





## **Year 6 Residential Trip**

**Wednesday 11<sup>th</sup> to Friday 13<sup>th</sup> June 2025**

- 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 65 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 between 8.45 and 9.00am on Wednesday 11<sup>th</sup> June
- Depart during the morning
- Arrive at PGL about 12.00 – introduction, settle in, packed lunch, afternoon and evening activities (NO TIME to change)



# Accommodation

- Multi bedded rooms for pupils sleeping from 4 – 6
- En-suite toilet and shower facilities
- Teachers located in the same block / floor
- Children need to bring bedding with them





## Staff

- 7 members of staff accompanying
  - Mr Brown
  - Miss Whiles
  - Mrs Riley
  - Mrs Palfreyman
  - Mrs Hewitt
  - Mrs Gomm
  - Miss Whittaker







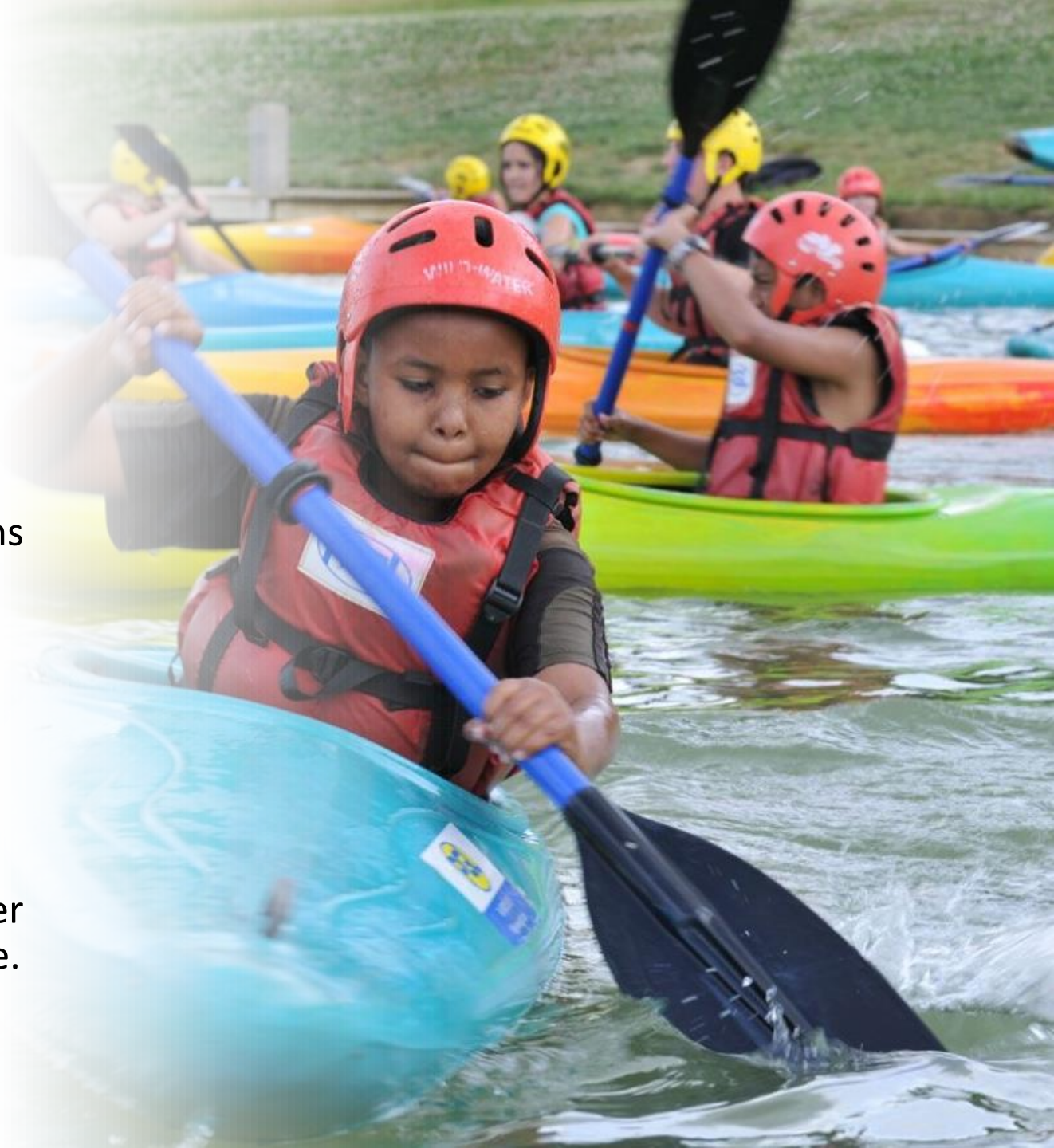
## Luggage

- 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 / iPads
- Drinks bottle – named water bottle – for water / juice
- Spending money (optional) up to £10 maximum





# What NOT to take

- Mobile phones
- iPads etc
- Aerosols
- Jewellery – can be dangerous or easily lost
- Anything valuable





# Meals

- 3 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.





