

# PGL 2025

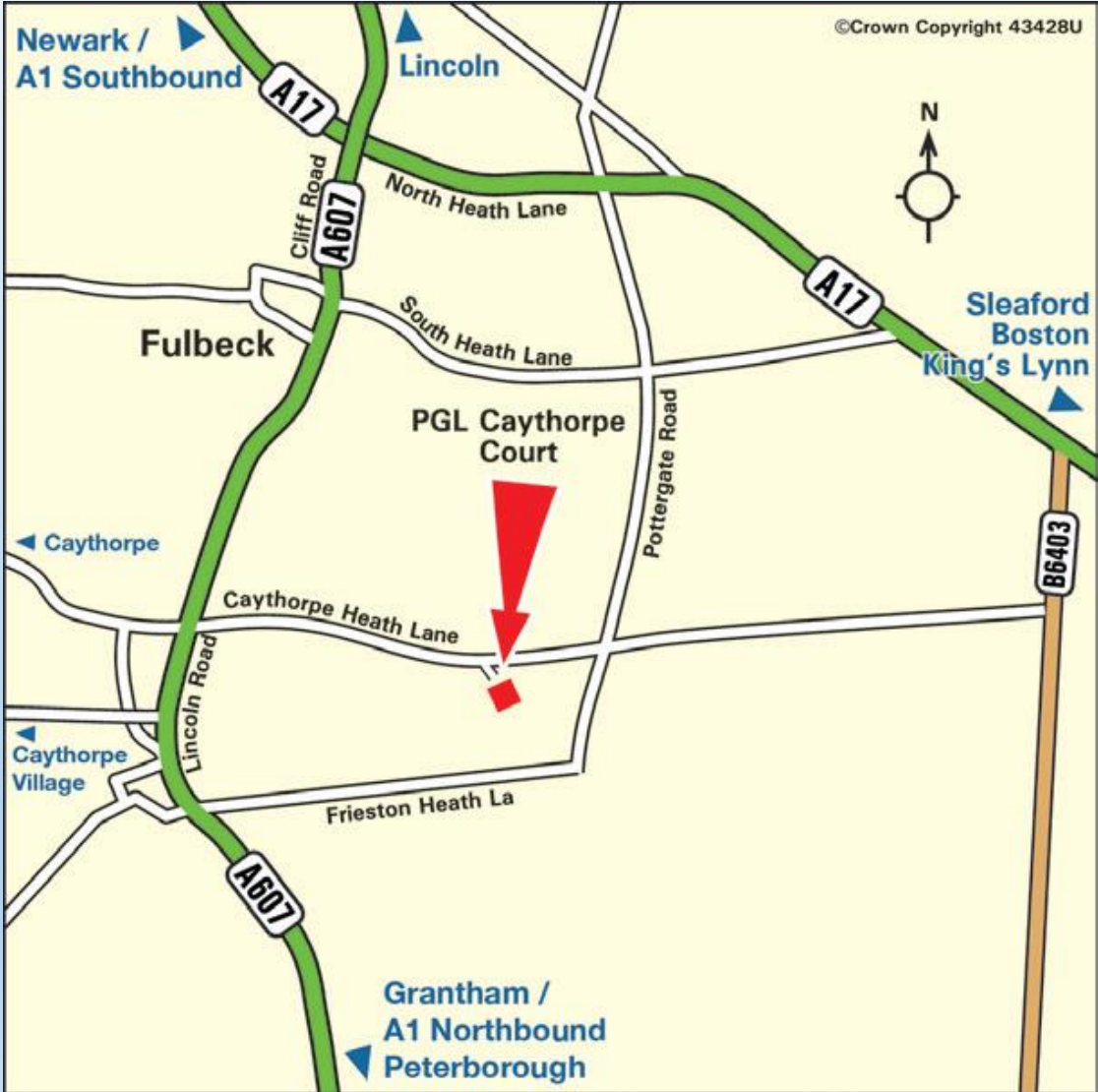
Caythorpe Court

Monday 9<sup>th</sup> June – Friday 13<sup>th</sup> June 2025

Parent's Meeting



# Caythorpe Court

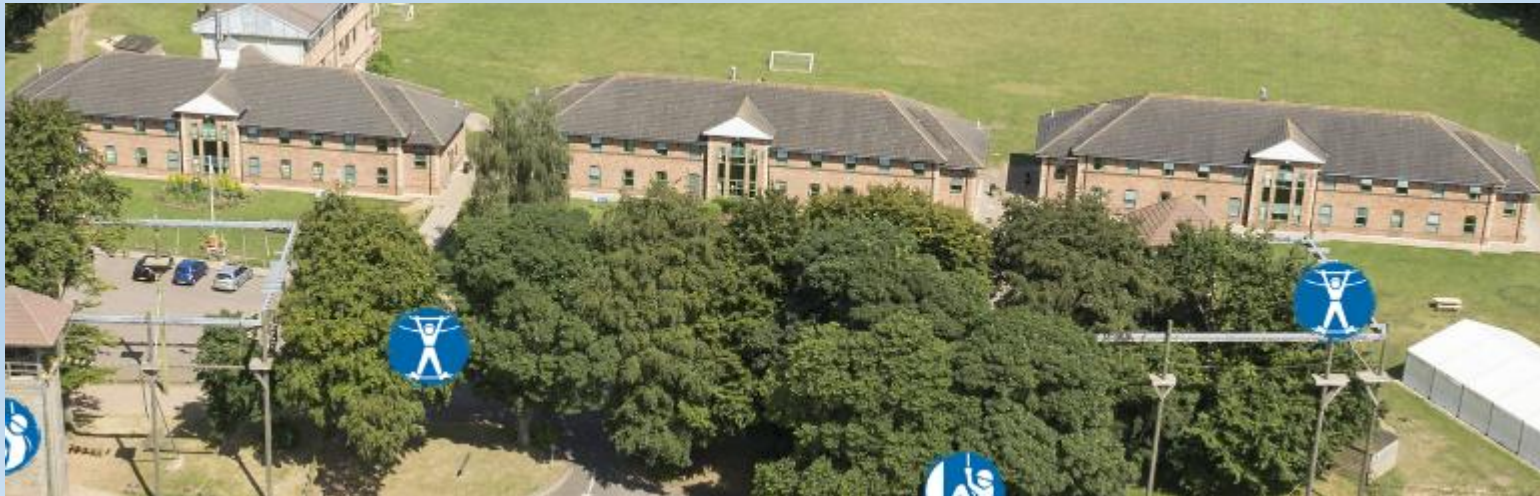


# On the day...

- Children should arrive at school at 8:40 and come in through the KS2 Car Park. Suitcases and bedding will be left in the KS2 Library and children will go to class for registration as usual. Please ensure they have eaten a good breakfast!
- We aim to leave at about 10am – if you wish to wave your child off, please be mindful of parking along Blindmans Lane and ensure the coach can fit!
- Children will need a packed lunch to eat on arrival (NO food or drink to be consumed on the coach other than plain water). Our first PGL meal will be dinner at about 6pm.
- We arrive at Caythorpe at roughly 12pm, eat lunch and play games before settling into our accommodation. On Day 1 we will have two afternoon activities and an evening activity. Children can bring books or sensible activities to occupy them on the coach.
- **NO ELECTRONICS AT ALL!**

# Bedrooms

- This year, we are staying in one of the main buildings - **The Vales - Bourne**.
- We have asked the children to let us know 3 friends who they would like to share with and we will allocate the rooms, ensuring that each child shares a room with at least **one** person on their list. Rooms are between 4-6 children.
