

Little Bowden School

Residential Visit

PGL Liddington



2nd - 6th September 2024

Your adventure starts here....

Year 6 Residential Visit – PGL Liddington

Monday 2nd to Friday 6th September 2024

We are delighted to be able to give your children the opportunity to spend some time together on an exciting residential visit combining adventure and learning outside the classroom.

We are staying in Liddington PGL which is just outside Swindon. We have stayed at the centre in the past and it has excellent facilities and beautiful surroundings with access to all the activities on site. The aim of this residential is to allow the children to challenge themselves in different circumstances and be able to be more independent, develop teamwork skills and build resilience. The activities planned will give the children experiences we are unable to offer in a school setting. The trained and qualified staff at the centre will deliver these activities with our own staff supporting the children to achieve their maximum potential.

We are sure that this will prove to be an exciting, educational and memorable residential for our children as they venture into a challenging experience that will enhance their learning, build their confidence and nurture their independence.

Yours sincerely

Mr Brannigan

Headteacher

A typical day at PGL

As you can see - they are going to be busy!

7.30	Rise and shine
08.00	Breakfast
09.00 - 09:15	Get prepared for activity session 1
9:15 - 10.45	Outdoor pursuit session 1
10:45 - 10:55	Break and get ready for outdoor pursuit session 2
10:55 - 12:25	Outdoor pursuit session 2
12:30 - 14:00	Lunch time and free time supervised by staff
14.00 - 14.20	Get prepared for activity sessions 3
14.20- 15:50	Outdoor pursuit session 3
15:50 - 16:00	Break and get prepared for activity session 4
16:00 - 17:30	Outdoor pursuit session 4
17:30 -19.30	Evening meal and free time supervised by staff
19.30-20:30	Evening Entertainment session
21:00 - 21:30	Bedtime

Useful information and things to remember

Dates and times

Departure: Monday 2nd September 2024; children should arrive at school at the usual time of 8:45. The coach will depart at 10:00.

Return to school: Friday 6th September 2024; we expect to return to school at approx. 16:00. You will need to collect your child from the front playground.

See below for more details.

Where are we going

PGL Liddington

Fox Hill

Swindon

SN4 0DZ

[Liddington - PGL Adventure Holidays](#)

Journey

The coach journey will take approx. 2.5 hours, so we hope to arrive at PGL Liddington at around 12:30.

In addition to their main luggage, the children should bring a small rucksack, to keep with them on the coach. This needs to contain:

- ✓ A packed lunch - no fizzy drinks, glass bottles, or nuts please
- ✓ A full water bottle
- ✓ A small snack (e.g. fruit, cereal bar)
- ✓ A waterproof coat
- ✓ A hat
- ✓ Some gloves.

Clothing and what to pack

For the journey, children should wear sensible clothing and footwear (e.g. jogging bottoms/leggings, T shirt, trainers) so that they are ready to start activities as soon as they arrive at PGL (we will not be getting changed on arrival).

In their luggage, the children will need to pack T-shirts (including some long-sleeved tops), jumpers/fleeces, trousers/leggings (not jeans), underwear, socks and nightwear. Please don't pack brand-new or precious clothes, as they may get wet and muddy. The weather may be changeable so layers are a good idea. Children may want some additional clothing/shoes to change into in the evening.

A waterproof coat is also essential.

The children may need gloves for some of the activities.

If your child has a wetsuit, please pack this (but don't buy one especially, as the 'wet activities' can be done in jogging bottoms/leggings and T-shirts).

There is a more detailed kit list, provided by the PGL Centre, further on in this booklet. This includes sun cream, a sun hat, gloves, towels, wash kit and a bag for dirty washing.

Medicines and medical conditions

You will have already completed a medical form for your child. If anything has changed since you completed this, please make sure that school is aware by emailing office@littlebowden.leics.sch.uk.

Please also make sure that Arbor is fully up to date with any medical conditions, allergies, or concerns. Keeping this section of Arbor up to date is essential!

