannog



# Why Llangrannog?



<https://www.youtube.com/watch?v=Zarf8gZvppk&t=1s>

EVERYONE IS WELCOME IN OUR SCHOOL.  
No one is the same, but everyone is equal.

**NO  
OUT  
SIDERS**



WE ARE A ...  
**FAIRTRADE  
SCHOOL**



# Why Llangrannog?

- Catered for Primary school residential visits since 1932.
- Over 20,000 children visit each year
- Have an excellent safety record - the welfare of visitors is paramount at all times
- Awarded 'Investors in People' award and the 'Green Dragon' Level 2 standard

[www.urdd.cymru/en/residential-centres](http://www.urdd.cymru/en/residential-centres)



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# Why Llangrannog?

Situated in Cardigan Bay, West Wales.

Run by Urdd Gobaith Cymru.

The journey is just over 2 hours long from Pentrepoeth.  
We will make a toilet stop at the service station en route.



# Accompanying Staff



Mr Hall



Mr Merriman



Mr Woodham

First aiders in our group:

- Mrs Ahern
- Mr Woodham
- Mrs Mason

Members of Llangrannog staff will also be on site 24/7 and all are first aid trained.

A night duty manager is available throughout the night.



Mrs Ahern



Mrs Mason



Mr Willmore

# Accommodation

- All children sleep in centrally heated, en-suite bedrooms
- All rooms sleep between 6/8 children
- Rooms will be allocated to children when we arrive at Llangrannog
- We ensure that each child knows where to find help during the night from staff, who are close at hand
- Corridor lights are on throughout the night
- Foam pillows are provided
- A duvet or sleeping bag and pillow case are needed
- Pupils will 'make up' their own beds on arrival
- Pupils will be expected to keep their rooms tidy - they will be inspected daily! There will also be a fire drill soon after arrival

# Accommodation



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# Accommodation



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# Meals

- Meals will be provided for breakfast, lunch and dinner
- There are lots of choices so please don't worry!
- The centre has a Food Hygiene Rating of 5
- Cold drinks are provided free of charge at all times - we would recommend packing a drinks bottle to be filled when needed



SGÔR HYLENDID BWYD  
FOOD HYGIENE RATING

DA IAWN  
VERY GOOD

0 1 2 3 4 **5**

EVERYONE IS WELCOME IN OUR SCHOOL.  
No one is left out, but everyone is equal.



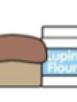
# Meals

## Dietary requirements / allergies:

- Children with allergies and dietary requirements are catered for e.g. nut allergies, gluten free, wheat free, diabetic, no dairy products, etc.
- Vegetarian/vegan, Halal & Kosher meals are available at all mealtimes

