



**Watch out PGL Osmington Bay,
Year 6 are on their way!
March 2024**

Welcome

PGL Osmington Bay Family Meeting



Aims of the session:

- to share key information about the residential
- to answer your questions

There are a few spaces left if you have not yet registered an interest.

1.

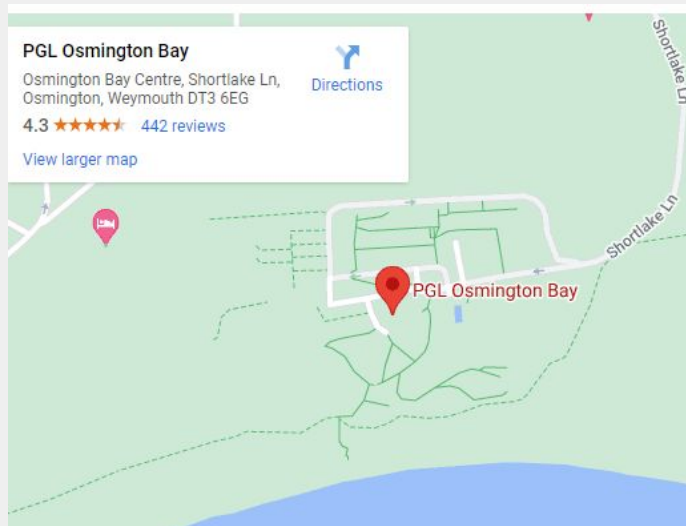
Trip information



Key details about the trip

Key Details

- Monday 4th – Friday 8th March 2024
- PGL Centre, Osmington Bay, Dorset
- £266.00 per pupil payable in instalments by June 2024!



Key Details

All children should arrive at Grazebrook Primary School **Monday 4th March at 09:30 am**. Please ensure that your child is accompanied by a parent or guardian on this morning.

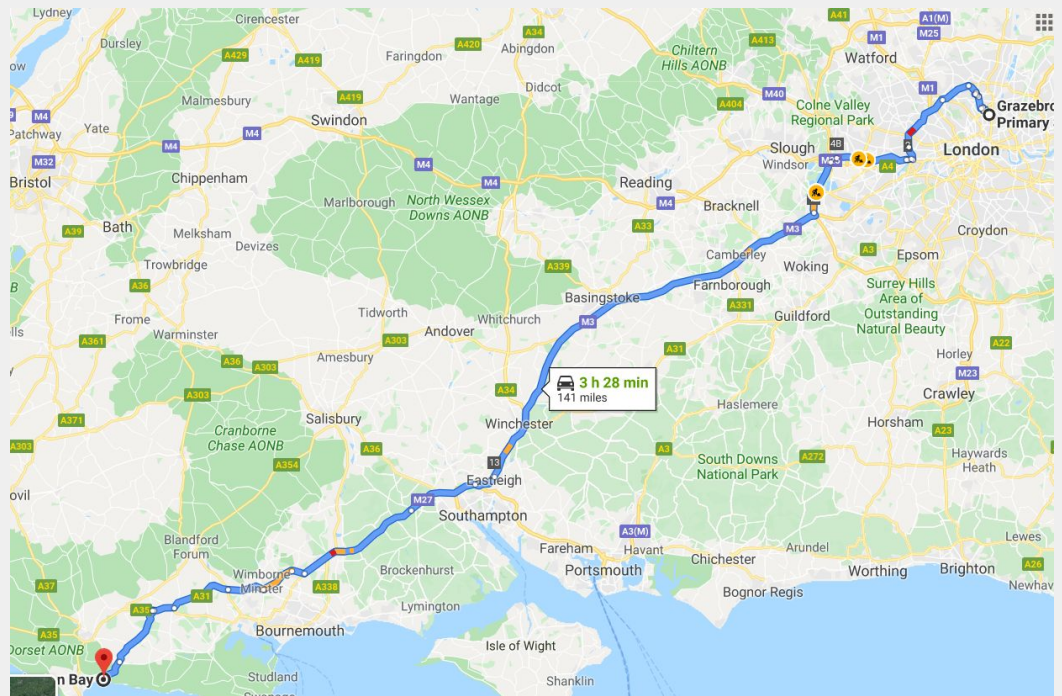
Children need one suitcase/large bag and one small bag or backpack containing a **packed lunch and water**

- Please be mindful of our children with food allergies and help us keep them safe – no nuts or any foods containing sesame e.g. hummus.

