

PGL 2024

Parent's Meeting – Wednesday 23rd January 2024



Location - Osmington Bay (Weymouth)



Tour of the site

[PGL Osmington Bay Adventure nr Dorset | PGL Adventures](#)

Dates

Leave - Friday 17th May 2024

Return – Monday 20th May 2024

Children have Tuesday 21st and Wednesday 22nd as payback for their weekend away

Staffing

Mrs Aristidou

Mrs Curry

Mrs Barton

Mrs Gorton

Mrs Tsourou

Mr Pugh

Miss Church

Mr Wyatt

Miss Clark

Miss Harrison

Mrs Clark

Mrs Laxton

What Friday 17th May will look like

- Children come to school at 9:30am and should come straight to the hall via the side doors. Please ensure they have eaten a good breakfast!
- Luggage – ONE suitcase and one carry on rucksack with their lunch and water bottle in.
- We aim to leave no later than 10:30am – if you wish to wave your child off, you may wait on Elm Drive.
- Scheduled stop at Winchester Services where we will eat lunch
- Children will need a packed lunch to eat during our scheduled stop half-way through the journey. (NO food or drink to be consumed on the coach other than plain water).
- We make one toilet stop on the way and arrive at Osmington at roughly 3pm.
- Children can bring books or sensible activities to occupy them on the coach.
- NO ELECTRONICS

First day at PGL

- Check in on arrival
- When ready they will give us the keys to our accommodation
- Children will then be told who they are sharing a room with
- Children go in to their rooms – usually they have to make their beds
- We meet our PGL guide who tells us our timings
- The children will get a tour of the site
- Possibly A little bit of downtime
- Dinner
- Evening activity
- Down time in rooms
- Bedtime

A full day at PGL

07:00	Your Group Leader will wake you up so that you can get up and get ready for the day ahead.
08:00	Off to the dining room with the rest of your group to fuel up for the day, you'll need plenty of energy to keep you going. Breakfast includes cereals, toast, yogurts, porridge, and cooked breakfast – you choose! Don't forget to refill your drinks bottle before you head off to your first activity.
09:15 Session 1	Activity One
10:45	Break. Catch your breath and have a quick drink before your next session.
11:00 Session 2	Activity Two
12:30- 14:00	Worked up an appetite? Great – it's time to replenish your energy stores with the dining room. If you have energy to spare after lunch your Group Leader will always be ready for a quick kickabout with a ball or you could relax and chat with your new friends.
14:15 Session 3	Activity Three
15:45- 16:00	A chance for a breather and a drink before your Groupie takes you to your next activity.
16:00 Session 4	Activity Four
18:00	Time to eat again – a different menu each day, (and did we mention, evening meals come with a hot pudding too – or you can stick with fruit if you prefer).
19:00	Talent shows, campfires, quizzes and much more – your evening entertainment programme gives you the chance to get together with everyone else in your age group and have some laughs.
21:00- 22:30	Bedtime. The younger ones go first whilst older groups have time to chill out and chat or watch a DVD. Then it's lights out and time to sleep ready to do it all over again tomorrow!

Last day at PGL

- Children go to breakfast
- Take all bedding of the beds
- Last few things packed away
- Activity 1 and 2
- Have lunch
- Start the return journey home
- Quick stop at services for toilet break
- Aim to return to school by 6pm
- Pick up will be from the small playground near the main office

Accommodation

- PGL have not yet confirmed our accommodation – they will probably do this late April
- There will be boys rooms and girls rooms – each room will have either 4 or 6 beds (bunked beds) and there is an ensuite in each room
- Closer to going, children will have the option of writing a list of up to 5 children they would be happy to share with – children can choose children from any of the 3 classes
- Staff will collate the choices and we will ensure that every child gets at least one child from their list
- Children will be informed about their rooms on arrival to PGL
- Rooms for staff will be spaced out amongst the childrens rooms

Bedtimes

- We aim to get the children in their rooms by 9-9.30pm
- 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.
- Children need 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 between 7-7.30am, depending on the time that we are allocated for breakfast.

Packing

- One suitcase and one carry on rucksack ONLY – please ensure your child knows what is in their suitcase.
- We will be emailing out a suggested kit list after half term.
- Children will need long sleeved tops and full length bottoms for most of the activities. One disco outfit.
- Named water bottle.
- Do not buy new clothes for them to wear, their clothes will get very dirty and old clothes are best.
- No jewellery (except watches and stud earrings).
- Toiletries – to brush teeth, shower.
- Roll on deodorant only (spray-cans often set off the fire alarms!).
- Games to play in the room – cards, uno, notebook, pen etc.
- Absolutely no electronics.
- Pack your child a suitable snack that they can have each day. Your children do not need multiple packets of sweets, crisps and chocolate. They get three full meals and unlimited fruit and salad throughout the day.
- **NAME EVERYTHING!**

