



Year 6 Residential Trip

Wednesday 10th to Friday 12th June
2026

- 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 10th 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 2 – 6
- En-suite toilet and shower facilities
- Teachers located in the same block / floor
- Children need to bring bedding with them



Staff

- 3 members of staff accompanying
 - Mr Brown
 - Mrs Hine
 - Mrs Palfreyman



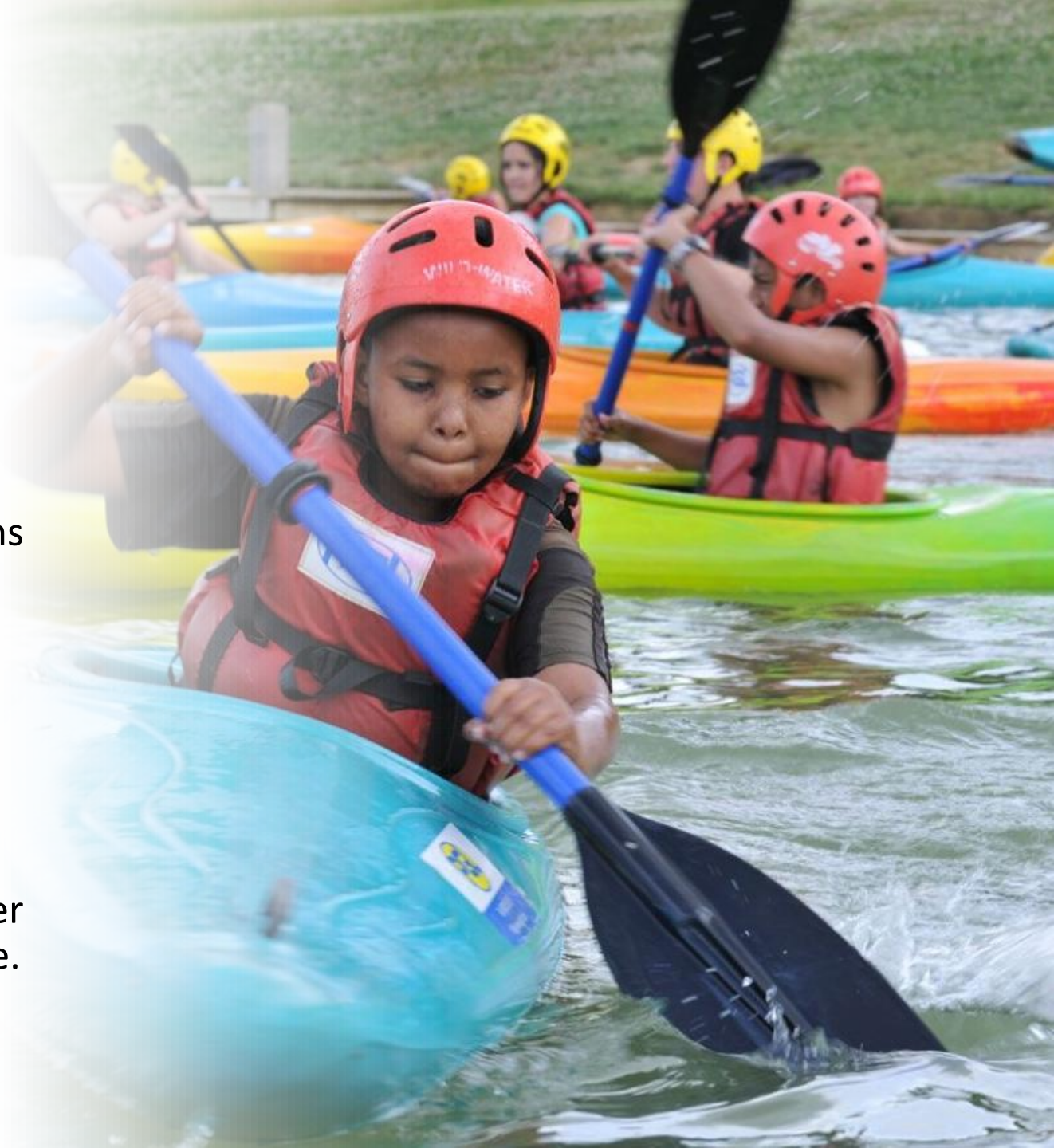


Luggage

- 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/games consoles/electrical devices 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.