BREAKFAST

# REFUEL

DELICIOUS MENU

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Beans (ve) (v)(c)(d)	Baked Beans (ve) (v)(c)(d)	Baked Beans (ve) (v)(c)(d)	Baked Beans (ve) (v)(c)(d)	Baked Beans (ve) (v)(c)(d)	Baked Beans (ve) (v)(c)(d)	Baked Beans (ve) (v)(c)(d)	Baked Beans (ve) (v)(c)(d)
Hash Browns (ve) (v)(c)(d)	Hash Browns (ve) (v)(c)(d)	Hash Browns (ve) (v)(c)(d)	Hash Browns (ve) (v)(c)(d)	Hash Browns (ve) (v)(c)(d)	Hash Browns (ve) (v)(c)(d)	Hash Browns (ve) (v)(c)(d)	Hash Browns (ve) (v)(c)(d)
Fresh Mushrooms (ve) (v)(c)(d)	Fresh Mushrooms (ve) (v)(c)(d)	Fresh Mushrooms (ve) (v)(c)(d)	Fresh Mushrooms (ve) (v)(c)(d)	Fresh Mushrooms (ve) (v)(c)(d)	Fresh Mushrooms (ve) (v)(c)(d)	Fresh Mushrooms (ve) (v)(c)(d)	Fresh Mushrooms (ve) (v)(c)(d)
Sausages (v)(c)(d)	Bacon (v)(c)(d)	Sausages (v)(c)(d)	Bacon (v)(c)(d)	Bacon (v)(c)(d)	Sausages (v)(c)(d)	Bacon (v)(c)(d)	Bacon (v)(c)(d)
Quorn™ Vegan Cumberland (ve) (v)(c)(d)	Quorn™ Vegan Cumberland (ve) (v)(c)(d)	Quorn™ Vegan Cumberland (ve) (v)(c)(d)	Quorn™ Vegan Cumberland (ve) (v)(c)(d)	Quorn™ Vegan Cumberland (ve) (v)(c)(d)	Quorn™ Vegan Cumberland (ve) (v)(c)(d)	Quorn™ Vegan Cumberland (ve) (v)(c)(d)	Quorn™ Vegan Cumberland (ve) (v)(c)(d)
Available every day: Porridge with toppings* (v)(c)(d), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads							
Pepperoni Pizza (v)(c)(d)	Beef Burger (v)(c)(d)	Battered Chicken Chunks (v)(c)(d)	Homemade Beef Bolognese (v)(c)(d)	Battered Fish (v)(c)(d)	Jacket Potato (ve) (v)(c)(d) <small>Served with your choice of Grated Mild Cheddar (v) (c)(d), Baked Beans (ve) (c)(d) or Tuna Mayo (c)(d)</small>	Roast Beef (v)(c)(d)	
Margherita Pizza (v) (v)(c)(d)	Meatless Farm™ Plant Based Burger <small>Served with Z'iggy Fries (ve) (c)(d)</small>	Vegetable Nuggets (ve) (v)(c)(d) <small>Served with Potato Wedges (ve) (c)(d), Garden Peas (ve) (c)(d), Sweetcorn (ve) (c)(d), Sweet Chili Sauce (ve) (c)(d)</small>	Homemade Vegetable Ratatouille (ve) (v)(c)(d) <small>Served with Penne Pasta (ve) (c)(d), Garlic Bread (v) (c)(d), Grated mild cheddar (v) (c)(d)</small>	Jumbo Sausage (v)(c)(d) Quorn™ Fishless Fingers (ve) (c)(d) <small>Served with Skinny Fries (ve) (c)(d), Garden Peas (ve) (c)(d)</small>		Meatless farm™ Plant-based Chicken Breast (ve) (v)(c)(d) <small>Served with Roast Potatoes (ve) (c)(d), Yorkshire Pudding (v) (c)(d), Fresh Broccoli (ve) (c)(d), Baby Carrots (ve) (c)(d), Gravy (ve) (c)(d)</small>	
Plant-based Margherita Pizza (ve) (v)(c)(d) <small>Served with Skinny Fries (ve) (c)(d)</small>					Homemade Chilli Non Carne (ve) (v)(c)(d) <small>Served with White Rice (ve) (c)(d)</small>		
Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (v) with bread roll (v) available each day							
Chicken Katsu Curry (v)(c)(d)	Fish Fingers (v)(c)(d)	Chicken Curry (v)(c)(d)	PGL's Sausage Pasta Bake (v)(c)(d)	Beef Burger (v)(c)(d)	Battered Chicken Chunks (v)(c)(d)	Fish Fingers (v)(c)(d)	