Children will travel with their teachers on a coach which will leave school at **10:15 am**.

Journey

The journey is around 4-5 hours, depending on traffic. There will be a lunch and toilet stops. Children will need to put their packed lunch in their backpack. No sweets, fizzy drinks or nuts please.



The PGL Centre



Rooms



Children will be in rooms of four, each room has its own bathroom and wardrobe. There will be teachers at the end and in the middle of each corridor.

The rooms are simple but clean, warm and cosy. Sheets, pillows and duvets are provided.



Medication, Allergies & First Aid

- Each school will have a lead first aider who will be responsible for administering any prescribed medication during the trip. **Only medications prescribed to your child by a doctor can be administered, with the exception of travel sickness medicines.**
- If your child is taking any medicine at home and/or overnight which they do not use in school - a care plan may need to be prepared by our school nurse so it's important that the Medical and Consent form is returned to school fully completed and as soon as possible. Please also let us know about any allergies your child may have.



PGL staff are all first aid trained, however, there will be a member of school staff with each activity group at all times.

Medical and Consent form completion



Grazebrook Primary School
 CONSENT AND MEDICAL FORM
 Monday 4th - Friday 8th March 2024
 Osmington Bay



Please complete each section, sign and return this form to the school office as soon as possible.

| GENERAL INFORMATION: please complete in capital letters | | |
|---|-----------------------------|---|
| FULL NAME OF CHILD/CLASS | | |
| FULL POSTAL ADDRESS | | |
| EMERGENCY CONTACT Name and relation to child | Name: Relation to child: | Telephone number: Mobile telephone number: |
| DATE OF BIRTH | | |
| NAME, ADDRESS and TELEPHONE NUMBER OF CHILD'S DOCTOR | | |
| MEDICAL INFORMATION | | |
| Is your child suffering from an allergy? | Yes/No | If yes, please give details: |
| Is your child suffering from any particular illness or health problems? | Yes/No | If yes, please give details: |
| Is your child taking any medicine at home and/or overnight which they do not use in school for example: <i>Brown steroid inhaler; Antihistamine; Bladder control tablets; Pain relief; Creams for skin conditions etc</i> A care plan will need to be prepared by our school nurse and a separate consent form completed giving permission for our school team to administer this medication to your child. We will be in touch! | Yes/No | If yes, please give details: |

| | | |
|--|----------------------|------------------------------|
| Are there any special health instructions for your child? | Yes/No | If yes, please give details: |
| Does your child suffer from travel sickness and/or take vitamin supplements? A care plan is not required but a separate consent form must be completed giving permission for the school team to administer this medication to your child. We will be in touch! | Yes/No | If yes, please give details: |
| Are there any foods that your child should not eat due to an allergy or to religious belief's (pork etc)? Please do not include foods that your child does not like. | Yes/No | If yes, please give details: |
| When did your son/daughter last have a tetanus injection (available from your child's GP)? | Date: | |
| Please give your child's National Health Number (available from your child's GP): | Number: | |
| I *agree/disagree (*please delete as appropriate) to my child receiving medication as instructed and any emergency dental, medical or surgical treatment, as considered necessary by the medical authorities present. | Signed: Date: | |
| I confirm that I have parental responsibility for the above named child. | | |
| Signed: | | Date: |
| Full name (capitals): | | |

Food



We will have set time slots for breakfast, lunch and dinner. Breakfast options include various cereals, toast and also hot breakfast items such as eggs, beans and sausages.

For lunch and evening meals children will have at least three options to choose from. In addition to the main meal, soup, salads and bread are always available. Halal and vegetarian options are clearly labelled.



