

# PGL Information Booklet

## Year 4 Residential Visit

### PGL Caythorpe Court

**Wednesday 1<sup>st</sup> May to Friday 3<sup>rd</sup> May 2019**

This pack will give you all the information you will need regarding the Year 4 residential visit. In addition, there will be a Parents' Meeting where you will have the chance to ask any questions you may have (date to be advised closer to the time). If you have any questions in the meantime, please speak to your child's class teacher.



## **What is PGL?**

PGL is a multi-activity centre where the children will get to take part in a range of different activities like quad biking, abseiling, rock climbing and raft building. Our visit will last for 3 days and 2 nights.

This is an exciting opportunity for the Year 4 pupils and we know it will be a thoroughly enjoyable experience! As this trip is considered to be enrichment, and is additional to the statutory curriculum, children do not need to go. As such pupils are expected to demonstrate good behaviour at school otherwise their place could be given to someone else.

## **The Venue - Caythorpe Court, Lincolnshire**

Wootton Lower School has led a successful residential visit to this venue for a number of years now. We continue to visit the same site as we are so impressed with its facilities and the care taken to ensure the safety of all. The site is set in the grounds of Caythorpe Manor House, near Grantham in Lincolnshire. It is completely enclosed by fencing and access is through monitored gates which are kept locked throughout the day and night.

To look at the site online, go to [www.pgl.co.uk](http://www.pgl.co.uk) and click on the tab 'School trips' and select 'Primary Schools' from the drop-down menu. Then click on the 'Centres' tab and select 'Caythorpe Court' from the drop-down menu.

## **Contact with Home and from Home**

We feel it is much better for the children not to make and receive phone calls from home as it can encourage them to feel homesick. However, if there is a real need for us to contact you, of course we will do so. In case of an emergency at home, all parents will be given a mobile phone number on which they can contact a Wootton member of staff at the PGL site, day or night.

Regular updates will be sent to you via text and/or online, either through the website or the facebook page. Pictures may also be uploaded (for those with permission).

## **Safety**

The children will be sorted into groups of approximately 10 during the day and will move with their group from activity to activity. Each group will have a member of Wootton staff as their leader and, in addition, each activity is led by a member of PGL staff.

All staff working at PGL are first aid trained. Every activity is equipped to ensure your child's safety. The children will be provided with buoyancy aids if they are in the water and with safety harnesses for any climbing activity. The children are shown how to put these on and all are carefully checked by the activity leader before the children can start any activity.

The site is gated and the accommodation only accessible by use of a code, which is given to our staff on arrival. The site is patrolled at night and PGL staff will drop in regularly to check that all is well. Our accommodation also includes an internal telephone so we can contact the staff in case of emergency.

A member of Wootton staff will be in close contact with the school during our stay and you will receive regular text updates to reassure you that all is well!

## Accommodation



During our stay we will be based in one 'house'. Dependent on other schools' bookings, sometimes we may be sharing the building with children from another school. The building is locked throughout the day, with access gained by code. The children will share rooms of between 4 to 12 children in each and every room has an en-suite bathroom. Boys and girls will be placed in separate rooms. Closer to the date of the visit, the children will be asked to make a list of friends and we will ensure that all children are in a room with at least one of their chosen friends.

## Meals

The cost includes 3 meals a day, which the children eat in a large shared dining room. They cater for all food allergies/ religious needs (information we will provide them with once you have returned the relevant forms). Food is served canteen style, with counters providing a meat choice, a vegetarian choice, a salad bar, desserts and a selection of drinks. There is a wide range of food to choose from and we have yet to find a child who didn't enjoy the meals. They really are good!



**Please note: On the first day, the children will need to bring their OWN packed lunch (with all disposable items) which we will eat together on arrival at the Centre. No fizzy drinks please.**

## Medicines

As the trip draws closer, you will be asked to fill in and return the Bedford Borough 'Personal Information and Consent Form'. This will give us important information including your child's doctor, any allergies and any medication your child takes regularly.

**In addition, you will find enclosed a form entitled 'Medication Form'. We ask you to keep this at home and bring it with you on the departure day. That way you can ensure it is an up-to-date record of any medication. This also gives you the opportunity to record clearly for us the dosage and any important instructions.**

Any medications your child needs should be given to staff on the morning of the trip in a named container with dosages etc. clearly labelled.

