



Year 6 Residential Trip

Wednesday 15th to Friday 17th June 2022

- Caythorpe Court near Grantham, Lincolnshire is a Grade II listed mansion house set in over 65 acres of grounds. In addition to purpose built accommodation blocks there are a wide range of facilities including classrooms, sports hall, playing fields and a man-made lake.
- PGL have invested millions to convert this Grade II listed mansion house into a fantastic PGL centre with an impressive range of activities.



Why PGL?

- *The* market leader
- Fully risk assessed
- AALA licensed
- ABTA bonded
- Over 60 years experience
(Established 1957)
- Founding member of BAHA



Facilities

- Purpose built activity bases
- Sports hall
- Football pitch and playing fields
- On-site lake for water sports







Travelling to PGL



- Arrive at school by 9.00 on Wednesday 15th June
- Depart during the morning
- Arrive at PGL about 12.00 – introduction, settle in, packed lunch, afternoon and evening activities

Accommodation

- Multi bedded rooms for pupils sleeping from 2 – 8
- En-suite toilet and shower facilities
- Teachers located in the same block / floor
- Children need to bring bedding with them



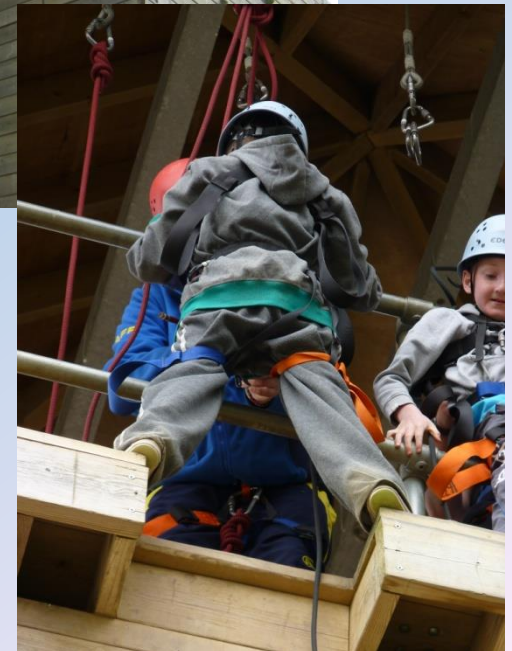
Staff

- 6 members of staff accompanying
 - Mr Brown
 - Mrs Carr
 - Mrs Riley
 - Mrs Dawson
 - Ms Hayes
 - Mrs Hewitt

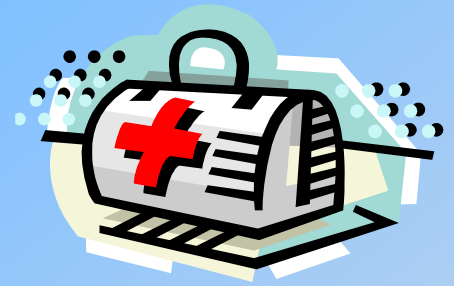


Luggage

- Two bags – one as hand luggage, one larger piece of luggage
- Hand luggage to include packed lunch, drink not in glass container.
- Small case or sports bag for clothes etc.
- Sleeping bag/ duvet and pillow
- Make sure they help pack
- Don't bring too much!



Medicine



- Discuss prior to trip and fill in medicine form.
- Clearly labeled with name and instructions (include travel sickness tablets) – Hand to Mr Brown.
- Inhalers clearly labeled with child's name and school, make us aware but children will look after – put in hand luggage.



What to take – (All in booklet!)