Sample Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BREAKFAST

| | | | | | | |
|---|--|--|---|--|--|---|
| Bacon Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms | Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms | Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms | Bacon Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms | Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms | Sausages Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms | Bacon Baked Beans Vegan Cumberland (ve) Hash Browns Mushrooms |
|---|--|--|---|--|--|---|

Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam



LUNCH

| | | | | | | |
|--|--|--|---|--|--|---|
| Pizza Choices: Pepperoni Margherita (v) Plant-based Margherita (ve) Sides: Skinny Fries | Hot Dogs Choices: Pork Hot Dog Plant-based Hot Dog (ve) Sides: Potato Wedges | Pasta Choices: Pasta Bolognese Tomato & Basil Pasta (ve) Sides: Garlic Bread | Hot Sandwich Choices: Ham & Cheese Panini Plant-based Fish Finger Sandwich (ve) Sides: Crisps | Burger Choices: Beef Burger Plant-based Burger (ve) Sides: Curly Fries | Fajitas Choices: Chicken Plant-based Fajita (ve) Sides: Tortilla Chips | Sausage Rolls Choices: Jumbo Sausage Rolls Plant-based Sausage Roll (ve) Sides: Peas Mashed Potato |
|--|--|--|---|--|--|---|



DINNER

| | | | | | | |
|---|--|--|--|---|--|---|
| Bangers & Mash Chicken Kiev Plant-based Bolognese (ve) Sides: Penne, Mashed Potato Sweetcorn, Carrots Doughnuts (v) | Piri Piri Chicken Tuna Pasta Bake Plant-based Chicken Schnitzel (ve) Sides: Skinny Fries, Peas, Cauliflower Fruit Muffin (ve) | Chicken Katsu Curry Fishcakes Chilli non Carne (ve) Sides: Rice, Potato Wedges, Broccoli, Carrots Chocolate Crispy Cake (v) | Pork Meatballs in Tomato Sauce Fried Chicken Plant-based Meatballs in Tomato Sauce (ve) Sides: Penne, Mashed Potato, Sweetcorn, Green Beans Waffles (v) | Fish & Chips Chicken Curry Plant-based Fishless Fillet (ve) Sides: Skinny Fries, Rice, Peas, Carrots Chocolate Eclairs (v) | BBQ Chicken Chunks Lasagne Vegetable Curry (ve) Sides: Rice, Curly Fries, Garlic Bread, Country Veg Chocolate Muffin (ve) | Bacon Mac 'n' Cheese Fish Fingers Plant-based Nuggets (ve) Sides: Potato Wedges, Carrots, Green Beans Profiteroles (v) |
|---|--|--|--|---|--|---|

Healthy Choices

Available daily

Fresh fruit

- every mealtime



Unlimited salad

- from our salad bar, lunch & dinner

Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

Some of our dishes contain ingredients that are produced in a factory which handles nuts - please ask us for more information.

This menu applies to weeks commencing:
13/06, 27/06, 11/07, 25/07, 8/08, 22/08, 5/09, 19/09,
3/10, 17/10, 31/10, 14/11, 28/11, 12/12, 26/12

Dining with our Friends!



Money



There is a shop at the centre which sells very affordable souvenirs, small toys, sweets and snacks. The children will have a chance to visit the shop.

Children may bring a maximum of £20. Money should be given to your child's group leader who will keep it in a named envelope. Money will be given out at each shop visit.



Expectations



Every activity is led by a trained PGL Group Leader. Behaviour expectations are exactly the same as at school. Disruptive or disrespectful behaviour will not be tolerated.

Any children whose behaviour is not up to the expected standard may be excluded from a particular activity, or in extreme cases, sent home.