Any medicines, creams or travel sickness tablets that your child will need must be handed to Mrs Wilkinson on departure day. These must be in their original packaging, and must be labelled with your child's name. You must also include details of the dosage and how/when it should be administered.

Inhalers

Children who suffer from asthma, or who have been prescribed an inhaler for other reasons, must carry their own inhaler at all times. They will not be allowed to participate in any activities without it.

It would also be a good idea to give a spare inhaler to **Mrs Wilkinson** for the medical box.

All inhalers **must** be labelled with your child's name.

As above, if your child has been prescribed an inhaler, please make sure that this is noted on Arbor.

Dietary issues

The medical form that you completed asked you to inform us of any dietary needs and/or allergies or intolerances. Please let school know if anything has changed since you completed the form (email office@littlebowden.leics.sch.uk).

Please also make sure that any dietary issues are recorded on Arbor. It is very important to make sure that this is always kept up-to-date.

Bedding

Your child will need to bring:

- ✓ A sleeping bag (or a duvet and cover)
- ✓ A pillow.

In case of emergency

The adults on the trip will have access to phone numbers for all parents and carers, so if we need to call you, we will.

If you have an emergency at home, and need to contact us, please call the school on 01858 462528 or email office@littlebowden.leics.sch.uk. The school office will be able to get a message to the school staff at the PGL Centre.

Extra things to bring

Pocket money: Pocket money is optional. The children will be able to visit the PGL gift shop, and there is a list of items and prices, further on in this booklet. If your child would like to bring some spending money, we suggest no more than £8-£10. Money should be brought into school and handed to their class teacher the week before the trip (by Friday 30th August). A log of the money received will be kept and the money will be stored in a locked box.

Cameras: Children are allowed to bring a camera if they would like to, however we cannot allow phones as cameras. We suggest a single-use camera or a digital one that you give them permission to have. The children need to be responsible for looking after their own belongings, so please do not send a valuable camera. We will take photos when we are away, and they will be able to see these when we return. We will try to upload photos onto our website when we are away (Wi-Fi permitting - sometimes the area has poor reception). Please also see the [kit list](#), provided by the PGL Centre, for more information.

What not to bring

Jewellery/watches: For the children's safety during activities, and again because we cannot guarantee things will not get lost or broken, please do not allow your child to wear jewellery, earrings or watches.

Mobile phones/electronic devices: Children must not bring any of these items.

Other items: We suggest that your child brings a book/comics, and a teddy. They may want to bring a card game (or similar activities) for their free time.

Adults on the trip

There will be a number of staff from school accompanying the children - we will confirm who will be going nearer the time, but there will certainly be adults on the trip with whom your child is already familiar.

Bedrooms and groups

Your child will have the opportunity to let their teachers know about which friends they would - ideally - like to share a room with. We always try to match friends up and make sure that everyone is happy. We will sort this all out near the time, and we will also need to put the children into activity groups (with a school staff member allocated to each group).

Departure Day

Monday 2nd September

On the Monday morning, the children should arrive at school at 8:45 as usual. They should place their luggage by the railings just inside the front playground. They should then go and line up in the playground with their small rucksack for on the coach. Teachers will take the children into school to register them etc. It will be busy at this time as Years 5, 4 and 3 will also be arriving at school at the same time.

The coach is due to arrive at 9:40 so we will get the luggage on as quickly as possible so that we can leave by 10.00.

If it is raining on this day, the children's luggage should be taken into the school hall, rather than placed near the railings.

Schedule for departure day:

Time	Schedule
8:50	Arrive at school to be registered, hand in medicines etc
9.00 - 10.00	Classroom pre-trip task and load coach
10.00	Depart school by coach
12.30 - 13.00	Arrive at Liddington PGL
13:00 - 14:00	Eat packed lunch
14.00- 16:00	Orientation and timetable for the week
16:00 - 17:30	Get into rooms and unpack
17:30 -19.30	Evening meal and free time supervised by staff
19.30-20:30	Evening Entertainment session
20:30 - 21:30	Bedtime

Return to School

Friday 6th September

The coach will arrive back at school at approx. 4:00pm on the Friday. We will get all of the children off the coach and into the front playground.