Food

 BREAKFAST	Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Sausages Bacon Beans Vegan Cumberland (ve) Hash Browns	Sausages Bacon Beans Vegan Cumberland (ve) Mushrooms	Sausages Bacon Beans Vegan Cumberland (ve) 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 Choices: Pepperoni Margherita (v) Vegan Margherita (ve) Sides: Potato Wedges	Pasta Choices: Mac 'N' Cheese (v) Plant-based Bolognese (ve) Tomato & Basil (ve) Sides: Garlic Bread	Hot Dog Choices: Pork Hot Dog Plant-based Hot Dog (ve) Sides: Onions, Skinny Fries	Hot Sandwich Choices: Ham & Cheese Baguette Meatball Baguette (ve) Fish Finger Sandwich Sides: Crisps	Burger Choices: Beef Burger Plant-based Burger (ve) Sides: Cheese, Tomato Relish, Onions, Curly Fries	Tacos & Fajitas Choices: Chicken Plant-based (ve) Soft Wrap Crispy Shell Sides: Salsa, Tortilla Chips	Roast Dinner Choices: Roast Beef Vegan Sausage Rolls (ve) Sides: Carrots, Broccoli, Peas, Yorkshire Pudding, Roast 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 Tuna Pasta Bake Spaghetti & Meatballs (ve) Sides: Curly Fries, Baby Corn, Green Beans	Bangers & Mash Chicken Chow Mein Sausage & Bean Stew (ve) Sides: Mashed Potato, Broccoli, Green Beans, Gravy	Meatball Lasagne Cod Goujons Plant-based Shepherd's Pie (ve) Sides: Garlic Bread, New Potatoes, Country Vegetables, Broccoli	Bacon Mac 'N' Cheese Chicken Kiev Vegetable Curry (ve) Sides: New Potatoes, Rice, Mangetout, Carrots	Fish & Chips Chicken Katsu Curry Vegan Fish Fingers (ve) Sides: Skinny Fries, Rice, Peas, Carrots	Fried Chicken Pulled Pork Filled Yorkshire Pudding Spaghetti Bolognese (ve) Sides: Mashed Potato*, Curly Fries, Broccoli, Baby Corn, Gravy*	Sweet Chilli Chicken Fish Fingers Butternut Squash Wellington (ve) Sides: Potato Wedges, Country Vegetables, Green Beans
	Spaghetti Served with: Tomato Sauce, Grated Cheese	Penne Pasta Served with: Cheese Sauce, Grated Cheese	Penne Pasta Served with: Tomato Sauce, Grated Cheese	Penne Pasta Served with: Cheese Sauce, Grated Cheese	Penne Pasta Served with: Cheese Sauce, Grated Cheese	Spaghetti Served with: Tomato Sauce, Grated Cheese	Penne Pasta Served with: 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	Belgian Waffles with Ice Cream	Chocolate Brownies

This is may not be the exact menu

Activities

- We will be doing lots of exciting activities – which ones exactly have not been confirmed by PGL yet.
- These are all properly supervised by the PGL staff and a member of our staff.
- For most activities, children have a harness on
- Children will be put into activity groups – this is be about 10-12 children – each group will be led by a least one member of our school staff.
- 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.

Behaviour

- We aim for the children to have lots of fun while they are away, but we do need to ensure they are safe at all times.
- Where we can, we will follow our school behaviour policy while away – this may mean children miss activities if they are not making the correct behaviour choices
- We expect the children to follow our school values even when we are away – being kind, being respectful, being the best that they can be
- One thing we will be clear about is that children are not allowed to be going in and out of each others rooms. When it is downtime or bedtime, children will be expected to be in their allocated rooms.
- We do not like to say it but we must, if a child continuously makes the wrong choices then their parents/carers may be called to come and collect their child from Osmington Bay.
- Again we must reiterate, as Mr Pugh did in the original PGL meeting, if we have concerns around your child's behaviour at school then we may have to come to the decision that your child is not permitted to attend the residential. This decision can be made anytime up until we are due to go.

Medicines

- Everyone will have form sent home to inform us about any medication your child will require during our trip
- For us to administer any medication, we will need written instructions and a signed consent form
- Closer to the date of travel, we will ask all medication to be handed in to u. Ideally, we will want all medication a few days before we travel
- We will be taking ibuprofen, paracetamol and antihistamine. You will be called for permission to administer if required.
- If your child has extensive medical needs, we will arrange a meeting to discuss medical requirements
- Miss Clark will be responsible for medications and administering them. Medication will be locked away where needed.

Communication

- We will text parents upon arrival and departure from PGL
- We will keep you updated with an ETA when returning home
- The school twitter group will show a SMALL selection of pictures daily – please do not panic if you do not see your child, some are more camera shy than others.
- Wifi is very weak at PGL so we will try our best to get as much on when we can but this will only be once a day. The Wifi is usually better in the rooms so we may not be able to upload until we return back to rooms properly in the evenings.
- I am sure you can understand, our main priority is to be with the children to ensure they are safe and happy.
- In emergency situations, you should contact the school during office hours.
- After office hours, we can be contacted on the school mobile (the number will be texted to parents closer to the time). Please DO NOT contact PGL directly.

What we will need from you

- PGL form completed and returned to school
- Medical form completed and returned to school
- If your child requires medicine during the trip, we will need the administration form completed for EACH medicine
- Any required medication handed
- Consent forms completed
- £5 pocket money in a named envelope - 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.
- Please write a letter to your child, to be handed in to your classes' teacher. Try to keep this a secret from your child, as we like to surprise them with the letter during the week. Please think carefully about what you say in the letters as we don't want them to feel too homesick!

All the required forms will be sent home after the February half term – we will send communication explaining exactly what we need and when.

Any other questions?