- These forms are in your packs and can be filled out at the end of the meeting. Please return by Thursday 22<sup>nd</sup> May (before half term).
- Children will not be informed of their bedroom allocations until we are on the coach, however, we will take into account any requirements parents have communicated in advance.



Children are expected to keep their rooms tidy and clutter free for safety reasons. Rooms will be inspected every day, with prizes at the end of the week for the tidiest room.

# Communication

- We will text parents upon arrival and send text updates daily.
- In emergency situations, you should contact the school during office hours. Please DO NOT contact PGL directly.
- The Year 6 page of the school website will show a selection of pictures daily – please do not panic if you do not see your child, some are more camera shy than others.



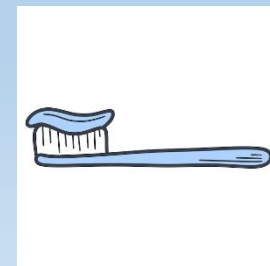
# Medicines

- If you wish for us to administer prescribed medication, please hand labelled medication to a member of the Year 6 team or office by **Wednesday 4<sup>th</sup> June**, along with clear, written instructions on dosage.
- Any UNPRESCRIBED medicines, such as travel sickness tablets, taken regularly will also require written instructions.
- We will be taking ibuprofen, paracetamol and antihistamine. You will be called for permission to administer if required.



