



PGL
3rd - 7th October 2016



What's it all about?



- PGL is wonderful opportunity for the children to relax and have fun after their hard work this year.
- PGL is an outdoor activity centre in Windmill Hill, Sussex.
- The centre offers a range of outdoor activities including zip wire, climbing and water activities



Organisation

When?

Monday 3rd October- Friday 7th October

Where?

Windmill Hill, Sussex, roughly 2 hours away

How?

Children arrive at school in their own clothes by 11am. Luggage will be collected in the library and must be clearly labelled. Coaches arrive at approx. 1pm.

Children will have a normal lunch here.

We should arrive back at school on Friday 7th October at approximately 5pm.



Introduction of those going

Mr Tang

Miss Digweed

Mr Hawkes

Miss Short



The Daily Routine

- 7am Wake Up and shower!!
- 8am Breakfast – Cooked or selection of cereals/toast
- 9am – 10.30 – Activity one
- 10.40 – 12.10 – Activity Two
- 12.30 – Lunch
- 2.10 – 3.40 Activity Three
- 3.50 – 5.20 – Activity Four
- 6.00 – Dinner
- 7pm – Evening entertainment
- 9pm Rooms – 10pm – Lights out!



Activities and safety

- Powerfan
- Quad Biking
- Jacob's Ladder
- Zip Wire
- Challenge Course
- Climbing
- Aeroball
- Giant Swing
- Archery
- Problem Solving
- Survivor
- Trapeze
- Sensory Trail

- 2 activities before lunch, 2 after lunch PLUS evening activities eg. Games etc.
- SAFETY FIRST – safety bench, instructors etc.



	Group	Monday	Group	Tuesday	Group	Wednesday	Group	Thursday	Group	Friday
Breakfast										
Session 1 - 09.00 - 10.30		1 Canoeing 1* 2 All Aboard 1 3 Abseiling 1	1 Trapeze 1 2 Challenge Course 1 3 Fencing 1	1 Giant Swing 1 2 Raft Building 1* 3 Rifle Shooting 1	1 Orienteering 1 2 Zipwire 1 3 Orienteering 2					
Session 2 - 10.40 - 12.10		1 All Aboard 1 2 Canoeing 1* 3 Aeroball 1	1 Challenge Course 1 2 Trapeze 1 3 Jacobs Ladder 1	1 Raft Building 1* 2 Giant Swing 1 3 Climbing 1	1 Zipwire 1 2 Orienteering 1 3 Zipwire 2					
Lunch										
Session 3 - 14.00 - 15.30		1 Aeroball 1 2 Abseiling 1 3 All Aboard 1	1 Fencing 1 2 Jacobs Ladder 1 3 Trapeze 1	1 Rifle Shooting 1 2 Climbing 1 3 Giant Swing 1	● Depart From Centre					
Session 4 - 15.40 - 17.10	● Arrive At Centre	1 Abseiling 1 2 Aeroball 1 3 Canoeing 1*	1 Jacobs Ladder 1 2 Fencing 1 3 Challenge Course 1	1 Climbing 1 2 Rifle Shooting 1 3 Raft Building 1*						
Dinner										
Shop times										
Evening	Ambush	Wacky races	PPTTW	Disco						

Rooms and Groups



- The children will be in day groups of between 8-9 and will have at least one friend within this group.
- Each group will be led by a school based adult (who they will know) and a fully qualified PGL instructor.
- The children will be in rooms of 5 or 6 and will also have at least one friend in their rooms with them.

Rooms and Groups

- Each room is equipped with a toilet and shower – which we will encourage the children to use!
- Adults will be in rooms at the end of each corridor
- We will tell the children who they will be in a room and group with when we arrive
- There is also night security and security cameras ensuring full safety overnight



Food

- A wide range of food is available to accommodate all dietary requirements.
- We have yet to find a child who hasn't eaten well over the week!
- There is also a tuck shop that sells chocolate, sweets and souvenirs – the children are able to visit to buy souvenirs
- We monitor what the children buy to ensure that they are eating fairly healthily!