Meals

REFUEL

WITH OUR

DELICIOUS MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Baked Beans (ve) (208kcal)	Baked Beans (ve) (208kcal)	Baked Beans (ve) (208kcal)	Baked Beans (ve) (208kcal)	Baked Beans (ve) (208kcal)	Baked Beans (ve) (208kcal)	Baked Beans (ve) (208kcal)
	Hash Browns (ve) (208kcal)	Hash Browns (ve) (208kcal)	Hash Browns (ve) (208kcal)	Hash Browns (ve) (208kcal)	Hash Browns (ve) (208kcal)	Hash Browns (ve) (208kcal)	Hash Browns (ve) (208kcal)
	Fresh Mushrooms (ve) (208kcal)	Fresh Mushrooms (ve) (208kcal)	Fresh Mushrooms (ve) (208kcal)	Fresh Mushrooms (ve) (208kcal)	Fresh Mushrooms (ve) (208kcal)	Fresh Mushrooms (ve) (208kcal)	Fresh Mushrooms (ve) (208kcal)
	Sausages (208kcal) or Quorn™ Vegan Cumberland (ve) (208kcal)	Bacon (208kcal) or Quorn™ Vegan Cumberland (ve) (208kcal)	Sausages (208kcal) or Quorn™ Vegan Cumberland (ve) (208kcal)	Bacon (208kcal) or Quorn™ Vegan Cumberland (ve) (208kcal)	Bacon (208kcal) or Quorn™ Vegan Cumberland (ve) (208kcal)	Sausages (208kcal) or Quorn™ Vegan Cumberland (ve) (208kcal)	Bacon (208kcal) or Quorn™ Vegan Cumberland (ve) (208kcal)
	Available every day: Porridge with toppers* (208kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads						
LUNCH	Pepperoni Pizza (208kcal)	Beef Burger (208kcal)	Battered Chicken Chunks (208kcal)	Homemade Beef Bolognese (208kcal)	Battered Fish (208kcal)	Jacket Potato (ve) (208kcal) Served with your choice of: Grated Mild Cheddar (v) (208kcal), Baked Beans (ve) (208kcal) or Tuna Mayo (208kcal)	Roast Beef (208kcal)
	Margherita Pizza (v) (208kcal)	Meatless Farm™ Plant Based Burger (208kcal)	Vegetable Nuggets (ve) (208kcal)	Homemade Vegetable Ratatouille (ve) (208kcal)	Jumbo Sausage (208kcal)	Meatless farm™ Plant-based Chicken Breast (ve) (208kcal)	
	Plant-based Margherita Pizza (ve) (208kcal)	Served with: Ziggy Fries (ve) (208kcal)	Served with: Potato Wedges (ve) (208kcal), Garden Peas (ve) (208kcal), Sweetcorn (ve) (208kcal), Sweet Chilli Sauce (ve) (208kcal)	Served with: Penne Pasta (ve) (208kcal), Garlic Bread (v) (208kcal), Grated mild cheddar (v) (208kcal)	Quorn™ Fishless Fingers (ve) (208kcal)	Homemade Chilli Non Carne (ve) (208kcal)	Served with: Roast Potatoes (ve) (208kcal), Yorkshire Pudding (v) (208kcal), Fresh Broccoli (ve) (208kcal), Baby Carrots (ve) (208kcal), Gravy (ve) (208kcal)
	Served with: Skinny Fries (ve) (208kcal)				Served with: Skinny Fries (ve) (208kcal), Garden Peas (ve) (208kcal)	Served with: White Rice (ve) (208kcal)	
	Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day						
DINNER	Chicken Katsu Curry (208kcal)	Fish Fingers (208kcal)	Chicken Curry (208kcal)	PGL's Sausage Pasta Bake (208kcal)	Beef Burger (208kcal)	Battered Chicken Chunks (208kcal)	Fish Fingers (208kcal)
	Homemade Beef Lasagne (208kcal)	Hunters Chicken (208kcal)	Baked Cheesy Meatballs (208kcal)	Chicken Kiev** (208kcal)	Homemade Mac 'n' Cheese (v) (208kcal)	Homemade Beef Lasagne (208kcal)	PGL's Sausage Pasta Bake (208kcal)
	Vegetable Lasagne (ve) (208kcal)	Shepherdless Pie (ve) (208kcal)	Vegetable Curry (ve) (208kcal)	Homemade Sausage & Bean Casserole (ve) (208kcal)	Meatless Farm™ Plant Based Burger (ve) (208kcal)	Vegetable Lasagne (ve) (208kcal)	Shepherdless Pie (ve) (208kcal)
	Sides: Garlic Bread (v) (208kcal), Rice (ve) (208kcal), Garden Peas (ve) (208kcal), Fresh Broccoli (ve) (208kcal)	Sides: Baby Potato (ve) (208kcal), Baby Corn (ve) (208kcal), Whole Green Beans (ve) (208kcal)	Sides: Rice (ve) (208kcal), Penne Pasta (ve) (208kcal), Mixed Vegetables (ve) (208kcal)	Sides: Mashed Potato (v) (208kcal), Fresh Broccoli (ve) (208kcal), Baby Carrots (ve) (208kcal)	Sides: Ziggy Fries (ve) (208kcal), Sweetcorn (ve) (208kcal), Whole Green Beans (ve) (208kcal)	Sides: Garlic Bread (v) (208kcal), BBQ Sauce (ve) (208kcal), Skinny Fries (v) (208kcal), Mixed Vegetables (ve) (208kcal)	Sides: Cheesy Garlic Potato (v) (208kcal), Baby Potato (ve) (208kcal), Sweetcorn (ve) (208kcal), Whole Green Beans (ve) (208kcal)
Homemade Iced Sponge Cake (v) (208kcal)	Chocolate Muffin (v) (208kcal)	Jam Doughnuts (v) (208kcal)	Homemade Chocolate Sponge (v) & Chocolate Custard (v) (208kcal)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (208kcal)	Chocolate Muffin (ve) (208kcal)	Chocolate Cookies (v) (208kcal)	
	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 vegan 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 review 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 products do not list tree nuts or peanuts as intentional ingredients.
All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and Dolphin safe.
Although every care has been taken, some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some olive stones 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 chicken.

