



# New Wave Federation PGL 2022

# Welcome

## PGL Parent Meeting

This afternoon we are going to:

1. Provide key information about the trip
2. Discuss what to pack and what not to pack
3. Look at the timetable of activities
4. Answer any remaining questions

**1.**

# Trip information



Key details about the trip

## Key Details

- Monday 7<sup>th</sup> – Friday 11<sup>th</sup> February 2022
- Osmington Bay, PGL Centre, Dorset
- £207 per pupil

## Key Details

**All children should arrive at Shacklewell Primary School  
Monday 7<sup>th</sup> February at 09:30**

**Children need one suitcase and one small bag or backpack  
containing a packed lunch.**

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

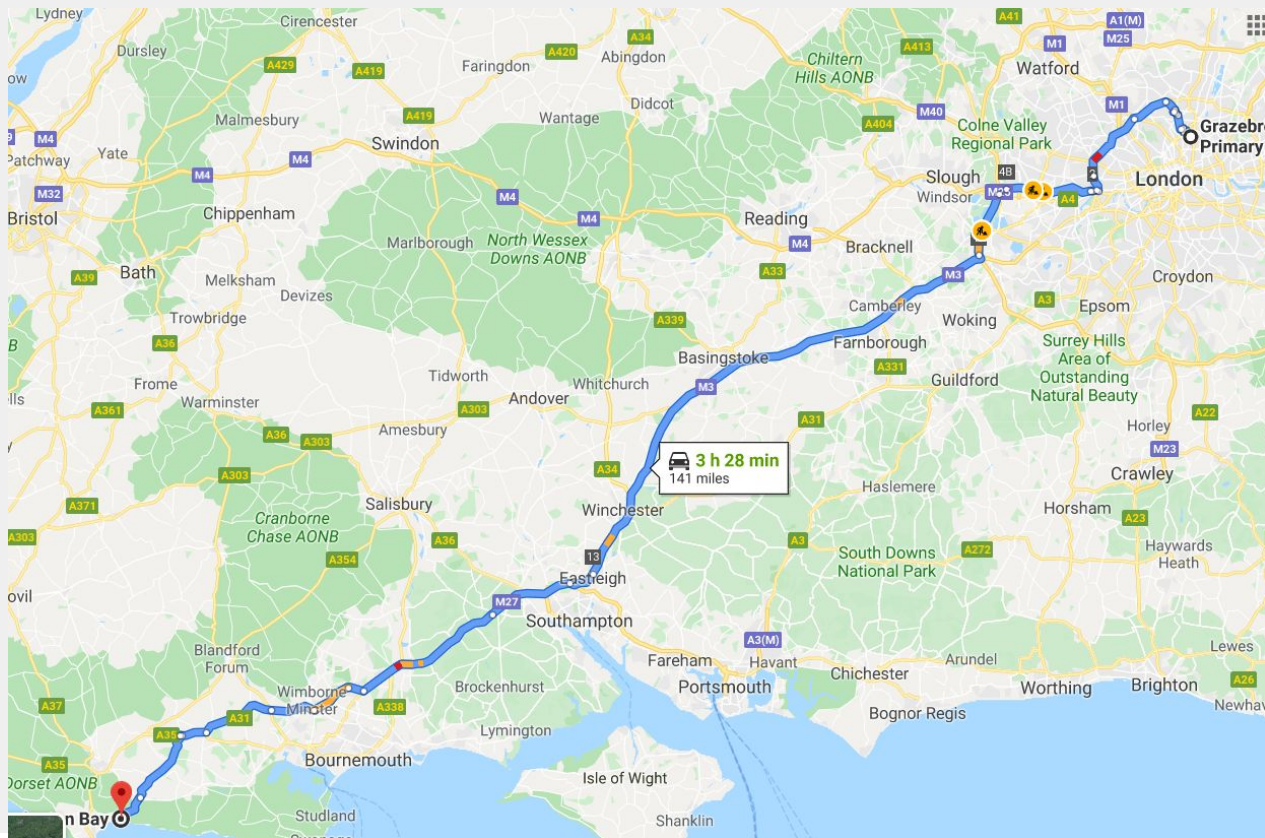
**Children will travel with their teachers on a coach which will  
leave school at 10:00.**

## COVID considerations

- In order to keep everyone safe we will be asking all children to take a lateral flow test at school on the morning of the trip (administered by a parent or guardian).
- Test kits will be provided by the school.
- Unfortunately, any child with a positive result will not be permitted to attend and will have their payment refunded in full.
- We recommend that you test your child regularly in the week prior to the trip.

# Journey

The journey is around 4-5 hours, depending on traffic. We will have lunch and toilet stops. Children will need a packed lunch for the journey 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 of each row of cabins.

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



# Medications & First Aid



Each school will have a lead first aider who will be responsible for administering any prescribed medication during the trip. Prescription medication with the chemists label should be handed to the lead first aider.

Only medications prescribed to your child by a doctor will be administered, with the exception of travel sickness pills. PGL staff are all first aid trained however there will be a member of school staff with each activity group at all times.



# 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

## Breakfast

Choice of Cereals  
Natural & Fruit Yoghurts  
White & Brown Toast with  
Preserves  
Porridge Oats with Cinnamon,  
Brown Sugar & Sultanas

Pork Sausages  
(V) Quorn Sausages  
Hash Browns  
Baked Beans  
Mushrooms  
Seasonal Fresh Fruit  
Hot & Cold Drinks

## Lunch

Homemade Soup of the Day  
Choice of Homemade Breads

Beefburger  
(V) Fallafel & Spinach Burger  
served with Hummus  
Choice of Relishes  
Chips & Peas

Seasonal Fresh Fruit & Salad Bar  
Hot & Cold Drinks

## Dinner

Homemade Soup of the Day

Pork Steak with a Marmalade  
Glaze  
Chicken Goujons & Sweet Chilli  
Sauce  
(V) Vegetable Curry served with  
Vegetable Spring Rolls  
Savoy Cabbage  
Sweetcorn  
Sautéed Potatoes or Braised Rice

Seasonal Fresh Fruit & Salad Bar  
Jam Cake with Custard  
Hot & Cold Drinks

# Money



There is a shop on the site which sells souvenirs, small toys, sweets and snacks. The children will have a chance to visit the shop each evening.

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.



# Rules



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.



**2.**

**To pack or not to pack ...**

... That is the question!

# Kit List

## Essential

- 4 x Trousers (not jeans)
- **An extra pair of trainers**
- 4 x Jumpers
- 6 x T-shirts
- 10 x Socks
- 10 x Underwear
- **Hats, gloves & scarf**
- 3 x Trainers
- Disco outfit
- 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 mobiles, 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 08:00	Jacob's Ladder	Treasure Hunt	LUNCH 13:00	Trapeze	Problem Solving		Passport to the World
Weds		Zip Wire	Aeroball		Abseiling	Beach Walk		Cluedo
Thurs		Raft Building	Raft Building		Giant Swing	Climbing		Disco!
Fri		Tunnel Trail	Sensory Trail		LEAVE CENTRE AT 13:00. ARRIVE AT SCHOOL AT 19:00 (APPROX)			

# Example Day

07:30 – 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 – Tunnel Trail

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.



**Sensory Trail**  
Team work & Trust



**Climbing & trapeze**  
Leaps of faith!



**4.**

**Any questions?**



Over to you ...

# Twitter

Make sure you are following the school and federation accounts on Twitter as we will be posting photos of the children's activities most days!





# Thanks!

**Please come and see us  
if you have any further  
questions or concerns  
about the trip.**