Please include this information on the Health & Consent Form

Please also let us know if your child is a fussy eater

14 Allergens														
	Celery	Cereals containing gluten	Shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

<b>Tuesday</b>	
<b>Breakfast:</b>	Cornflakes ( <b>Barley</b> ) Cocopops ( <b>Barley</b> ) Ricekrispies ( <b>Barley</b> ) Weetabix ( <b>Wheat - Barley</b> ) Gluten free Cereal ( <b>May contain Nuts</b> ) Back bacon, Lutosa Hash brown ( <b>may contain Wheat Milk Sulphur</b> ) Tomatoes and mushrooms Baked Beans Braces - Toast ( <b>contains Wheat Gluten Soya</b> ) Flora ( <b>May Contain Milk</b> ) Gluten free Toast ( <b>Contains Egg</b> ) Jam and Marmalade Tea and coffee - Orange or Apple Juice
<b>Vegetarians:</b>	Roll ( <b>Contains Gluten</b> ) ( <b>May contain Sesame</b> ) Cheese ( <b>Contains Milk</b> ) baked with leeks tomato and mushrooms
<b>Vegan:</b>	Vegan Bacon Free ( <b>Contains Gluten (Wheat Barley Oats) Soya</b> )
<b>Halal:</b>	(Plumtree)Halal sausage ( <b>Contains Gluten (Wheat) Sulphur</b> )
<b>Gluten free:</b>	Bacon
<b>Lunch:</b>	Chilli con carne Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> ) or Cheese and tomato Pizza <b>Contains: Gluten (Wheat) Milk</b> Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> ) Roasted vegetables couscous ( <b>Contains Wheat Celery Soya</b> ) Twisters ( <b>Contains Gluten (Wheat)</b> )
<b>Vegetarians:</b>	Cheese and tomato Pizza ( <b>Contains Gluten (Wheat) Milk</b> or Chilli bean Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> )
<b>Vegan:</b>	Vegan Pizza ( <b>Contains Gluten (Wheat)</b> or Chilli bean Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> )
<b>Halal:</b>	Cheese and tomato / pepperoni Halal Pizza ( <b>Contains Gluten (Wheat ) Milk</b> ) or Chilli bean Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> )
<b>Gluten free:</b>	Gluten free Pizza ( <b>Contains Milk</b> ) or Chilli con carne Nachos ( <b>May contain Gluten (Wheat Barley) Milk Soya</b> ) Jacket potato
<b>Dessert:</b>	Chocolate sponge ( <b>contains Gluten Eggs Soya Milk</b> ) Vanilla sauce ( <b>Contains Milk</b> ) (Sidoli) Gluten free chocolate cake ( <b>Contains Milk Eggs Soya May Contains: Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio)</b> ) Vanilla sauce ( <b>Contains Milk</b> ) (Waldrons) Vegan chocolate cake ( <b>Contains: Gluten (Wheat, Barley) Soya May Contains Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio)</b> ) Vegan Vanilla sauce with soya milk ( <b>Contains Soya</b> )
<b>Light Tea:</b>	Chefs' choice
<b>Supper:</b>	Sausage roll ( <b>Conyains Gluten (Wheat) Egg</b> ) <b>May contain Milk Mustard Soya</b> ) Baked Beans Pasta twists tricolour ( <b>Contains Gluten (Wheat)</b> ) Mushrooms, spinach in a tomato and basil sauce Diced potatoes ( <b>May contain Celery Milk Sulphur</b> ) Selection of Salad ( <b>Mayo contains Egg Mustard – salads made with Mayo</b> ) <b>Or Toast (contains Wheat Gluten Soya) Baked Beans, Grated cheese (Contains Milk)</b>
<b>Vegetarians:</b>	Vegan roll ( <b>Contains Gluten (Wheat ) Sulphur (May contain Milk)</b> ) Baked Beans <b>or/ and</b>
<b>Vegan:</b>	Pasta twists tricolour ( <b>Contains Gluten (Wheat)</b> ) Mushrooms, spinach in a tomato and basil sauce
<b>Halal:</b>	Vegan / Vegetarian choice
<b>Gluten free:</b>	(Doves) Gluten free Pasta Penne, bacon mushrooms in tomato and Basil sauce or Gluten free toast ( <b>Contains Egg</b> ) Baked beans grated cheese ( <b>Contains Milk</b> )
<b>Dessert:</b>	Jelly / cream ( <b>Contains Milk</b> )
<b>Vegetarian:</b>	Vegetarian / Vegan Jelly - vegan cream ( <b>May contain Milk</b> )
<b>Vegan:</b>	

# Meals



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# Meals



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# Activities

The centre offers the following day time activities. We will have a packed timetable!

- Swimming
- Go Karting
- Skiing and Tobogganing
- Archery
- Quad biking
- Climbing wall / High Ropes
- Beach walk
- Zip wire / bag jump
- Horse Riding
- Sustainability Activities e.g. Bushcraft



# Activities



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# Activities Timetable

Time	Group 1	Group 2
8.00 am	Breakfast	
9.00 - 10.10 am	Skiing	Tobogganing
10.10 - 11.20 am	Tobogganing	Go Karts
11.20 - 12.30 am	Go Karts	Skiing
12.15pm	Lunch	
1.30 - 2.40 pm	Team Games	Bushcraft
2.40 - 3.50 pm	Bushcraft	Archery
3.50 - 5.00 pm	Archery	Team Games
6.00 pm	Supper	
7.00 - 7.50 pm	Bingo	
8.15 - 9.30 pm	Disco	
10.00 pm	Lights out	

# Clothing / Equipment

- Please refer to the kit list that will be sent home this evening.
- Make sure your child can lift their suitcase - they will be carrying it off/on the bus and up/down the stairs at Llangrannog!
- Children should bring the kit list and tick off as they pack up to come home

## Gwersyll yr Urdd Llangrannog



Dear Parent / Guardian,

We look forward to welcoming your child to the Urdd Centre at Llangrannog. This leaflet gives information on what will be needed for your child's stay at the Centre.

### Packing List

#### A CHILD SHOULD BRING:

- Sleeping bag
- Night clothes
- Toiletries  
- soap, shampoo and toothpaste
- Tywel
- Spare clothes  
- (not the best) including long sleeved tops and trousers
- Warm jumper ac anorak neu raincoat
- Sports clothes
- Swimming clothes and towel
- Trainers or suitable shoes for walking
- Old pair of shoes or Wellingtons for the horse-riding and quad bikes
- Suitable clothing for skiing and tobogganing i.e. old gloves and an old tracksuit or jeans
- Pencil and notebook  
(for courses only)
- Very old clothes for our muddy adventure course (April - October).  
Very old clothes, shoes and towel should be sent for this activity - clothes you don't mind getting very dirty or even thrown away after the activity or on returning home as this activity is very muddy - but a great deal of FUN. A bag is provided for the dirty clothes after the activity.