<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



Archery

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.





Canoeing

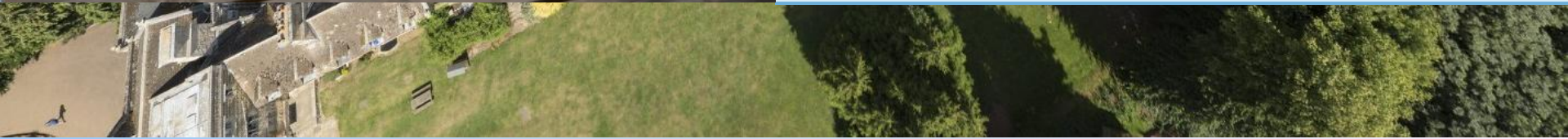
Canoeing is exciting, challenging and fun. It's also a great opportunity for students to learn new skills such as paddling and steering in order to control their craft effectively. Communication skills also play a part as students work together and encourage each other.





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





Jacob's Ladder

It's an exercise in teamwork and friendly cooperation. Your group's objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider, the higher you go. Pushing up, pulling up, standing on shoulders – it's all about working together to achieve a joint purpose. The activity promotes friendship, communication, discussion, leadership and decision-making as each team progresses to the top. Weight limit: 150kg





Problem Solving

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.





Rifle Shooting

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!





Sensory Trail

The sensory trail is a challenge in more ways than one. During the activity your pupils will negotiate a series of obstacles – blindfolded – with the other members of their group for guidance. It's a challenge, which raises questions about our abilities and assumptions, and demands mutual trust, self belief, and effective communication to complete the course successfully.



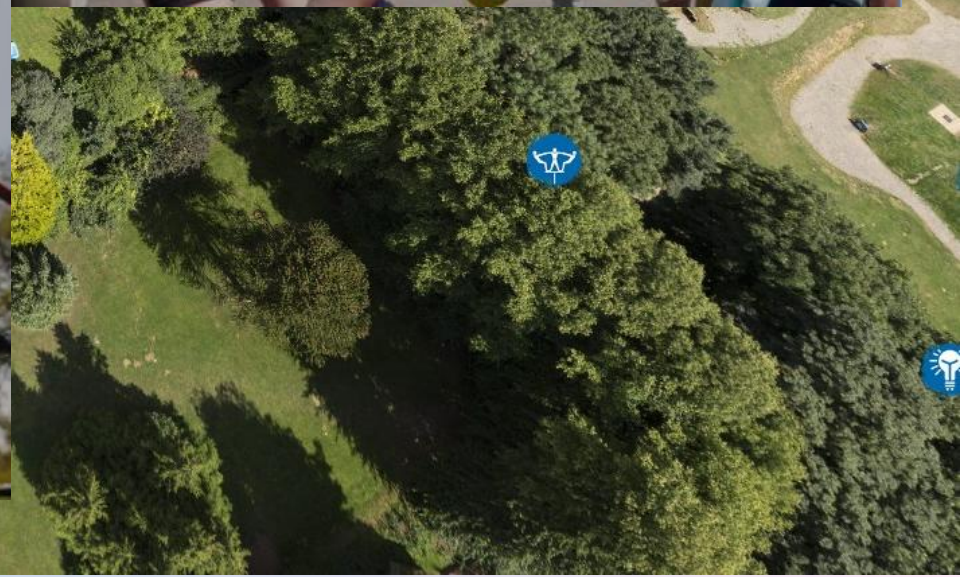


Zip Wire

Once at the top of the zip wire platform, pupils are securely attached to the overhead wire before making their flight across the sky! Their route may take them through a forest or even over a lake. It's a hugely exhilarating experience that requires personal courage and determination – it pushes most children beyond their natural comfort zone. It's also a chance for the rest of the group to offer support and encouragement. Weight limit: 90-120kg (varies by location)



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.
- Collect a medical form if need more from office.

Any
questions ?

