

Savio House Retreat Information

Retreat Objectives:

Each form class will be paired with another form and will spend two days and two nights at the Centre – which is set in beautiful private grounds in the Cheshire countryside. The children will follow a carefully planned programme of activities; prayer and reflection which will help them develop a deeper understanding both of themselves and of their relationships with others. The whole experience will, we hope, be both demanding and enjoyable and will help us to lay the foundation for the ethos of co-operation and mutual respect that is at the heart of what we are about at Cardinal Langley RC High School.

Travel Arrangements:

Students must arrive in school for 8.20am on the day of departure and go straight to the school library. Coaches will leave school at 9.15 a.m. that day and return at lunchtime two days later. Pupils will remain in school as normal in the afternoon until 2.30 p.m.

Staffing:

Each form class will be accompanied on the retreat by their form tutor, their Head of Year and additional teaching and support staff. The staff to pupil ratio is above the recommended level for such an activity. Within the Year 7 Pastoral Team we are fortunate to have a number of staff who are well experienced in residential visits and have been to Savio House on previous occasions.

Sleeping Arrangements:

Rooming allocation will be organised the week commencing Monday 23rd May. Most rooms at Savio House sleep two however there are some single rooms. For reasons of space and privacy, boys may not go into the girls' rooms at any time of the day or night. Girls may not go into the boys' rooms at any time, day or night. In the event of a serious incident, pupils may be relocated to an alternative room. This will be done at the discretion of the Head of Year. Staff rooms will be clearly highlighted.

Supervision:

The majority of time on retreat is taken up by group sessions and activities, although there is free time for pupils. Under NO circumstances are pupils allowed to leave the Centre grounds, except during the supervised walk, and they will be briefed of our expectations on arrival. Pupils will be under staff supervision at all times.

First Aid:

There will be a designated first aider on site throughout the duration of the retreat. We are aware of pupils who have medical conditions and staff will be briefed as to the procedure in the event of an emergency. All medication, except inhalers, will be kept centrally and distributed by a designated member of staff. Parents are to complete the attached medical form with respect to the dosage and frequency of medication and return it to Mrs Keefe. This medication should then be brought into school on the day of departure and handed into the office.

Meals:

Three meals are provided at the Centre each day. Pupils who have highlighted their dietary requirements will be catered for. Staff and pupils will eat together and leave the table together. All pupils are expected to assist in the clearing and preparation of the dining area.

What to take:

Please note that we do not take responsibility for loss of personal possessions during the retreat. We strongly advise that pupils do not bring expensive items (mobile phones, laptops, Ipads, Jewellery) with them.

Below is a list of items that each pupil will need to bring to Savio House:

Sleeping Bag

Pillow

Towel

Toiletries

Pyjamas

Enough clothing for three days

Outdoor clothing for walking (waterproof jacket, shoes/trainers and trousers that you don't mind getting muddy)

Shoes/Trainers for wearing indoors

Money for tuck shop/gift shop

Emergency Contacts:

In the case of an emergency and you wish to make contact with your son/daughter, this may be possible via; Savio House - 01625 575 405

Pupils may bring mobile phones but they must be switched off during sessions (phone signal at Savio House is often poor). There is a payphone located within Savio House grounds. Senior members of staff have been briefed with regard to procedures in the event of a serious emergency.