#### IMPORTANT:

You should ensure that a name is shown on each piece of clothing (especially swim wear) - a large number of untagged items are left every week!

#### WHAT IS NOT NEEDED

Please don't allow your child to bring a radio or personal music player (e.g. iPod), video games or expensive toys, torch or mobile phones (there is no reception in the area) to the Centre, and due to Health and Safety regulations, a pocket knife, aerosol sprays (please bring roll-on deodorant), portable electric equipment e.g. hair dryers, straighteners and travel irons are not permitted.

If children do bring these personal items then they will be collected at the beginning of the course and returned at the end. Any other valuables may be left at Reception for safekeeping e.g. cameras.

We will not be responsible for any loss or damage to the above items if brought to the centre



# Clothing / Equipment

## Clothing for activities

- Bring a minimum of 3 changes of warm clothes
- No 'good' clothes for the day - bring older, comfortable clothes
- Long sleeved tops must be worn for all activities
- Bring layers of clothing
- Jeans are not suitable for daytime activities
- Waterproof clothing/coat
- Bring a black bin liner for any damp/muddy clothes
- Sensible outdoor footwear (not wellies)
- One piece swimming costume / swimming shorts
- Provide tape for earrings if they can't be removed
- Long hair will need to be tied back for all activities



# Clothing / Equipment



## Additional clothing / items

- Bring casual clothes to change into for the evening activities (e.g. disco, team games etc.)
- Bring some indoor shoes e.g. slippers/trainers
- Basic toiletries e.g. body wash, toothpaste/brush, hair brush, roll-on deodorant (sprays are not allowed in dorm rooms)
- Children may bring appropriate activities for the journey/evening. For example a pencil case / notebook / playing cards / colouring / reading book
- Spending money - £10 maximum: small gifts/toys, sweets, posters etc. sold in a small gift shop
- Please label everything!

# Do not bring...



DO NOT bring:

- JEWELLERY/EXPENSIVE ITEMS - e.g. skincare/makeup products, hair dryer/straighteners, toys, watches/necklaces/bracelets/rings
- AEROSOLS - e.g. spray deodorant - please bring a roll-on!
- ELECTRONICS - e.g. iPads/tablets, Smartwatches, cameras etc. (teachers will take lots of photos for you!)
- MOBILE PHONES - there is poor signal and they can increase home sickness. Teachers will be in contact with you if needed

# Behaviour

- We expect all children attending Llangrannog to uphold our school rules and our Pentrepoeth core values of: **Manners, Kindness and Respect**
- We are placing a great deal of trust into our children by taking them on a residential trip and expect them to show mature attitudes towards their behaviour and respect to staff
- If there is poor behaviour experienced during the trip, staff may ask pupils to miss activities.

# Medical and First Aid

- Safety of pupils is a priority!
- All Llangrannog staff are highly qualified and experienced practitioners with nationally recognised qualifications in adventurous pursuits; inc. current First Aid qualifications/DBS
- First aid kits will be taken by Pentrepoeth staff for the bus journey etc.
- Medical kit/room will be available at the Llangrannog centre
- Before every activity, children will have a health and safety talk
- Sun cream should be worn if we have good weather, this has to be applied by the child

# Health & Consent forms

- It is essential that all medical information is provided on the health and consent form
- We have to compile a comprehensive list and send it to the centre to be held on record for the duration of the visit
- We need the signed health and consent form returned by Friday 6<sup>th</sup> February
- We need consent for ANY medicine being taken or brought with us
- Medicine includes any travel sickness tablets, paracetamol, calpol, hayfever tablets etc.
- No medication is to be packed in children's bags
- Any medicine that is brought with children must be put inside a clear bag or container and must be labelled with the child's name
- Please hand any medication in to staff before the trip
- Asthma pumps are the exception – a child must carry them AT ALL TIMES
- Include any and all dietary requirements on the form too

# Departure times and info

Departure times from school:

- Wed 11th March: Children arrive in school @ 7:45am
- Enter through external classroom doors with their suitcases
- Parents are welcome to stay and wave off
- Bus will leave @ 8:15am from school
- Children can bring a morning snack/drink for the bus journey
- Lunch will be provided at Llangrannog
- Please ensure:
  - NO fizzy/energy drinks
  - NO chewing gum



# Arrival times and info

Arrival times:

- Depart Llangrannog on Friday 13th March
- Children will have lunch in Llangrannog before leaving at approx. 1:00pm
- Arrive home at around 3.30pm – dependent on traffic
- We will update you on our expected arrival time via school text messaging.

Follow us on Seesaw for photos of what the children are up to!



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OUT  
SIDERS



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FAIRTRADE  
SCHOOL



Thank you for attending today.

If there is anything else you need to check, please let us know.

