



PGL

17th – 21st October 2022



What's it all about?



- PGL is a wonderful opportunity for the children to relax, have fun and develop teamwork skills
- 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 17th October – Friday 21st 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 Miss Couves classroom and must be clearly labelled. Please hand any medicines to Mr Clifford. Coaches arrive at approx. 1pm.

Children will have lunch here (please bring packed lunch if not hot dinners). Please remember to book any hot dinners BEFORE 9am on the Monday morning.

We should arrive back at school on Friday 21st October at approximately 3:30pm.



On the day we get back

When?

Friday 21st October

Where?

Windmill Hill, Sussex, journey home takes 2 hours

How?

Children have food before we leave.

We aim to leave around 1:00pm.

Should get back to school at approximately 3.30pm (depending on the traffic.)



Staff



Mr Clifford

Miss Lainsbury

Miss Short

Miss Couves



The Daily Routine

- 7am Wake Up and shower!
- 8am Breakfast
- 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
- 8.30pm Rooms
- 9.30pm – Lights out!



Activities and safety

- Jacob's Ladder
- Trapeze
- Challenge Course
- Canoeing
- Giant Swing
- All Aboard
- Abseiling
- Archery
- Problem Solving
- Sensory Trail
- Rifle Shooting
- Orienteering

- 2 activities before lunch, 2 after lunch PLUS evening activities eg. Games etc.
- SAFETY FIRST-
instructors, first aid etc.



Rooms and Groups



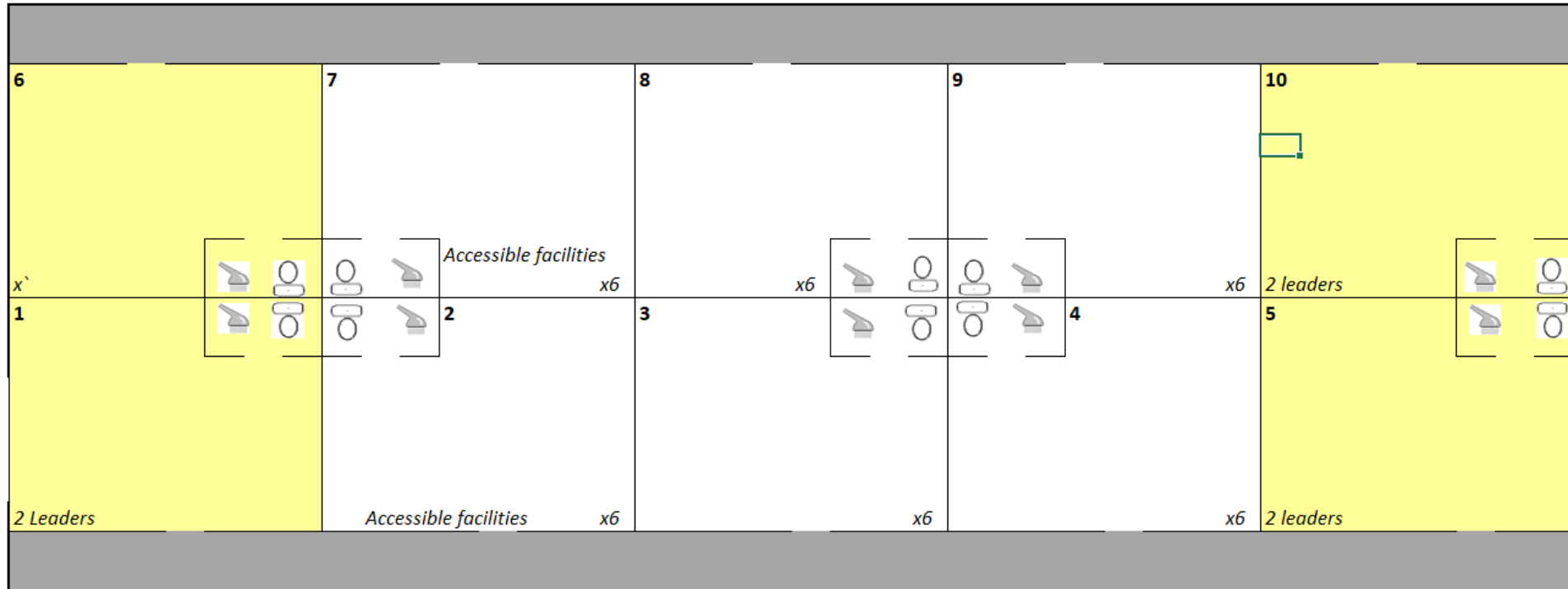
- The children will be in day groups of 10-12 and will have at least one friend that they have chosen within this group.
- Each group will be led by a school based adult and a fully qualified PGL instructor.
- The children will be in rooms of 5 or 6 and will also have at least one friend who they have chosen 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



Rooms and Groups



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! If your child is fussy please let us know...
- We will not be visiting the tuck shop during our stay and we would ask that children do not bring sweets/snacks.



Example Menu:

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 Trav-baked muffin

What the children need to bring

- NO money for the week- shop is not open nor the disco
- Any medications in a named bag with required dose clearly noted please (and to be given to Mr Clifford). Including Calpol. Earlier the better please.
- 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 – named)
- Nightwear
- OLD clothes, including one set for any water activities – jeans are not good, tracksuits or leggings are best. Plimsolls or old trainers which can be disposed of would be great!
- Waterproofs
- Sun cream and hat
- Refillable water bottle is a must!
- 2 pairs of trainers (preferably old)
- Everything must be in a **suitcase on wheels** as they will be responsible for taking it to and from the coach. It is a 10-15 minute walk.
- **Please help them to pack their own case so they know what they are bringing**



What the children do NOT need to bring

- *Other food or sweets* – all meals are provided.
- *Anything valuable* – they will get lost in a messy dormitory.
- *Wellington boots* – not safe for the activities.
- *iPads or any other electrical equipment*
- *Mobile phones* – these will get lost and induce homesickness.
- *Money* – not needed.
- *Any jewellery* – for health and safety reasons.
- *Latest fashion clothes* – they won't be for long!



Illness and homesickness

Illness

- If your child displays illness we will contact you as soon as possible and ask you to come and collect your child directly from Windmill Hill.
- Please note, by sending your child on the trip, you understand that you are responsible for their travel to/from the PGL grounds should they need to travel privately due to illness.

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.



Any Questions?

Please speak to Mr Clifford or email
office@ivjs.school

