



PGL 2023
Wednesday 14th - Friday 16th June



Hallam Fields
Junior School

Growing together. Learning together. Achieving together



Caythorpe Court, Caythorpe, Near Grantham, Lincs, NG32 3EP
Telephone Number **in case of emergencies only**
01332 218723 (School Off-Site Number)

PGL Caythorpe Court

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 is 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.

In the grounds there are fully refurbished purpose-built en suite accommodation blocks. There are also football pitches and playing fields, a lake, sports hall, new dining hall, classrooms and meeting rooms and a tuck shop.

The children sleep in dormitories containing between 2 and 8 children, sleeping in bunkbeds. A member of staff will be around at all times in case the children need someone. For many of the children it will be their first time away from home so they may want a teddy to cuddle at night.

All the meals are included in the cost of the holiday and the children have three good meals a day. On the day we depart the children will need a packed lunch and a drink in an unbreakable container. (No glass bottles please).

During the holiday your child will have the chance to experience a range of activities from the following list; **Abseiling**, Aeroball, **Archery**, Ball Sports, Buggy Build, **Canoeing**, Challenge Course, **Climbing**, Eco Trail, Fencing, **Giant Swing**, High Ropes, Initiative Exercises, Jacob's Ladder, Kayaking, Low Ropes Course, Orienteering, Pony Trekking, Problem Solving, Quad Biking, Raft Building, Rifle Shooting, Sensory Trail, **Trapeze**, Tunnel Trail, **Vertical Challenge**, **Zip Wire**. All the activities are supervised by fully qualified instructors. It is a chance for every child to have a go, some children find that they have a particular interest in one of the activities and may wish to pursue it further once they get home.

It is our policy that the children are encouraged to be independent especially when they are away from home, therefore the **children are not allowed to use the telephone (or bring mobile phones)**. This is because they arrive, instantly want to ring you up, then they hear your voice and become homesick. The child invariably starts to cry, hangs up, quickly cheers up and starts to have a good time. Meanwhile you are worrying at home. The centre may be contacted in the event of any emergency.



Traveling Arrangements

Children should arrive at school on the Wednesday morning at normal time, we will depart during the morning and aim to get to PGL for lunchtime. We should be back before the end of the school day on the Friday at about 3pm/3.30pm. We will text / message on Seesaw to tell you the time on our way back so you can collect your child with their luggage .

Sample day for Primary Schools at Caythorpe Court

07.00 - 09.00	Get up, get ready and fuel up for the day ahead
09.15 - 12.30	Morning activities - usually 2 sessions with a 15 minute break in-between
12.30 - 14.00	Dry off & clean up. Time for a fresh & tasty lunch
14.20 - 17.30	Afternoon activities - 2 exciting sessions with a 15 minute break in-between
18.00 - 19.00	Time to eat again - a different menu each day
19.00 - 21.00	Talent shows, games, quizzes and more. The evening entertainment programme keeps you laughing until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!

From 21.00 - 23.00 there will be PGL staff on active night duty. Through the night there will always be a senior PGL staff member on call as well as school staff.

What to wear on sessions

Children will be told in advance of activities what they need to wear. As a rule many activities such as abseiling, archery, climbing wall, motor sports, require long sleeves, and all activities require old clothes. It is entirely your own responsibility if you choose to send expensive trainers, as some of the activities may cause some slight damage.

You will need to have at least two pairs of activity footwear. For session such as canoeing and raft building, shoes are likely to get wet.

Children will NOT be allowed trainer socks or short sleeves / shorts on some activities.

Luggage

Children should bring one piece of main luggage (large sports bag or SMALL case) and one piece of hand luggage (including their packed lunch for the Wednesday). They may also have a separate bag with bedding in.



What to bring

Please ensure that all items are named.



CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets**
 - T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers
 - Trousers or leggings**
but not jeans as they get heavy and cold when wet
 - Underwear & socks**
 - 1 or 2 sets of clothes for the evening
 - Suitable **nightwear**
- Your arms will need to be covered to do some activities.*
- Your socks will need to cover your ankles to do some activities.*

FOOTWEAR

- 2 pairs of trainers
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes for evening activities



OTHER ITEMS

- 2 towels
 - 1 for showering
 - 1 old one for activities
- Plastic drinks bottle
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Sleeping bag or duvet and pillow (unless otherwise advised)
- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)



TRAVELLING IN THE...

- ...SUMMER?**

 - Shorts
 - Baseball hat/sun hat
 - Sunscreen

...WINTER?

 - Warm anorak or similar
 - Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. football, should bring appropriate clothing/footwear for these activities.

PLEASE DO NOT BRING

- Electrical devices
- Computer games
- Jewellery/valuables
- Aerosols

No Mobile Phones allowed

If you bring your mobile phone, please note, it is not covered by our insurance.



CHECKLIST

Please remember to bring the following -

- A sleeping bag or duvet, pillow, pillowcase and nightware
- Plenty of old clothes (Jogging bottoms etc)
- Strong Shoes, Trainers
- Waterproof coat
- Towels and toiletries
- 1 black bin bag labeled (for dirty / wet clothes)
- 1 (named) refillable plastic bottle (drinking water bottle is ideal)
- Any inhalers or other medication which children require is discussed with Mr Brown in advance and a consent form filled in, is clearly labeled and given to Mr Brown not left in the child's luggage.
- £10 spending money (optional)



Please remember to ensure that ALL your luggage and items of clothing are clearly