

PGL meeting notes

Wed 12th- Fri 14th June 2024 Leaving (morning) on Wednesday & returning just after school on Friday (approx. 3.30pm)

COSTS:

Cost of trip is £360.00 per child. This includes everything except spending money. All payment information is on the original letter.

INSURANCE

Extensive insurance is included in the price of the trip and it is effective from date PGL receive first deposits. Full policy details are available on request. We had 2 x claims last year -as children were unable to attend at the last minute and both were handled very quickly.

THE CENTRE- look at www.pgl.co.uk website for more information including pictures, activity information etc.

PGL Caythorpe Court is around 80 miles from school and it takes about 2 hours to get there. It is near Grantham set in over 65 acres of countryside.

The centre itself has fantastic grounds and great facilities with everything we need.

The centre offers ensuite accommodation with fantastic views all around. The rooms we have booked are in the main building and most sleep 3-8. Teachers' rooms are alongside the children's rooms. We always make sure the children know which rooms the adults are in, so they know where to go for any help they need.

There are some indoor facilities including a sports hall as well as all the outdoor activities on offer. There is a separate dining room and a separate tuck & souvenir shop.

Outside, the centre has very extensive grounds- some of which are for activities only and are out of bounds; but there are also a large garden / field areas where the children can play football and take part in games organised by their PGL group leader. The children are not allowed outside without an adult for safety reasons.

Everything is on site- we don't need to leave PGL centre at all!

SAFETY:

The children are given a full tour when they arrive- followed by a fire drill walk through so they are aware of what to do in an emergency. The children are also reminded which rooms the teachers are in- should they need an adult in the night.

The children are not allowed outside without an adult.

PGL staff also on duty through the night and they do regular patrols.

All visiting staff have to wear visitors lanyards and all PGL staff are in uniform- security is something the centre takes seriously.

The PGL staff are responsible for safety and all the activities and evening entertainments- but overall responsibility is the Party Leader's- usually one of our senior staff. There is always a senior member of PGL staff on night duty but responsibility is handed over to us at 9pm.

MEDICAL:

Before we go, we ask parents to complete quite a comprehensive medical form and if your child has medication they need to take with them, there will be extra forms to fill in just before we go. If your child takes medication they are always fully supervised and with exception of epi-pens and asthma inhalers, staff keep all medicines - for safety reasons.

We also ask if you would be willing to give prior consent to a single dose of calpol or piriton- this means that if your child has a headache and can't sleep we won't phone you at 2 in the morning to ask you for consent- instead you will have already filled in the form. We will make sure we tell you in the morning and will also contact you if a 2nd dose is needed.

Usually first aid incidents are routine things like splinters, insect bites, head bumps on the bunk beds etc! and of course PGL staff support our staff in dealing with any child who is unwell or has a first aid need. They have first aiders on site all the time (inc at night) and all activity instructors are first aiders as well as some of our staff are First Aid trained.

FOOD:

PGL are also very experienced (as we are) in catering for any dietary needs- food allergies etc- including fussy eaters. Again this information just needs to be shared with us before we go so we can liaise with the centre.

The catering staff at PGL have to follow the same guidelines as schools regarding healthy meals.

Example Breakfast- cereal, toast & hot items eg sausages and beans or bacon and egg. Fruit

Example Lunch- 2 course- soup, pasta, baguettes, jacket potato etc Fruit

Example Tea- roast dinner, spaghetti Bolognese, cottage pie, fish fingers etc pudding & fruit

All 'fussy eaters' as well as special diets are very well catered for- just let us know and we can liaise with their catering team beforehand.

We do encourage the children to eat well as they are outside all day doing lots of activities and they get hungry, so it is especially important they eat a hearty breakfast even if they don't normally eat much for breakfast.

Please make sure they have a named water bottle- they really need to keep one with them all the time.

ACTIVITIES-

We try to choose a range of different activities to appeal to as many different children as possible. Some high activities (things like abseiling, climbing, zip wire, giant swing, high ropes), some watersports (raft building or canoeing) and skill activities like archery.

All the children will take part in each activity over the 3 days but different groups (10-12 children in a group) may do the activities on different days. The children can do up to 4 different activities in a day- arrival day there will be 2 afternoon activities, on Thursday it will be a full day and on Friday we will have a full morning of activities. All PGL staff are highly qualified in the activities that they run the sessions for.

Evening Activities are known as Evening Ents- a different activity each night- usually includes some teamwork games eg wacky races / campfire etc. One example of an evening activity was as part of an indoor sports night and we played 5 a side space-hopper football - which was a lot of fun! And very energetic!

TUCK SHOP / SOUVENIRS:

There is a tuck shop on site where the children can go and spend a small amount of money on treats like sweets and chocolate and fizzy drinks as well as buy their souvenirs. We ask that no more than £25 is sent in as spending money - this is plenty! (we do set a spend limit on chocolate / sweets etc though!)

HOW WE KEEP IN TOUCH:

Our school policy is that children **don't take mobile phones / ipads etc.** We are encouraging independence and being active instead.

School will send out regular texts to let you know the group have arrived safely, what activities are on for the day etc. If a member of staff needed to get in touch with you in an emergency / in case of illness etc they may call you directly or if it is in the school day the school office may contact you.

Birthdays- if your child has their birthday whilst we are away- PGL will help us celebrate it! Just let us know.

When we visited PGL in May this year we set up a password protected part of the school website which parents signed up to get access to and we posted lots of photos of all our adventures each day so parents could see what we were getting up to!

WHAT TO TAKE:

There is a kit list to keep as a checklist.

But remember...

- Old clothes- don't buy new things - they will get dirty and smelly!
- Waterproof jacket & trousers, wetsuit shoes- highly recommended.
- Spare shoes/ trainers
- Label EVERYTHING!!!
- Sleeping bag & pillow
- Onesie/ dressing gown is useful
- Spending money in a wallet
- camera - nothing expensive!