



PGL Weekend 2019
Caythorpe Court Fri 27th September – Mon 30th September 2019

Final Details

Please read the following visit information carefully – a pre-visit meeting is NOT being held.
If you have ANY questions at all, please contact Mrs Smith.

TRAVEL

Departure by coach from school: 2.45pm on Friday 27th September
Children should come to school at the usual time on Friday in casual play clothes. Luggage will be stored in the Studio Hall. Bring to the Main Reception area first.

The short return journey will start after lunch, approx. 1.30pm – 2.00pm on Monday 30th September.
We will be back during school time. You may collect your child and their luggage (unless unexpectedly delayed) from 2.45pm.

STAFF

The party consisting of 54 children will be split into smaller activity groups, supervised by the following people:

Mr Morley (Headteacher), Mr Wilson, Mr Scrupps, Mrs Smith, Mrs Ward (Teachers) and Mr Bradford (PE & Sport Apprentice).

PGL Group Leaders (Groupies), PGL Instructors, PGL Centre Management Staff.

ACCOMODATION

Dorms to accommodate 4 – 6 children in bunk beds, with some clothes storage units. All rooms have en-suite facilities. Power sockets are available for hair styling! Staff rooms are located alongside children's rooms in each block of cabins.

MEDICAL

All PGL staff at the centre are first aid trained. A first aid kit is carried at all activities. In more serious cases, access to a local doctor / hospital can be arranged.

Last year you filled in a PGL medical form, we still have these on file. However if there are any additional things we need to be aware of please see Mrs Bartholomew.

Should any serious medical problems arise you will be contacted immediately.

Any inhalers, medicines, travel sickness tablets etc that the children would not normally administer themselves should be labelled with name and details of dosage and given to Mrs Fairweather / Mrs Smith on Friday morning. (Please include a spoon, if needed).

Working together for success

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Remember, travel sickness tablets if necessary on Friday, plus one dose in a sealed, named envelope for the return journey.

PGL is an exciting but often nerve wracking time – for adults and children alike. For some, it may be the first time away from home without you. I have spoken to the children today and they know they can come and see me to discuss any issues they may have. That is also extended to parents and carers, please contact me at school where I shall be happy to talk through anything at all.

For now, I have put together some key notes and a kit list to help prepare for what will be a brilliant weekend.

KIT LIST

NO SPECIAL CLOTHING IS REQUIRED

OLD 'play' clothes are most suitable – enough for 3 days of activity. Children may come to school on the Friday in play clothes, ready to leave.

It is advisable to have walking boots/ shoes or robust trainers, NOT Canvas trainers. These are susceptible to getting very wet whilst walking through the dewy grass in the mornings and evenings at PGL. Unfortunately, these tend to stay wet which can be very uncomfortable.

Layers. It gets cold in the early mornings and evenings. We shall be outside for the majority of the time we are there. The days are long and active.

Long sleeved tops and trousers – most activities involve having long sleeves and covered legs.

At least two towels.

A WATERPROOF jacket. Not just shower proof, as these tend to get wet in prolonged rain and stay wet.

Fleece or similar.

A warm jumper or sweatshirt.

A 'wet' outfit. An old track suit or similar would be ideal– NOT WOOLEN, with a t-shirt underneath. An old pair of trainers, ideally ones that have recently been outgrown as they can be thrown into the bin afterwards. Swimwear is optional. This wet outfit is specifically for going into the lake. All items can be thrown away afterwards OR if you would like them returned, please provide a plastic bag to place the wet items in. (Bear in mind that raft building may happen early in the weekend so there is a potential of wet, smelly clothes sitting around in a case for a prolonged period of time!)

Wash kit – aerosol deodorants are NOT allowed.

A torch may prove useful for some night activities.

A water bottle – there will be ample opportunity to refill these.

EVERY CHILD NEEDS TO TAKE A SLEEPING BAG AND PILLOW. These should be packed in a separate strong, plastic bag – clearly named.

Please limit luggage to a suitcase / holdall and a small bag if necessary

All specialist and safety equipment are supplied by PGL.

Pocket money

Money is only required for souvenirs. This is optional. All money should be handed to Mrs Smith on the Friday morning in a sealed, named envelope, with the amount clearly stated. As a guide, £10 would be plenty if children would like a t-shirt and mug. However, there are a variety of souvenirs available at cheaper prices. We are allocated a slot which we use for the shop. Otherwise, it is totally out of bounds.

Code of Conduct

As always, we expect the children to represent the school in the positive way. However, just as a reminder... Children are asked **not** to:

- Leave litter anywhere on site
- Go into activity bases without permission from a member of staff
- Play with fire extinguishers
- Go into any room other than their own (unless given permission by school/ PGL staff)

Children must:

- Maintain the standards of behaviour that are expected of them in school
- Wear seatbelts at all times on the coach

ANY child who misbehaves may miss activities and **risks the possibility of being sent home**, therefore please ensure you are available to contact throughout the weekend.

NO mobile phones, radios, hand held games, iPods, m-p3 players, speakers etc are to be taken.

A camera is allowed, but it is the responsibility of the child. We shall be taking numerous pictures and video footage of your children as they immerse themselves in the PGL experience

Contact

There are no telephones for children to use. Parents should only contact the centre in an emergency. Likewise, you will only be contacted if there is an emergency by Boston West Staff. To keep up to date with what is going on, Mr Morley will be providing plenty of updates on Facebook and Twitter. The twitter feed can be found on the homepage of the school website.

Finally, a post- PGL celebration evening for children and parents, shall be held in school soon after our return on **Wednesday 9th October at 6pm** where children will share their reflections of their time at PGL and there will be a slide show and video of our time there. We aim to produce CDs and DVDs for you to be able to purchase at a later date.

Once again, if there are any questions or queries, please do not hesitate to contact me at school.

Amanda Smith

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