# DELPH

Monday 8<sup>th</sup>
– Wednesday 10<sup>th</sup>
September 2025



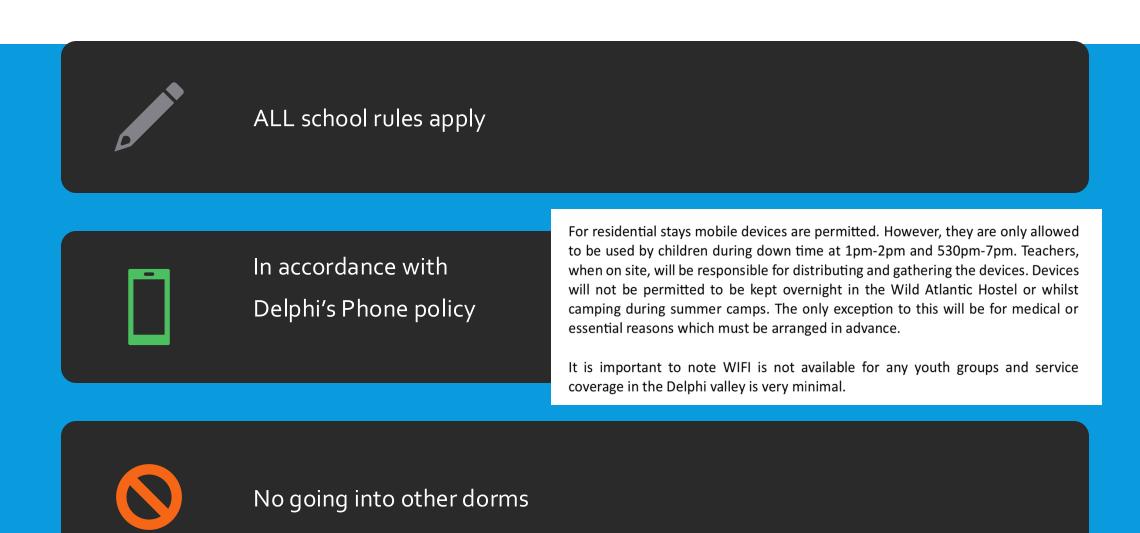
Delphi Resort, Tonatleva, Leenaun, Co. Galway

#### TRIPS POLICY

- Please ensure you review the school trips policy
- <a href="https://sandymountparketss.ie/wp-content/uploads/2024/06/Sandymount-Park-ETSS">https://sandymountparketss.ie/wp-content/uploads/2024/06/Sandymount-Park-ETSS</a> School-Trips-Policy 2024.pdf

Please also ensure you review the policies that are set out by Delphi

#### **BEHAVIOUR**



#### **GOING** TO DELPHI – MONDAY 8<sup>TH</sup> SEPTEMBER

Monday 8<sup>th</sup> September

Leaving school at 8:20 am sharp — Please be at school by 8:15

Bring plenty of **water** and snacks for the bus. (4 hour journey with one bathroom stop)

#### **DAILY ROUTINE**

7:45am Wake up call
8:00 – 9:00am Breakfast
9:30am — 1:00pm Morning activity
1:00 – 2:00pm Lunch
2:00 — 5:00pm Afternoon activity
5:30 – 6:30pm Dinner
7:00 – 9:00pm Evening activity
9:00 – 10:00pm Snack and Free Time in common room
10:00 Curfew

#### **Activities Include** AerialTrekking Absailing Canoeing Combat Archery Orienteering Ziplining Campfire Forest Walk

#### WHATTO BRING?

Pillow and sleeping bag (For extra comfort -You will have a bed)
Old clothes – more than one outfit for each day (t-shirts, tracksuit bottoms, leggings, jumpers, hoodies, pyjamas, socks, underwear)
Towel
Swimwear
Plastic bags for wet clothes
Refillable water bottle
Toiletries
Raincoat
Money for the vending machines/tuck shop
Suncream
Any medication you may need
Insect repellant

#### BEDTIME ROUTINE

- Students are allocated a dorm room
- In free time (after meals) students are permitted to be in the common area or their **own** dorm room.
- In the evening students must return to their room at 10pm after handing in their phone.
- Supervising teachers will knock on dorm rooms at 10pm to ensure all students are in their rooms.
- There is a nightguard supervising the dorms each night. In case of emergency they will contact me.

### STUDENTS ARE NOT PERMITTED IN ANY OTHER DORM ROOM OTHER THAN THEIR OWN AT ANY POINT DURING THEIR STAY

#### COMING HOME – WEDNESDAY 10TH

Wednesday 10<sup>th</sup> September

Leaving at 1:00pm

Arriving to the school about 5:30/6pm

(will let students know when we are 1 hour away to let parents know)



#### FINAL REMINDERS

1. Bus leaves at 8:20 on Monday 8th September

2. Remember all medication that students may need

3. Review Code of Behaviour/Trips Policy

#### We are a team!

TY is a special year - You get out what you put in.

There are lots of unknowns - exciting/terrifying

Everyone will have their own journey through TY

Be proactive and try to have a positive outlook

"Feel the fear and do it anyway"

Go with the flow

Lots of trips - Highest standard of respect peoples time

Behaviour - Manners, attitude, participation

Friendships - Take this opportunity to get to know new people - please be open minded

Trusted with a lot of independence and a lot is expected of you

## EXPECTATIONS OF TY TRIPS