# Packing

- You have a suggested kit list. This is very dependent on the weather forecast before we go.
- This year, children will need to bring their own bedding – a pillow and a duvet/sleeping bag.
- They will need long sleeved tops and full-length trousers for many of the activities due to the harness.
- Do not feel that you must buy new clothes for them to wear, their clothes will get very dirty and old clothes are best!
- There will be a disco on the last night so bring your party clothes!
- Pack extra socks, they may need to be changed during the day if wet.
- No jewellery (except watches and stud earrings) please. Roll on deodorant only (spray-cans often set off the fire alarms!)
- Please include all toiletries and sun cream.
- One suitcase and one bag that carries their lunch only please. Ensure your child is able to manage their own case. Do not forget a refillable water bottle.
- Consider involving your child in the packing of their case as every year, we have unclaimed lost property where children do not recognise their own belongings.
- **NAME EVERYTHING!!!!!!**



# Food - Sample Menu

BREAKFAST						
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Sausages	Sausages	Sausages	Sausages	Sausages	Sausages	Sausages
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Beans	Beans	Beans	Beans	Beans	Beans	Beans
Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)	Vegan Cumberland (ve)
Hash Browns	Mushrooms	Hash Browns	Mushrooms	Hash Browns	Mushrooms	Hash Browns
Available every day: Choice of Cooked & Continental Breakfast   Continental Options - Porridge, Selection of Cereals, Assorted Yoghurts & White or Brown Toast & Jam						

LUNCH						
Pizza	Pasta	Hot Dog	Hot Sandwich	Burger	Tacos & Fajitas	Roast Dinner
Choices:	Choices:	Choices:	Choices:	Choices:	Choices:	Choices:
Pepperoni	Mac 'N' Cheese (v)	Pork Hot Dog	Ham & Cheese Baguette	Beef Burger	Chicken	Roast Beef
Margherita (v)	Plant-based Bolognese (ve)	Plant-based Hot Dog (ve)	Meatball Baguette (ve)	Plant-based Burger (ve)	Plant-based (ve)	Vegan Sausage Rolls (ve)
Vegan Margherita (ve)	Tomato & Basil (ve)	Sides:	Fish Finger Sandwich	Sides:	Soft Wrap	Sides:
Sides:	Sides:	Onions,	Sides:	Cheese, Tomato Relish,	Crispy Shell	Carrots, Broccoli, Peas,
Potato Wedges	Garlic Bread	Skinny Fries	Crisps	Onions, Curly Fries	Sides:	Yorkshire Pudding, Roast
					Salsa, Tortilla Chips	Potatoes, Gravy
Available every day: Homemade Soup of the Day or Tomato Soup & Bread Roll   Classic Sandwiches - Ham, Tuna Mayo or Cheese						

DINNER						
Piri Piri Chicken	Bangers & Mash	Meatball Lasagne	Bacon Mac 'N' Cheese	Fish & Chips	Fried Chicken	Sweet Chilli Chicken
Tuna Pasta Bake	Chicken Chow Mein	Cod Goujons	Chicken Kiev	Chicken Katsu Curry	Pulled Pork Filled	Fish Fingers
Spaghetti & Meatballs (ve)	Sausage & Bean Stew (ve)	Plant-based Shepherd's Pie (ve)	Vegetable Curry (ve)	Vegan Fish Fingers (ve)	Yorkshire Pudding	Butternut Squash
Sides:	Sides:	Sides:	Sides:	Sides:	Spaghetti Bolognese (ve)	Wellington (ve)
Curly Fries, Baby Corn, Green Beans	Mashed Potato, Broccoli, Green Beans, Gravy	Garlic Bread, New Potatoes, Country Vegetables, Broccoli	New Potatoes, Rice, Mangetout, Carrots	Skinny Fries, Rice, Peas, Carrots	Sides:	Potato Wedges, Country Vegetables, Green Beans
Spaghetti	Penne Pasta	Penne Pasta	Penne Pasta	Penne Pasta	Mashed Potato*, Curly Fries, Broccoli, Baby Corn, Gravy*	
Served with:	Served with:	Served with:	Served with:	Served with:		
Tomato Sauce, Grated Cheese	Cheese Sauce, Grated Cheese	Tomato Sauce, Grated Cheese	Cheese Sauce, Grated Cheese	Cheese Sauce, Grated Cheese		
Chocolate Fudge Cake with Ice Cream	Sticky Toffee Sponge Cake with Ice Cream	Chocolate Crispy Cake	Apple Crumble with Custard	Chocolate Eclairs	Spaghetti	Penne Pasta
					Served with:	Served with:
					Tomato Sauce, Grated Cheese	Cheese Sauce, Grated Cheese
					Belgian Waffles with Ice Cream	Chocolate Brownies

- All dietary requirements are taken seriously and fully catered for. PGL have already been informed of the information we hold on Arbor.
- Please ensure allergies and dietary restrictions are clearly included on the consent form.
- Children are allowed to bring snacks for their room, however, **nothing containing nuts, no gum, no glass containers and no fizzy drinks.**
- If you are concerned about food, please speak directly to a member of Year 6.

