



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

# Welcome

## PGL Osmington Bay Family Meeting



This afternoon is an opportunity to share key information about our March Residential and also answer any questions you may have.

We do, also, have spaces left so not too late for your child to join in if you have not yet registered an interest.

**1.**

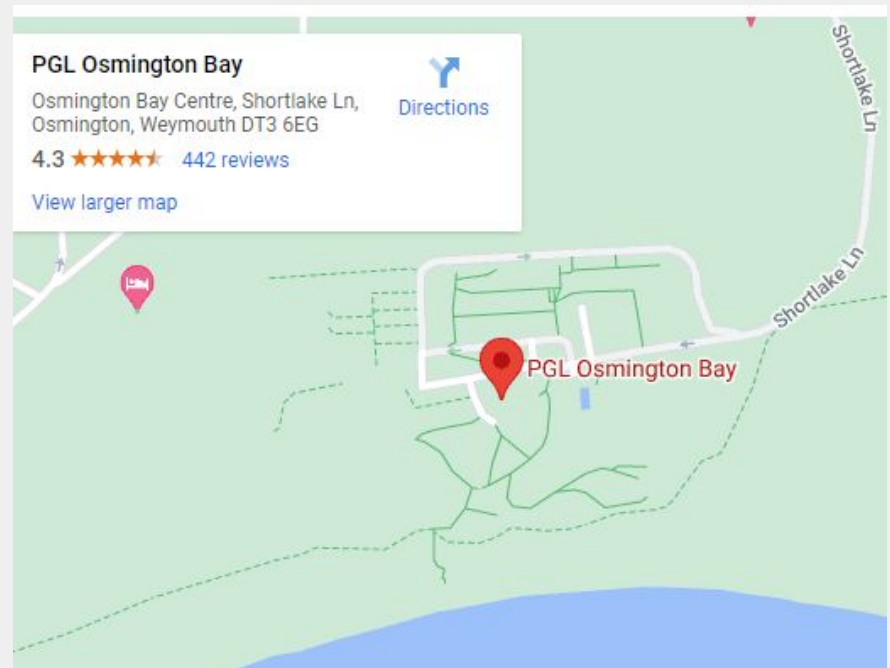
# Trip information



Key details about the trip

# Key Details

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



## Key Details

All children should arrive at Shacklewell Primary School Monday 4th March 2024 at 09:30am.