Once the children are all off the coach, we will then be able to start unloading the luggage and ensure the coach is empty of our equipment. Only then will we start dismissing children. This allows us to follow our school procedures and ensure everyone's wellbeing and safety.

If we are delayed on our return journey, parents / carers will be notified by email, so please keep an eye on your email inbox.

Suggested kit list from the PGL Centre

(we also suggest packing a wetsuit if your child already has one)



WHAT TO BRING

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets**
 - T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers

Your arms will need to be covered to do some activities.
- Trousers or leggings**
but not jeans as they get heavy and cold when wet
- Underwear & socks**
Your socks will need to cover your ankles to do some activities.
- 1 or 2 sets of **clothes for the evening**
- Suitable **nightwear**

FOOTWEAR

- 2 pairs** of trainers
 - 1 for activities
 - 1 old pair for watersports
- 1 pair of dry shoes** for evening activities

OTHER ITEMS

- 2 towels**
 - 1 for showering
 - 1 old one for activities
- Reusable **drinks bottle**
- Small **rucksack/bag**
- Labelled **bin bag** for wet and dirty clothing
- Sleeping bag or duvet** and pillow (unless otherwise advised)
- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

TRAVELLING IN THE...

...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

...WINTER?

- Warm coat
- Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

PLEASE DO NOT BRING

- ✗ Electrical devices
 - ✗ Computer games
 - ✗ Food items that contain nuts
 - ✗ Jewellery/valuables
 - ✗ Aerosols
- If you bring your mobile phone, please note, it is not covered by our insurance.

REFUEL

WITH OUR

DELICIOUS MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

BREAKFAST

Sausages	Bacon	Bacon	Bacon	Bacon	Sausages	Bacon
Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)
Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)
Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)
Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)

Available every day, porridge with toppings* selection of cereals and Kellogg's® granola (ve), assorted yogurts (v), white or brown toast (v) & jam (v)

LUNCH

Pepperoni Pizza	Jacket Potato (ve)	Battered Chicken Chunks	Homemade Beef Bolognese	Fish & Chips	Jacket Potato (ve)	Roast Beef
Margherita Pizza (v)	Served with your choice of Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo	Vegetable Nuggets (ve)	Homemade Vegetable Ratatouille (ve)	Jumbo Sausage	Served with your choice of Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo	Meatless firm™ Plant-based Chicken Breast (ve)
Plant-based Margherita Pizza (ve)	Homemade Chilli Non Carne (ve)	Served with Peaso Wedge (ve), Peas (ve), Sweetcorn (ve), Sweet Chilli Sauce (ve)	Served with Peaso Wedge (ve), Peas (ve), Sweetcorn (ve), Sweet Chilli Sauce (ve)	Quorn™ Fishless Fingers (ve)	Homemade Chilli Non Carne (ve)	Served with Peaso Wedge (ve), Peas (ve), Sweetcorn (ve), Sweet Chilli Sauce (ve)
Served with Skippy Fries (ve)	Served with White Rice (ve)			Served with Skippy Fries (ve), Garden Peas (ve)	Served with White Rice (ve)	Served with Peaso Wedge (ve), Peas (ve), Sweetcorn (ve), Sweet Chilli Sauce (ve)

Nothing too fancy? Fennel pasta (w) with tomato sauce (w) and grated cheese (v) available each day

