



Year 6 Residential Trip

Wednesday 14th to Friday 16th June 2023

- 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 14th 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

- 5 members of staff accompanying
 - Mr Brown
 - Mrs Riley
 - Mrs Palfreyman
 - Ms Hayes
 - Mrs Stevenson



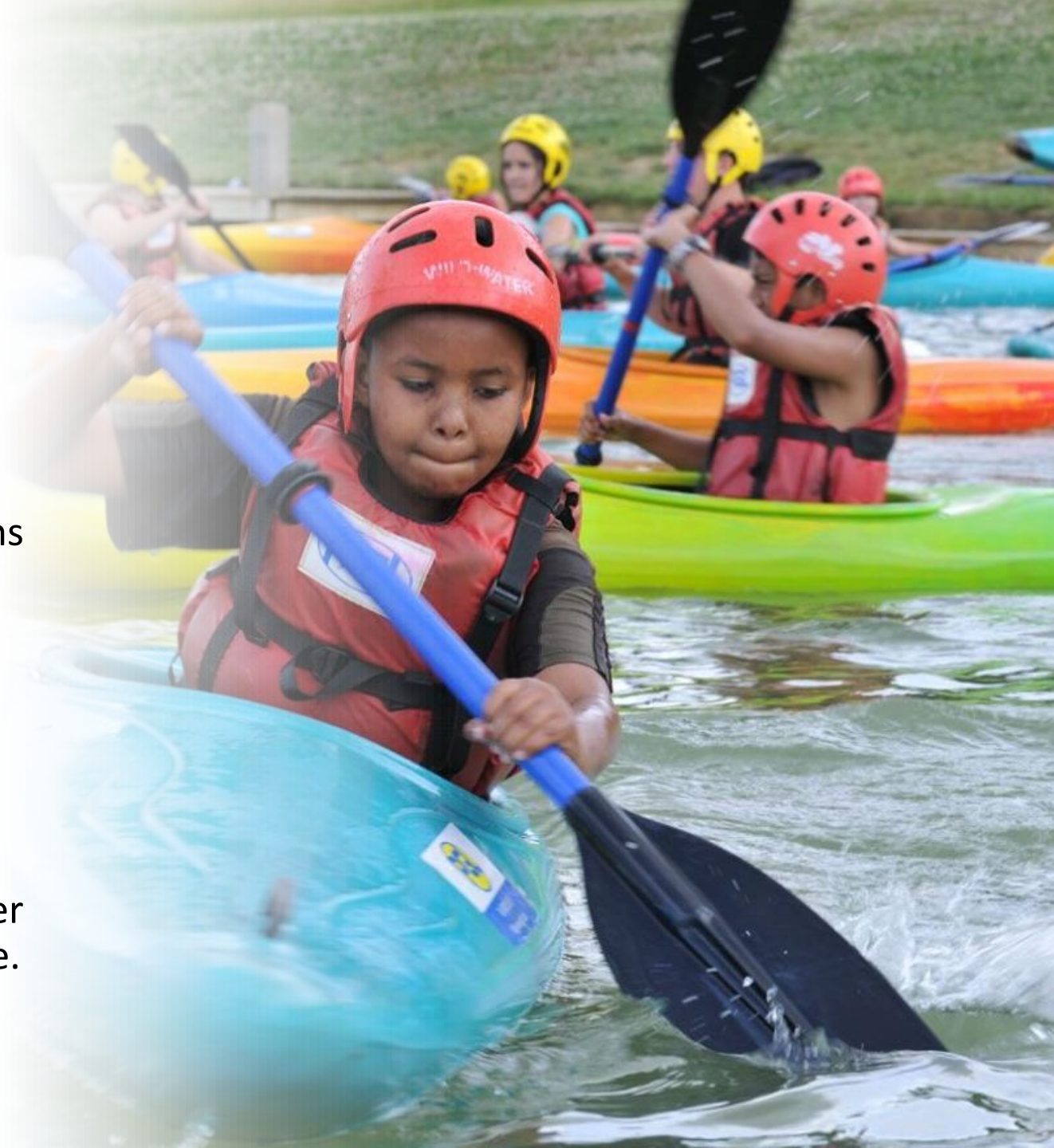


Luggage

- 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.