Homemade Beef Lasagne (v)(c)(d)	Hunters Chicken (v)(c)(d)	Baked Cheesy Meatballs (v)(c)(d)	Chicken Kiev** (v)(c)(d)	Homemade Mac'n' Cheese (v)(c)(d)	Homemade Beef Lasagne (v)(c)(d)	PGL's Sausage Pasta Bake (v)(c)(d)	
Vegetable Lasagne (ve) (v)(c)(d) <small>Sides: Garlic Bread (v) (c)(d), Rice (ve) (c)(d), Garden Peas (ve) (c)(d), Fresh Broccoli (ve) (c)(d)</small>	Shepherdess Pie (ve) (v)(c)(d) <small>Sides: Baby Potato (ve) (c)(d), Baby Carrots (ve) (c)(d), Whole Green Beans (ve) (c)(d)</small>	Vegetable Curry (ve) (v)(c)(d) <small>Sides: Rice (ve) (c)(d), Penne Pasta (ve) (c)(d), Mixed Vegetables (ve) (c)(d)</small>	Homemade Sausage & Bean Casserole (ve) (v)(c)(d) <small>Sides: Mashed Potato (v) (c)(d), Fresh Broccoli (ve) (c)(d), Baby Carrots (ve) (c)(d)</small>	Meatless Farm™ Plant Based Burger (ve) (v)(c)(d) <small>Sides: Z'iggy Fries (ve) (c)(d), Sweetcorn (ve) (c)(d), Whole Green Beans (ve) (c)(d)</small>	Vegetable Lasagne (ve) (v)(c)(d) <small>Sides: Garlic Bread (v) (c)(d), BBQ Sauce (ve) (c)(d), Skinny fries (v) (c)(d), Mixed Vegetables (ve) (c)(d)</small>	Shepherdess Pie (ve) (v)(c)(d) <small>Sides: Cheesy Garlic Potato (v) (c)(d), Baby Potato (ve) (c)(d), Sweetcorn (ve) (c)(d), Whole Green Beans (ve) (c)(d)</small>	
Homebaked Iced Sponge Cake (v) (v)(c)(d)	Chocolate Muffin (v) (v)(c)(d)	Jam Doughnuts (v) (v)(c)(d)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (v)(c)(d)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (v)(c)(d)	Chocolate Muffin (ve) (v)(c)(d)	Chocolate Cookies (v) (v)(c)(d)	
Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day							

**Available daily**  
Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite veggie and meat salads are available at lunch and dinner.

**Fresh fruit:**  
A variety of fresh fruit is available at all meals.

**Allergy information**  
If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.  
Not all ingredients are included in the menu descriptions, please ask for more information.  
Ingredients can occasionally be substituted or changed at short notice - always refer the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.  
We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

**About our food**  
All our whole eggs are Free Range.  
All our products are free from Genetically Modified Ingredients.  
All our fish, risk products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and BPA-free salt.  
Although many of our fish have some small bones, may remain in our fish, sausage and chicken dishes & salads, some of these pieces may remain on our eggs, and some live stores may remain in our salads.  
Where used, our ham is reformulated from selected cuts of pork with added water.  
\*\* Small children can choke on seeds  
\*\*\* Chopped and shaped chickens.