FRIDAY	SATURDAY	SUNDAY	MONDAY
Breakfast	Breakfast	Breakfast	Breakfast
Choice of three cereals with semi-skimmed milk Assorted Yoghurts White & brown toast with preserves Fresh fruit Porridge oats with cinnamon and brown sugar Grilled bacon Roast tomatoes Baked beans Vegetarian sausages (V)	Choice of three cereals with semi-skimmed milk Assorted yoghurts White & brown toast with preserves Fresh fruit Porridge oats with cinnamon and brown sugar Grilled sausages Baked beans Hash browns Vegetarian sausages (V)	Choice of three cereals with semi-skimmed milk Assorted yoghurts White & brown toast with preserves Fresh fruit Porridge oats with cinnamon and brown sugar Grilled bacon Mushrooms Baked beans Vegetarian sausages (V)	Choice of three cereals with semi-skimmed milk Assorted yoghurts White & brown toast with preserves Fresh fruit Porridge oats with cinnamon and brown sugar Grilled bacon Roast tomatoes Baked beans Vegetarian sausages (V)
Lunch	Lunch	Lunch	Lunch
Home-made soup served with a choice of breads Selection of baguettes/wraps with a choice of hot and cold fillings accompanied by crisps and a selection of salads Fresh fruit, fruit squash, fresh water, tea and coffee available with all meals	Home-made soup served with a choice of breads Meat or vegetarian pasty/sausage rolls with new potatoes and peas and a selection of salads Fresh fruit, fruit squash, fresh water, tea and coffee available with all meals	Home-made soup served with a choice of breads Pizza bar Deep pan or thin crust pizza with a choice of toppings served with potato wedges and a selection of salads Fresh fruit, fruit squash, fresh water, tea and coffee available with all meals	Home-made soup served with a choice of breads Selection of baguettes/wraps with a choice of hot and cold fillings accompanied by tortilla chips and a selection of salads Fresh fruit, fruit squash, fresh water, tea and coffee available with all meals
Dinner	Dinner	Dinner	Dinner
Chef's soup of the day Oven-baked fish Mustard-glazed pork chops Spinach and ricotta cannelloni (V) Peas, sweetcorn, potato croquettes and a selection of salads Doughnuts	Chef's soup of the day Battered chicken chunks Meatballs in tomato sauce Mushroom stroganoff Green beans, broccoli, chips, rice and a selection of salads Apple pie with custard	Chef's soup of the day Roast turkey and gravy Shepherd's pie Spinach and feta cheese pastry (V) Carrots, sautéed cabbage, roast new potatoes and a selection of salads Jelly and fruit salad	Chef's soup of the day Beef lasagne Fish fingers Creamy vegetable pie (V) Peas, baby carrots, chips and a selection of salads Tray-baked muffin

What the children need to bring

- £10 money for the week- coins, handed in in a named container to Miss Short on Monday 3rd October, or before
- Any medications in a named bag with required dose clearly noted please (and to be given to Miss Short).
- Toiletries
- 2 old towels – one (or both) normally end up muddy!
- Plastic bags for wet/muddy/dirty clothes
- Camera if they wish (small disposable type with name written on the card wrapper.)
- Nightwear
- OLD clothes, including one set for the mud course – jeans are not good, tracksuits are best.
- Waterproofs
- Sun protection/water bottle
- 2 pairs of trainers – one for the mud course.
- One set of smarter clothes for evening disco



What the children do NOT need to bring

- *Other food or sweets* - all meals are provided.
- *Anything valuable* – they will get lost on a messy dormitory.
- *Wellington boots* – not safe for the activities.
- *iPods or any other electrical equipment*
- *Mobile phones* – these will get lost and induce homesickness.
- *Torches* – no need for them
- *Extra smuggled money* – not needed.
- *Any jewellery* – for health and safety reasons.
- *Latest fashion clothes* – they won't be for long!



Illness and homesickness

Illness

- The centre has a staffed first aid room in case of need

Homesickness

- Not normally a problem as children are kept very busy.
- No phoning during the week as this often triggers issues.
- We will contact you if there is a problem.



Video

Here's a PGL promotional video to tell us more!



Any Questions?