Affordability

Communication is so important, if you have difficulty making payments, please speak to us. We do not want affordability to be a barrier for any child taking part. We are more than happy to explore solutions to any concerns you may have. Should you need further information, please do get in touch with us.

| | | | |
|----------------|-----|---------------|------|
| September 2023 | £50 | February 2024 | £24 |
| October 2023 | £24 | March 2024 | £24 |
| November 2023 | £24 | April 2024 | £24 |
| December 2023 | £24 | May 2024 | £24 |
| January 2024 | £24 | June 2024 | £24 |
| Total | | | £266 |

2.

To pack or not to pack ...



... That is the question!

Kit List

Essential

- 4 x Trousers (not jeans)
- **Coat**
- **An extra pair of trainers**
- 4 x Jumpers
- 6 x T-shirts
- 10 x Socks
- 10 x Underwear
- **Hats, gloves & scarf**
- Disco outfit - optional
- 1 x Towel
- Washbag & Toiletries
- Pyjamas
- **Plastic bags for dirty clothes**

Suggested

- Pen
- Notepad
- Playing cards
- Book

If you have them

- Waterproof trousers
- Walking boots or wellies

Gadgets & Mobiles

Children are not allowed to bring any mobile phones, tablets, games consoles or gadgets of any kind on the trip. This is a rule put in place by the PGL centre due to their insurance policy on the site and also their belief that such items distract children from the PGL experience. Children may bring disposable cameras if they wish.



3.

Activity Timetable



What we'll get up to!

Activity Timetable

| | 08:00 | 09:00 | 11:00 | 13:00 | 14:00 | 15:30 | 18:00 | 19:30 |
|-------|---|-------------------|------------------|----------------|--|---------------------------------|-----------------|-----------------------------|
| Mon | LEAVE SCHOOL AT 10:00. TRAVEL TO CENTRE, LUNCH STOP AT 12:30 | | | | | ARRIVE AT CENTRE & UNPACK | DINNER 18:30 | PGL Sport Night |
| Tues | BREAKFAST 8:00 | Jacob's Ladder | Treasure Hunt | LUNCH 13:00 | Trapeze | Problem Solving | | Passport to the World |
| Weds | | Zip Wire | Aeroball | | Abseiling | Beach Walk | | Cluedo |
| Thurs | | Buggy Building | Archery | | Giant Swing | Climbing | | Disco! |
| Fri | | Orienteering | Sensory Trail | | LEAVE CENTRE AT 13:00. ARRIVE AT SCHOOL AT 19:00 (APPROX) | | | |

Example Day

07:15 – Wake up

08:00 – Breakfast

09:00 – Jacob's Ladder

10:45 – Quick Toilet & Drink Break

11:00 – Trapeze

12:30 – Change for lunch (if wet or dirty)

13:00 – Lunch

14:00 – Problem Solving

15:15 – Quick Toilet & Drink Break

15:30 – Archery

17:00 – Rooms, Shower & Change

18:00 – Dinner

19:30 – Cluedo

20:30 – Back to rooms, get ready for bed. Lights out at 21:00.



Jacob's Ladder
Partner work is really
important for this one!

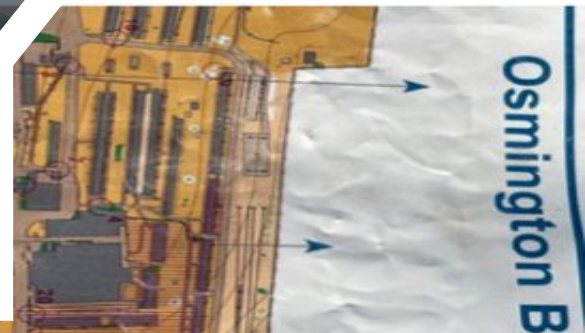


Everyone takes part
All children are
involved all the time.





Orienteering
Team work all
the way!



Beach Walk
along the
beautiful
Jurassic
coastline!





Climbing & trapeze
Leaps of faith!



There's
something
for everyone
at PGL



PIC•COLLAGE

Website and Texts home

We will upload photos to our website and will send daily texts to let you know what we've been up to!

<https://www.grazebrook.hackney.sch.uk/news-and-events>



4.

Any questions?



Over to you ...