Meals

REFUEL

WITH OUR

DELICIOUS MENU



BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Beans (ve) (278x4)	Baked Beans (ve) (278x4)	Baked Beans (ve) (278x4)	Baked Beans (ve) (278x4)	Baked Beans (ve) (278x4)	Baked Beans (ve) (278x4)	Baked Beans (ve) (278x4)
Hash Browns (ve) (278x4)	Hash Browns (ve) (278x4)	Hash Browns (ve) (278x4)	Hash Browns (ve) (278x4)	Hash Browns (ve) (278x4)	Hash Browns (ve) (278x4)	Hash Browns (ve) (278x4)
Fresh Mushrooms (ve) (278x4)	Fresh Mushrooms (ve) (278x4)	Fresh Mushrooms (ve) (278x4)	Fresh Mushrooms (ve) (278x4)	Fresh Mushrooms (ve) (278x4)	Fresh Mushrooms (ve) (278x4)	Fresh Mushrooms (ve) (278x4)
Sausages (202x4)	Bacon (202x4)	Sausages (202x4)	Bacon (202x4)	Bacon (202x4)	Sausages (202x4)	Bacon (202x4)
Quorn™ Vegan Cumberland (ve) (278x4)	Quorn™ Vegan Cumberland (ve) (278x4)	Quorn™ Vegan Cumberland (ve) (278x4)	Quorn™ Vegan Cumberland (ve) (278x4)	Quorn™ Vegan Cumberland (ve) (278x4)	Quorn™ Vegan Cumberland (ve) (278x4)	Quorn™ Vegan Cumberland (ve) (278x4)

Available every day: Porridge with toppers* (462x4), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

LUNCH

Pepperoni Pizza (278x4)	Beef Burger (202x4)	Battered Chicken Chunks (202x4)	Homemade Beef Bolognese (423x4)	Battered Fish (202x4)	Jacket Potato (ve) (202x4) Served with your choice of: Grated Mild Cheddar (v) (202x4), Baked Beans (ve) (202x4) Or Tuna Mayo (202x4)	Roast Beef (202x4)
Margherita Pizza (v) (278x4)	Meatless Farm™ Plant Based Burger (202x4)	Vegetable Nuggets (ve) (202x4)	Homemade Vegetable Ratatouille (ve) (202x4)	Jumbo Sausage (202x4)	Homemade Chilli Non Carne (ve) (202x4) Served with: White Rice (ve) (202x4)	Meatless farm™ Plant- based Chicken Breast (ve) (202x4)
Plant-based Margherita Pizza (ve) (278x4)	Served with: Ziggy Fries (ve) (414x4)	Served with: Potato Wedges (ve) (202x4), Garden Peas (ve) (278x4), Sweetcorn (ve) (202x4), Sweet Chilli Sauce (ve) (278x4)	Served with: Penne Pasta (ve) (202x4), Garlic Bread (v) (202x4), Grated mild cheddar (v) (202x4)	Quorn™ Fishless Fingers (ve) (278x4)	Served with: Skinny Fries (ve) (202x4), Garden Peas (ve) (278x4)	Served with: Roast Potatoes (ve) (202x4), Yorkshire Pudding (v) (202x4), Fresh Broccoli (ve) (462x4), Baby Carrots (ve) (202x4), Gravy (ve) (202x4)
Served with: Skinny Fries (ve) (202x4)						

