

PGL YEAR 5/6 RESIDENTIAL

Monday 28th June – Friday 2nd July 2021

Thank you!

- Thank you to everyone for being so accommodating about the date change.
- Thank you for coming today.

So where are we actually going?

<https://www.pgl.co.uk/Files/DocumentManagerDocuments/AdventureUK/Promotional%20Videos/PGL-Promotional-Video-Primary-Schools-Parents-and-Pupils-Whats-It-All-About.mp4>

How are we making sure it's COVID-safe?

- Pupils will sleep in a cabin with no more than 6 and soap/hand towels will be provided for each room
- Facemasks?
- The children will not mix with any other bubbles
- The equipment is all cleaned between uses
- Food is served to the children (rather than self-service)
- The children will work with the same group of activity leaders all week
- Encourage regular hand-washing
- We will follow all guidance and risk assessments provided by the coach and ferry company

How can you help make sure we're COVID-safe?

- Provide your child with a hand-sanitiser to bring (the ones with the clips would be great so they can have them with them at all times!)
- Help your child take a lateral flow test the day before (Sunday 27th June) and upload your results using the Google Form - <https://docs.google.com/forms/d/1qreSWT14-DiuxKr58UwyiBZyih3Hdbd0fCXG5fsrdAM/prefill>
- Pack your child a water bottle to stop them having to use cups/plastic
- Pack your child a bag for their dirty washing to ensure used clothes aren't mixed with clean clothes



Accommodation

- The children will be sleeping in cabins, of no more than 6, with their own private bathroom
- We will allow them to choose one person they would like to be with and we will do our best to ensure that everyone is as happy as possible!
- Please provide your child with a pillow and sleeping bag/duvet, but remember they will have to transport it themselves on and off the coach.



Dining

Reach
your

FULL PGL POTENTIAL

with our freshly prepared menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BREAKFAST

Sausages Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)
Scrambled eggs	Hash brown	Scrambled eggs	Scrambled eggs	Hash brown	Scrambled eggs	Hash brown
Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms
Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes

AVAILABLE EVERY DAY Choice of cooked & continental breakfast

Continental options: Choice of cereals | Porridge | Assorted yoghurts | White or brown toast & jam



LUNCH

Hot dog & wedges	Loaded jacket	Filled roll or wrap	Pasta & garlic bread	Burger, relish & skinny fries	Fajitas, tortilla chips & dips	Filled roll or wrap
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AVAILABLE EVERY DAY Homemade soup of the day & roll | Choice of meat, vegetarian or vegan option



DINNER

Mains	Mains	Mains	Mains	Mains	Mains	Mains
Crispy chicken breast pieces with sweet & sour sauce	Beef bolognese	Chicken & vegetable tikka & naan	Sausages & onion gravy	Battered fish fillet & tartare sauce	Meat pizza	Roast dinner, Yorkshire pudding & gravy
Chickpea, lentil & coconut curry, naan (v)	Piri Piri chicken	Fish fingers	Chicken & vegetable pie	Meatballs in tomato sauce	Margherita pizza (v)	Mac & cheese (v)
Vegetable Kiev (v)	Butternut squash & vegetable biryani (v)	Feta & roasted vegetable lattice (V)	Quorn & vegetable chow mein (v)	Lentil bolognese (v)	Chicken Kiev	Vegetable & mushroom pilaf (v)
Sides	Sides	Sides	Sides	Sides	Sides	Sides
Chips, rice, broccoli, carrots	Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables	Chips, rice, peas, carrots	Mashed potato, mixed vegetables	Chips, spaghetti, peas, carrots	Cajun fries, green beans, broccoli	Roast potatoes, roasted root vegetables
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Doughnut	Raspberry ice cream cake	Chocolate crispy cake	Apple crumble & cream	Ice cream	Profiteroles & chocolate sauce	Waffles & strawberry sauce

AVAILABLE EVERY DAY

Choice of meat, vegetarian or vegan option

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.

Itinerary

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:10 - 15:40	Session 4 15:50 - 17:20	Evening 19:15 - 20:45
Monday	1					Arrive on Centre	Challenge Course (CC1)	Campfire (CF2)
	2					Arrive on Centre	Buggy Building (BB1)	Campfire (CF2)
	3					Arrive on Centre	Challenge Course (CC2)	Campfire (CF2)
Tuesday	1			Zip Wire (ZW2)	Sensory Trail (ST2)	Survivor (SU1)	Climbing (CL2)	Ambush (AMB3)
	2			Archery (A2)	Zip Wire (ZW2)	Vertical Challenge (VC2)	Abseiling (AB1)	Ambush (AMB3)
	3			Climbing (CL1)	Buggy Building (BB1)	Zip Wire (ZW2)	Survivor (SU1)	Ambush (AMB3)
Wednesday	1			Vertical Challenge (VC6)	Abseiling (AB1)	Jacob's Ladder (JL2)	Dragon Boating (DB3A)	Photo Challenge (PC1)
	2			Sensory Trail (ST1)	Problem Solving (PS6)	Jacob's Ladder (JL4)	Dragon Boating (DB3B)	Photo Challenge (PC1)
	3			Sensory Trail (ST3)	Low Level Ropes Course (LR1)	Archery (A2)	Dragon Boating (DB5A)	Photo Challenge (PC1)
Thursday	1			Problem Solving (PS1)	Orienteering (OR3A)	Giant Swing (GS3)	Low Level Ropes Course (LR1)	Passport To The World (PTTW3)
	2			Survivor (SU6)	Climbing (CL2)	Orienteering (OR1A)	Giant Swing (GS3)	Passport To The World (PTTW3)
	3			Abseiling (AB3)	Vertical Challenge (VC3)	Jacob's Ladder (JL4)	Orienteering (OR1A)	Passport To The World (PTTW3)
Friday	1			Buggy Building (BB1)	Archery (A1)	Depart		
	2			Low Level Ropes Course (LR1)	Challenge Course (CC2)	Depart		
	3			Problem Solving (PS2)	Giant Swing (GS1)	Depart		

Medicines

- Please make sure you have completed the administration of medicines form if you are sending your child with any medicine
- This includes any allergy medication, calpol, cough sweets etc.
- The medicine needs to be handed to me on the morning of the trip, clearly labelled with your child's name

Timings

- Aim to arrive at school on Monday 28th June between 8-8:15am (no later please!)
- The coach departs at 8:30am
- We hope to arrive home by 5pm on Friday 2nd July, but we will keep you informed via email if there are any changes

Kit List

Snacks?
Cameras?
Gift shop money?

Clothing

Tops/Jackets

T-shirts

Long sleeved tops

Waterproof Jackets

Fleeces/Jumpers

Trousers, shorts or leggings

Not jeans as they get heavy when cold and wet

Underwear & socks

2 sets of clothes for the evenings

Suitable nightwear

Cap/sun hat

Footwear

2 pairs of trainers

1 for activities, 1 old pair for water sports

1 pair of dry shoes for evening activities

Other items

Sun cream

2 towels

1 for activities, 1 for showering

Sleeping bag and pillow

Washbag including soap, shampoo, toothbrush and toothpaste

Please do not bring

Electrical devices (including mobile phones/ipods)

Computer games

Jewellery/valuables

Aerosols

Please ensure that all items are named.

ANY QUESTIONS?

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