



Let Loose at Liddington!

Year 6 Residential

Monday 19th - Friday 23rd October 2026

Key Details

All children should arrive at School on Monday 19th October to check in no later than 8.45am. Children will travel with their teachers on a coach which will leave school at 10:00am

Children need one suitcase and one small bag or backpack containing a packed lunch - Please be mindful of our children with food allergies and help us keep them safe - no nuts or any foods containing sesame eg hummus.

Please ensure that your child is accompanied by a parent or guardian on this morning.

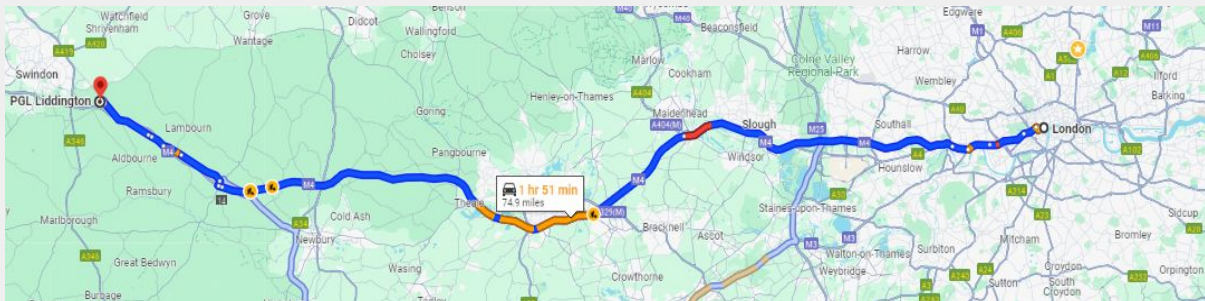
We will return to school by approximately 4.30pm/5.00pm on Friday 23rd October. This is, however, very dependent on rush hour traffic but we will keep in touch with families by text!

Journey

The journey is around 2.5/3 hours, depending on traffic. We will have a toilet stop enroute.

Children will need a packed lunch for the journey in their backpack - Please be mindful of our children with food allergies and help us keep them safe - no nuts or any foods containing sesame eg hummus.

Our Catering team can provide a packed lunch for your child just let us know nearer the time. Please let us know if your child suffers from travel sickness



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 school is aware. Please also let us know about any allergies your child may have. **Please complete the medical and dietary section of the online Consent form as fully as possible.**

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



Food



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. All food options, for example - Halal, Vegan etc are clearly labelled. And both the PGL catering staff and our own team help guide each child.

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. **All of the children's dietary requirements will be shared with the PGL Liddington Catering Manager and team.**



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

Pocket Money for the PGL Gift Shop



There is a shop at the centre which sells souvenirs such as small toys, sweets and snacks. The children will be able to visit the shop as part of their timetable. **Children may bring a maximum of £20 (ideally in smaller notes and/or coins).** Money should be given to your child's group leader on Monday 19th October 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.



Kit List

Please do not buy new or expensive items - comfort and warmth are key. Children are likely to get muddy!

Essential

- Warm Waterproof Coat/Jacket
- 3 to 5 x Trousers (not jeans)
- 3 to 5 x Jumpers/Sweatshirts
- 5 x T-shirts
- 8 to 10 x Pairs of Socks
- 8 to 10 x Underwear
- **Hats, gloves & scarf**
- 1 x Additional Footwear/Trainers
- Disco or Special Outfit
- 1 x Towel
- Washbag & Toiletries
- Pyjamas
- **Plastic bags for dirty clothes**

Suggested

- Pens/Pencils
- Notebook/Colouring Pad
- Playing Cards/Travel Games
- Books/Comics
- Disposable Camera

If you have them

- Waterproof Trousers
- Walking Boots or Wellies

What not to take! Gadgets & Mobiles

Children are not allowed to bring any mobile phones, tablets, games consoles or electronic 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.



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 ON ARRIVAL AT 12:30				Fencing	Skate-boarding	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	Nature Walk		Cluedo
Thurs		Buggy Building	Archery		Giant Swing	Climbing		Disco!
Fri		Orienteering	Sensory Trail		LEAVE CENTRE AT 13:00. ARRIVE AT SCHOOL AT 4:30 (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
- 19:00 – Game Show
- 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!





Sensory Trail

Team work & trust.
All are involved all of
the time!



Climbing & trapeze
Leaps of faith!

Websites and Texts home

We will send a text/MCAS message to families after we have arrived.

We will create and share a link to a Google website where messages about what we have been up to will be posted each day. We will also upload photos of the children taking part in the activities throughout the week.