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 (278x4)	Fish Fingers (278x4)	Chicken Curry (423x4)	PGL's Sausage Pasta Bake (462x4)	Beef Burger (462x4)	Battered Chicken Chunks (202x4)	Fish Fingers (278x4)
Homemade Beef Lasagne (202x4)	Hunters Chicken (423x4)	Baked Cheesy Meatballs (202x4)	Chicken Kiev** (278x4)	Homemade Mac 'n' Cheese (v) (202x4)	Homemade Beef Lasagne (202x4)	PGL's Sausage Pasta Bake (462x4)
Vegetable Lasagne (ve) (278x4)	Shepherdless Pie (ve) (462x4)	Vegetable Curry (ve) (202x4)	Homemade Sausage & Bean Casserole (ve) (278x4)	Meatless Farm™ Plant Based Burger (ve) (202x4)	Vegetable Lasagne (ve) (278x4)	Shepherdless Pie (ve) (462x4)
Sides: Garlic Bread (v) (202x4), Rice (ve) (202x4), Garden Peas (ve) (278x4), Fresh Broccoli (ve) (462x4)	Sides: Baby Potato (ve) (202x4), Baby Carrots (ve) (202x4), Whole Green Beans (ve) (202x4)	Sides: Rice (ve) (202x4), Penne Pasta (ve) (202x4), Mixed Vegetables (ve) (202x4)	Sides: Mashed Potato (v) (278x4), Fresh Broccoli (ve) (462x4), Baby Carrots (ve) (202x4)	Sides: Ziggy Fries (ve) (414x4), Sweetcorn (ve) (202x4), Whole Green Beans (ve) (202x4)	Sides: Garlic Bread (v) (202x4), BBQ Sauce (ve) (202x4), Skinny fries (v) (202x4), Mixed Vegetables (ve) (462x4)	Sides: Cheesy Garlic Potato (v) (202x4), Baby Potato (ve) (202x4), Sweetcorn (ve) (202x4), Whole Green Beans (ve) (202x4)
Homebaked Ised Sponge Cake (v) (202x4)	Chocolate Muffin (v) (202x4)	Jam Doughnuts (v) (202x4)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (202x4)	Homemade Apple Crumble (ve) & Vanilla Custard (v) (202x4)	Chocolata Muffin (ve) (202x4)	Chocolate Cookies (v) (202x4)

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 Canteen, 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 chickens.

ASK ABOUT
ALLERGENS
WE ARE HAPPY TO HELP



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.

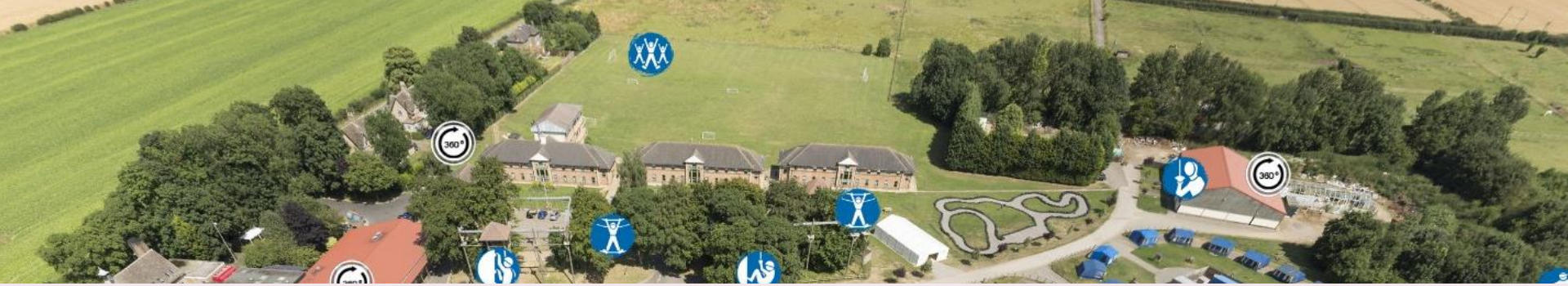




Archery

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.





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.





Giant Swing

The ultimate test of nerve and joint decision-making. Two or three of your students are harnessed into the swing, while other members of the group haul them up to 10 metres into the air. After the group in the swing decide together how high they want to go, a pull on the ripcord will send them plummeting earthward. It's a fast and exhilarating drop, but good communication will get the right balance between fear and fun!





Trapeze

Each stage of the trapeze counts as a success and requires courage and determination. The challenge starts with a climb to the top of a 6 metre pole. Next, a climb onto the small platform will require balance as pupils stand to make that leap for the trapeze! It's an exhilarating and heart-pounding activity that will bring your pupils together in their support for each other. It also gives each participant a very real sense of personal achievement.





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.





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.





NEW! Archery Tag

Let the battle commence!
Your students will first learn how to use the bow to shoot the foam tipped arrows, before embarking on a series of thrilling team combat games in our brand new action packed archery tag session.

Evening ents.



Keeping in touch

- Will aim to update Seesaw
- And possibly via Twitter @HallamFieldsJS / 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

Please label everything



Consent form

- Consent form back by Friday at the latest please.
- Collect a leaflet on the way out for all kit
- Collect a medical form if needed.

Any
questions ?