- Washing kit, 2 towels,
- Sleeping gear,
- Changes of underwear,
- *2 thick jumpers or fleeces*
- *2 pairs of old trousers (tracksuit bottoms not just jeans)*
- Shorts (in warm weather),
- T-shirts and some long sleeved tops,
- Socks, (*Not just trainer socks*)
- 2 pairs of trainers / shoes (one specifically for 'wet' activities),
- Anorak or waterproof jacket,
- Hat (protecting from sun),
- Suntan lotion
- Black bag - named (for wet / dirty clothes),



What to take - Part 2

- Packed lunch for the Wednesday
- Sweets(within reason !), book, pad/pencil or games book, magazine
- Camera – disposable one or old digital, we will have school camera
- Drinks bottle – named water bottle – for water / juice
- Spending money (optional) up to £5 maximum



What NOT to take

- Mobile phones
- Handheld games consoles
- iPads
- Aerosols
- Jewellery – can be dangerous or easily lost
- Anything valuable



Meals



- 3 nutritious, balanced meals per day
- Vegetarian option
- Salad bar
- Special diets catered for by prior arrangement
- There is always plenty of fruit / salad and water or milk available for them.



Meals

Reach
your

FULL PGL POTENTIAL

with our freshly prepared menu



BREAKFAST

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Hash Browns

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Mushrooms

Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Hash Browns

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Scrambled Eggs
Sausages
Bacon
Beans
Vegan Cumberland (ve)
Hash Browns

Available every day: Choice of Cooked & Continental Breakfast | Continental Options - Porridge, Selection of Cereals, Assorted Yoghurts & White or Brown Toast & Jam

LUNCH

Pizza
Choices:
Pepperoni
Margherita (v)
Vegan Margherita (ve)
Sides:
Potato Wedges

Pasta
Choices:
Mac 'N' Cheese (v)
Plant-based Bolognese (ve)
Tomato & Basil (ve)
Sides:
Garlic Bread

Hot Dog
Choices:
Pork Hot Dog
Plant-based Hot Dog (ve)
Sides:
Onions,
Skinny Fries

Hot Sandwich
Choices:
Ham & Cheese Baguette
Meatball Baguette (ve)
Fish Finger Sandwich
Sides:
Crisps

Burger
Choices:
Beef Burger
Plant-based Burger (ve)
Sides:
Cheese, Tomato Relish,
Onions, Curly Fries

Tacos & Fajitas
Choices:
Chicken
Plant-based (ve)
Soft Wrap
Crispy Shell
Sides:
Salsa, Tortilla Chips

Roast Dinner
Choices:
Roast Beef
Vegan Sausage Rolls (ve)
Sides:
Carrots, Broccoli, Peas,
Yorkshire Pudding, Roast
Potatoes, Gravy

Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll | Classic Sandwiches - Ham, Tuna Mayo or Cheese

DINNER

Piri Piri Chicken
Tuna Pasta Bake
Spaghetti & Meatballs (ve)
Sides:
Curly Fries, Baby Corn,
Green Beans
Spaghetti
Served with:
Tomato Sauce,
Grated Cheese

Bangers & Mash
Chicken Chow Mein
Sausage & Bean Stew (ve)
Sides:
Mashed Potato, Broccoli,
Green Beans, Gravy
Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Meatball Lasagne
Cod Goujons
Plant-based
Shepherd's Pie (ve)
Sides:
Garlic Bread, New
Potatoes, Country
Vegetables, Broccoli
Penne Pasta
Served with:
Tomato Sauce,
Grated Cheese

Chocolate Crispy Cake

Bacon Mac 'N' Cheese
Chicken Kiev
Vegetable Curry (ve)
Sides:
New Potatoes, Rice,
Peas, Carrots

Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Apple Crumble
with Custard

Fish & Chips
Chicken Katsu Curry
Vegan Fish Fingers (ve)
Sides:
Skinny Fries, Rice,
Peas, Carrots

Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Chocolate Eclairs

Fried Chicken
Pulled Pork Filled
Yorkshire Pudding
Spaghetti Bolognese (ve)
Sides:
Mashed Potato*,
Curly Fries, Broccoli,
Baby Corn, Gravy*

Spaghetti
Served with:
Tomato Sauce,
Grated Cheese

Belgian Waffles
with Ice Cream

Sweet Chilli Chicken
Fish Fingers
Butternut Squash
Wellington (ve)
Sides:
Potato Wedges, Country
Vegetables, Green Beans