## Activities

Your child will have the opportunity to take part in 8 different activities during the 3 day stay. We cannot specify which activities until nearer the time, as it is dependent which are available when we book. We will receive an exact list of these prior to the trip. They will include some or all of the following: raft building, abseiling, climbing wall, quad bikes, obstacle course, archery and more!

Children are encouraged to have a go at every activity. The PGL staff are very good at encouraging the children in a kindly way and judging whether to push them into trying something or not. No child would ever be forced to do something if they really didn't feel they could.

## Daily Itinerary

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
Travel to the Centre	Activity 3 e.g. abseiling	Activity 7 e.g. climbing wall
	Activity 4 e.g. raft building	Activity 8 e.g. trapeze
<b>LUNCH</b> <b>(packed lunch from home)</b>	<b>LUNCH</b>	<b>LUNCH</b>
Activity 1 e.g. high wire	Activity 5 e.g. obstacle course	Travel back to school Parents collect from there
Activity 2 e.g. archery	Activity 6 e.g. quad bikes	
<b>DINNER</b>	<b>DINNER</b>	
Evening entertainment e.g. camp fire organised by PGL staff	Evening entertainment e.g. games organised by PGL staff	
<b>BED!</b>	<b>BED!</b>	

## Personal Items

The children can bring a game, toy or colouring to occupy them during the coach journey. They can bring a small rucksack to take on the coach to carry anything to play with and their lunch. We advise children **not** to bring their favourite toys with them, in case they do mislay anything. Please do not bring any jewellery, electronic games or mobile phones.

## Shop Visit

There is an opportunity to visit the on-site shop which sells souvenirs and sweets. For this purpose, the children can bring some money to spend to a maximum of £5.

## **Kit List**

Please don't feel that you have to spend lots of money buying lovely new clothes for the trip. The kit taken will probably end up very dirty and damp so old warm clothes are recommended.

Note: Although we always hope for good weather while we are away, it is always wise to pack assuming the worst! The site is fairly exposed and, when the children are on the high activities, it can be VERY chilly so please pack plenty of warm jumpers, jogging bottoms etc. Also during the water activities the children can become soaked and so will need a COMPLETE change of clothes.

You will need to bring:

### Clothing:

- jogging bottoms/thick warm leggings (No jeans)
- t-shirts/long sleeved tops
- 2 or 3 Jumpers/sweatshirts/fleeces
- 2 pairs of trainers and shoes for evening activities (trainers **will** get wet and muddy, so a spare pair is a must!)
- Water proof coat/cagoule and a spare coat if possible
- Clothes for evening activities
- Underwear and nightwear (Not trainer socks for daytime please as the children have to tuck their trousers into their socks for some activities)

### Other items:

- Sleeping bag/duvet
- Pillow
- Towel
- Wash bag (soap, shampoo, toothbrush, toothpaste)
- Labelled bin bag for wet and muddy clothing
- Sunscreen and hat
- Lip Balm
- Hair Bands (Hair must be tied back for some activities)
- Preferably no earrings to be worn (otherwise tape should be provided to cover them)

Spending money - Children can bring a maximum of £5 in a labelled purse.

Optional items - Note pad, pencils, book, card games, cuddly toy, disposable camera

### **Remember, please do not bring:**

Mobile phones, electronic or computer games, jewellery/valuable items.

### **Checklist prior to the visit**

- Complete and return 'Personal Information and Consent Form
- Complete the 'Medical Form' if your child is on ANY medication (to be brought with your child on the day of departure)

### **Checklist for Departure Day**

- All items from kit list e.g. clothes, bedding, toiletries, sunscreen
- Packed lunch in disposable bag
- Game / book etc for the journey ( in a bag or rucksack)
- £5 in a labelled purse
- Medication in a labelled box with up-to-date 'Medication Form' inside

### **Children need to be at school by 8:45 on the morning we leave**

Please arrive at school in plenty of time so departure can be prompt. The children will need to meet in the school hall where a register will be taken. Medication needs to be handed in to one of the adults.

We look forward to an amazing trip!