<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>





# 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
- Vertical Challenge
- Zip Wire





## Abseiling

The tower is over 10 metres high. The task – to walk backwards off the top, gradually working back towards ground level, suspended only on a rope. It's all about trust, courage and confidence. It's also a very dynamic way to learn calculating and controlling risk. Some children deal with heights more easily than others, but the support and encouragement of the rest of the group is important for each individual's success and will help strengthen peer relationships.







## Archery

Our Archery sessions offer the chance for every pupil to experience success. Accuracy, control and a steady hand are vital for achieving the best results and many children discover a talent for a new skill. Handling bows and arrows may be a brand new experience for your group and presents a variety of new challenges! We encourage safety awareness from the outset and teach the basic skills on an indoor or outdoor range.

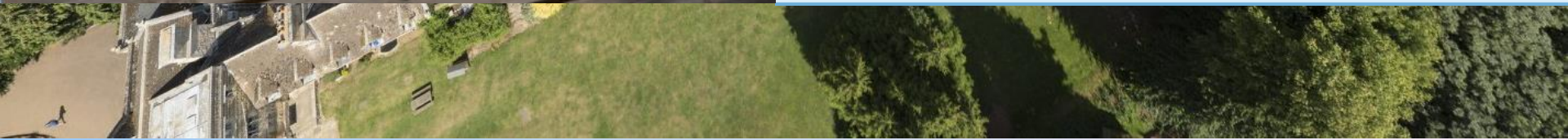






## Climbing

Your pupils will need to combine different skills including perseverance, strength, an ability to deal with heights – as well as trust in their belay partner and equipment. Those who have never tried it before will find it an exhilarating experience. Climbing at PGL may take place on indoor walls or outdoor climbing towers; whichever it is, we always use a top-rope belay for safety. Weight limit: 140kg







## Orienteering

Orienteering makes an excellent introduction to practical map-reading and is an exciting way to get to know your surroundings on centre. Pupils work in small teams or in pairs to locate control points across the grounds of the centre. As it's essentially a competitive activity, the idea is for your group to find all the controls more quickly than the others. The activity helps them to improve decision-making, map reading and correctly judging distances.







## Problem Solving

Problem solving sessions test your pupils' initiative and ingenuity. Children work in small teams to solve puzzles and complete set tasks – it's a great way for your pupils to get to know each other really well. By the time they finish they'll have an appreciation and understanding each individual's ability (including their own!) when it comes to planning, communicating and making decisions – skills which are all key to achieving the objectives of each task.







## Raft Building

## Raft Building

Down to the water's edge and your pupils' challenge is to design and build a robust and working raft.

There'll be a number of components available, including large plastic barrels, ropes and poles. Our staff can give as much or as little support as you'd like but it's a great teamwork exercise and will help your pupils improve their communication, problem-solving and decision-making. Once rafts are ready to launch, the fun begins on the water!







## Rifle Shooting

Shooting our lightweight air rifles tests individual skill and requires high levels of concentration and physical control. Children need to control their breathing, keep a steady hand, concentrate hard and focus on accuracy. Do all this, and there's a good chance of being rewarded with the success of a good score!







## Vertical Challenge

Vertical challenge offers a chance to use all those skills you would use in any ground-based challenge course – but it all takes place at height! Your pupils will be harnessed and instructed on how to belay each other. They make their way up a course of suspended obstacles that include climbing walls, cargo nets, crates and ropes. The Vertical Challenge develops physical skills as well as transferable skills including climbing, communication, cooperation and lots of group support. Weight limit: 150kg





# Evening ents.





# Keeping in touch

- Will aim to update Seesaw – PGL group set up
- 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

Please label everything





## **Consent form**

- Consent form back by Friday at the latest please.
- Collect a leaflet on the way out for all kit if you haven't already got one.
- Collect a medical form if need more.



**Any  
questions ?**