DINNER

Chicken Katsu Curry	Fish Fingers	Chicken Curry	PGL's Sausage Pasta Bake	Beef Burger	Battered Chicken Chunks	Fish Fingers
Homemade Beef Lasagne	Hunters Chicken	Baked Cheesy Meatballs	Chicken Kiev**	Homemade Mac 'n' Cheese (v)	Homemade Beef Lasagne	PGL's Sausage Pasta Bake
Vegetable Lasagne (ve)	Shepherdless Pie (ve)	Vegetable Curry (ve)	Homemade Sausage & Bean Casserole (ve)	Meatless Firm™ Plant Based Burger (ve)	Vegetable Lasagne (ve)	Shepherdless Pie (ve)
Sides: Garlic Bread (v), Rice (ve), Garden Peas (ve), Fresh Broccoli (v)	Sides: Baked Chips (ve), Baby Carrots (ve), Wild Green Beans (ve)	Sides: Rice (ve), Peas (ve), Mixed Vegetables (ve)	Sides: Masho Potato (v), Fresh Broccoli (ve), Baby Carrots (ve)	Sides: Curry Fries (ve), Sweetcorn (ve), Wild Green Beans (ve)	Sides: Garlic Bread (v), BBQ Sauce (ve), Skippy Fries (v), Mixed Vegetables (ve)	Sides: Cherry Garlic Potato (v), Baby Carrots (ve), Sweetcorn (ve), Wild Green Beans (ve)
Homemade Iced Sponge Cake (v)	Chocolate Muffin (v)	Jam Doughnuts (v)	Homemade Chocolate Sponge (v) & Chocolate Custard (v)	Homemade Apple Crumble (v) & Vanilla Custard (v)	Chocolate Muffin (ve)	Chocolate Cookies (v)

Nothing too fancy? Fennel pasta (w) with tomato sauce (w) and grated cheese (v) available each day

Available daily

Unlimited solid bar:
A combination of plain solid items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available as at meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to booking your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always follow the allergy information available from the Catering Management Team each service, when detailed information on the fourteen large allergens is available on the allergen matrix and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all responsible steps to reduce the likelihood of cross contact.

About our food

All our ingredients are free range.
All our products are free from genetically modified ingredients.

All our products do not list the main 14 allergens as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of salmon which is farmed, sustainable source and approved UK.

Although we do not list them, our food does not contain any nuts, seeds or gluten. We do not use any eggs, and some other items may contain in our eggs, and where used, are free from additional added costs of any other added water.

*Small children can share on meals

**Dipped and breaded dishes.



PGL Gift Shop

The price list below will give you an idea of the choices of souvenirs that your child may want to buy.

If your child does want to bring some pocket money, we suggest no more than around £8-£10.



The poster features a dark blue background with yellow text and graphics. At the top left is the PGL logo. The title 'GIFT SHOP PRICE LIST' is in large yellow letters. The items are categorized into TOYS, GIFTS, ACCESSORIES, and CLOTHES. Prices are listed in white text, with some highlighted in blue boxes. Images of a teddy bear, a water bottle, and a highlighter are included with dashed lines pointing to their respective categories. A yellow speech bubble says 'treat someone you love...'. The bottom right shows a blue highlighter with the PGL logo.

PGL

GIFT SHOP PRICE LIST

TOYS

- Teddy Bear.....£5.00
- Football.....£6.00
- Basketball.....£6.00
- Bouncy Ball.....£1.00
- Dangly Bear.....£3.00

GIFTS

treat someone you love...

- Magnets.....£1.50
- Mugs.....£4.50
- Keyrings.....£2.50
- Postcards.....£0.50

ACCESSORIES

- Water Bottle.....£5.50
- Medal.....£3.00
- LED Torch.....£3.00
- Badges.....£1.00
- Wristbands.....£1.00
- Coaster.....£2.00

CLOTHES

- Caps.....£5.00
- T-shirts.....£7.00

STATIONARY

- Rubbers.....from 40p
- Pencils.....from £1.00
- Eco Pen.....£1.00
- Eco Notebook.....£3.00

Questions or Concerns

Over the coming weeks will be talking to the children about the trip, including what to take, the types of activities they might be doing, and the accommodation, so that they have a good idea of what to expect.

If you have any questions, or if there is anything you would like to talk to us about, please contact the school office: office@littlebowden.leics.sch.uk.