# Pocket Money

£10.00 maximum, in a sealed named envelope or a coin bag. Please hand this to a member of Year 6 or the office by **Wednesday 4<sup>th</sup> June**. They will only have one opportunity to visit the shop for gifts during the week. There will be no other opportunity to spend their money.



# Activities:



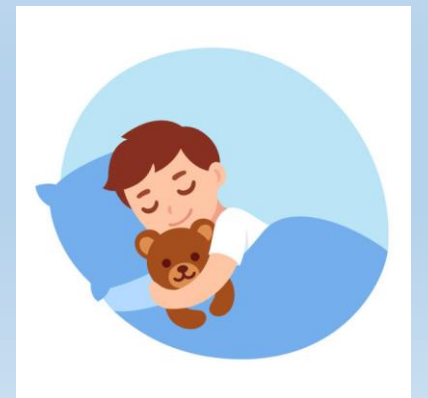
- We are doing lots of exciting activities. These are all properly supervised by the PGL staff and a member of our staff.
- Children will be split into 4 groups, with at least one member of staff allocated to each. The adults attending PGL this year are: Mrs Panayi, Mrs Middleton, Miss McKeown, Mrs Dawda and Miss Mansi.
- We will be encouraging the children to take part and try to do as many of the activities as possible, as on previous trips the children have always felt a great sense of achievement from pushing themselves just that little bit further and achieving something that they never thought they would be able to do.

# Provisional Activity Timetable (this can change)

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:15 - 15:45	Session 4 15:55 - 17:25	Evening 19:30 - 20:30
<b>Monday</b>	1					Vertical Challenge (VC1)	Survivor (SU5)	Campfire (CF4)
	2					Survivor (SU5)	Vertical Challenge (VC1)	Campfire (CF4)
	3					Vertical Challenge (VC2)	Survivor (SU6)	Campfire (CF4)
	4					Survivor (SU6)	Vertical Challenge (VC2)	Campfire (CF4)
<b>Tuesday</b>	1			Zip Wire (ZW3)	Fencing (F1)	Giant Swing (GS5)	Laser Tag (LT2)	Cluedo (CLU1)
	2			Fencing (F1)	Zip Wire (ZW3)	Laser Tag (LT2)	Giant Swing (GS5)	Cluedo (CLU1)
	3			Zip Wire (ZW4)	Fencing (F2)	Giant Swing (GS6)	Laser Tag (LT2)	Cluedo (CLU1)
	4			Fencing (F2)	Zip Wire (ZW4)	Laser Tag (LT2)	Giant Swing (GS6)	Cluedo (CLU1)
<b>Wednesday</b>	1			Canoeing (OC1)	Tunnel Trail (TT1)	High Ropes Course (HR1)	Archery Tag (AT1)	PGL Games (PGA4)
	2			Tunnel Trail (TT1)	Canoeing (OC1)	Archery Tag (AT1)	High Ropes Course (HR1)	PGL Games (PGA4)
	3			Canoeing (OC2)	Tunnel Trail (TT2)	High Ropes Course (HR2)	Archery Tag (AT1)	PGL Games (PGA4)
	4			Tunnel Trail (TT2)	Canoeing (OC2)	Archery Tag (AT1)	High Ropes Course (HR2)	PGL Games (PGA4)
<b>Thursday</b>	1			Trapeze (TR5)	Archery (A1)	Aeroball (AE1)	Climbing (CL3)	Disco (DIS1)
	2			Archery (A1)	Trapeze (TR5)	Climbing (CL3)	Aeroball (AE1)	Disco (DIS1)
	3			Aeroball (AE1)	Climbing (CL5)	Trapeze (TR4)	Archery (A1)	Disco (DIS1)
	4			Climbing (CL5)	Aeroball (AE1)	Archery (A1)	Trapeze (TR4)	Disco (DIS1)
<b>Friday</b>	1			Abseiling (AB4)	Orienteering (OR3)	Depart		
	2			Orienteering (OR3)	Abseiling (AB4)	Depart		
	3			Abseiling (AB5)	Orienteering (OR4)	Depart		

# Bedtimes

- We aim to get the children in their rooms by 9.30, with some daily free time. Lights out and quiet by 10:00pm. This is late for most of the children, and we will insist on them being quiet and trying to sleep. They are to stay in their rooms until we wake them up the next morning, unless there is an emergency. They will know where our rooms are.
- Wake up time will probably be about 7.00, depending on the time that we are allocated for breakfast.



Any other questions?



# Letters from home

Please write a letter/card/postcard to your child, to be handed in to a member of the Year 6 team by Wednesday 4<sup>th</sup> June 2025. Try to keep this a secret from your child, as we like to surprise them with the letters during the week. Please think carefully about what you say in the letters as we don't want them to feel too homesick!