Penne Pasta
Served with:
Cheese Sauce,
Grated Cheese

Chocolate Brownies

Healthy Choices

Available daily

Fresh fruit - every
mealtime

Unlimited salad from
our salad bar - lunch &
dinner

Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

Activities

- Abseiling
- Aeroball
- All aboard
- Archery
- Ball Sports
- Canoeing
- Challenge Course
- Climbing
- Eco Trail
- Fencing
- Giant Swing
- High Ropes
- Initiative Exercises
- Jacob's Ladder
- Kayaking
- Low Ropes Course
- Orienteering
- Problem Solving
- Quad Biking
- Raft Building
- Rifle Shooting
- Sensory Trail
- Survivor
- Trapeze
- Tunnel Trail
- Zip Wire





Archery

Archery sessions really hit the mark with all ages and abilities.

With a mixture of individual target practice and fun group challenges, our qualified instructors help ensure each group maximises their achievements within a safe, controlled environment.

Great for:

- ✓ Sports Skills
- ✓ Concentration
- ✓ Motivation





Sensory Trail



A challenge designed to stimulate the senses.

Each team member is blindfolded before completing an obstacle course that encourages sensory awareness and communication with other team members.

Great for:

- ✓ Teamwork
- ✓ Sensory Awareness
- ✓ Communication



Challenge Course

A series of thrilling obstacles and challenges mean that groups have to communicate and collaborate to navigate their way successfully through the course.

Lots of fun and popular with groups of all ages.

Great for:

- ✓ Communication
- ✓ Teamwork
- ✓ Using Initiative



Abseiling/Climbing

Using our 40ft towers or a natural crag, our abseil and climbing sessions offer an exhilarating experience not to be missed!

Our experienced instructors help group members build confidence as they learn the correct technique, encouraged by the support of their peers.

Great for:

- ✓ Communication
- ✓ Self Reliance
- ✓ Using Initiative



Giant Swing



This challenge is the ultimate test of nerve as the team hauls each pair up to 10 metres in the air!

The pair decide how high they want to go before pulling the ripcord to release the swing.

A hair-raising challenge not to be missed!

Great for:

- ✓ Communication
- ✓ Teamwork
- ✓ Confidence Building



Raft Building



A fun-packed water challenge that helps develop teamwork and problem solving skills.

Each group works together to build a raft from different components to float and steer it successfully on the water.

A popular activity that comes with a warning - you may get wet!!

Great for:

- ✓ Teamwork
- ✓ Problem Solving
- ✓ Using Initiative



Trapeze



This high-adrenaline challenge will test even the boldest members of the group!

Each takes turns to climb a six metre pole before completing the courageous dive for the trapeze!

Great for:

- ✓ Inspiring Courage
- ✓ Motivation
- ✓ Confidence Building



High Ropes



This exhilarating tree-top challenge is not for the faint-hearted!

Group members navigate their way around a series of obstacles suspended up to 12 metres in the air!

The team needs to work together, encouraging and supporting each other as they test their balance, coordination and confidence.

Great for:

- ✓ Teamwork
- ✓ Communication
- ✓ Confidence Building



Fencing



Keeping in touch

- Will aim to update PGL Blog
<https://hallampgl.wordpress.com/>
- Via Twitter
@HallamFieldsJS
- Via Facebook
- Contact number on leaflet for emergency use only.



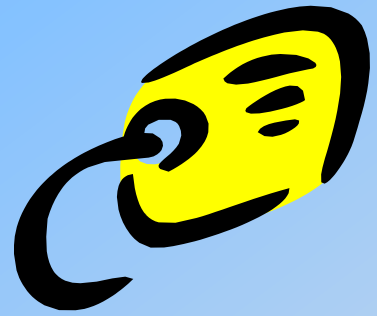


Travelling back

- Leave after lunch on Friday
- Aim to be back around 3.00 to 3.30
- Will contact via text to confirm time and allow collection before end of day with all luggage



Lost Property



- Label everything with full name and school name

Consent Form

- Consent form back tomorrow.
- Collect a leaflet on the way out



Any Questions ?



Video