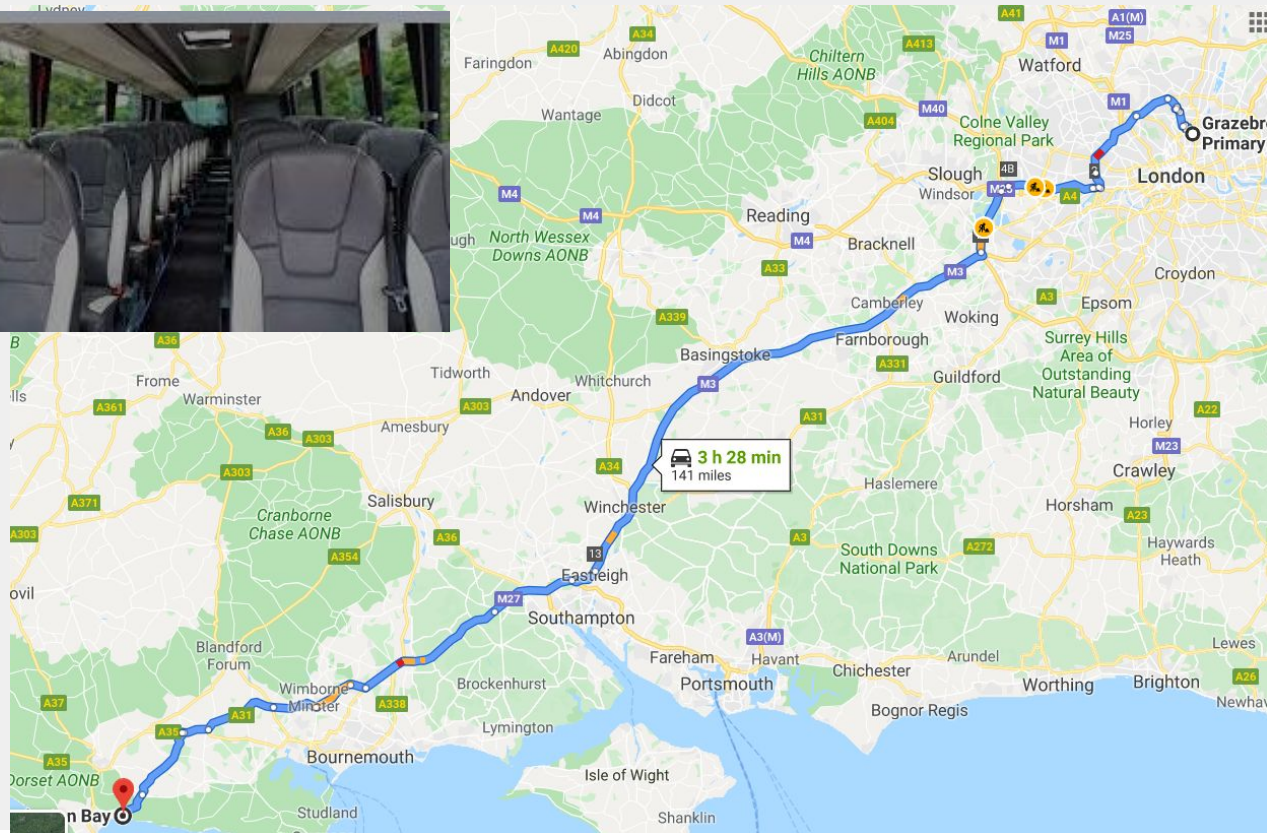
Children need one suitcase and one small bag or backpack containing a packed lunch - Please be mindful of our children with food allergies and help us keep them safe – no nuts or any foods containing sesame eg hummus.

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

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

# 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 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


**Shacklewell 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: Telephone number:	
	Relation to child: 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 <sup>1</sup> 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>	Yes/No	If yes, please give details:
<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!</i>		

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?	Yes/No	If yes, please give details:
<i>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!</i>		
Are there any foods that your child should not eat due to an allergy or to religious belief's (pork etc)?	Yes/No	If yes, please give details:
<i>Please do not include foods that your child does not like.</i>		
When did your son/daughter last have a tetanus injection ( <b>available from your child's GP</b> )?	Date:	
Please give your child's National Health Number ( <b>available from your child's GP</b> ):	Number:	
I <b>*agree/disagree (*please delete as appropriate)</b> 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



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, vegan and vegetarian options are clearly labelled.

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, hash browns and sausages.





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



### LUNCH

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



# Money



There is a shop at the centre which sells 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 contact us, we are always happy to help.

[swoffice@newwwwavefederation.co.uk](mailto:swoffice@newwwwavefederation.co.uk)

0207 254 1415

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)
- **An extra pair of trainers**
- 4 x Jumpers
- 6 x T-shirts
- 10 x Socks
- 10 x Underwear
- **Hats, gloves & scarf**
- **Coat**
- Disco outfit - optional
- 1 x Towel (don't forget!)
- 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 :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.





**Beach Walk**  
along the  
beautiful  
Jurassic  
coastline!



**Sensory Trail**  
Team work &  
Trust







**Climbing & trapeze**  
Leaps of faith!





There's something  
for everyone at PGL



**4.**

**Any questions?**



Over to you ...

# Website and Texts home

We will also be uploading photo's to our website and will be sending daily texts letting you know what we've been up to!

<https://www.shacklewell.hackney.sch.uk/>





# Thank you!

**We will be hosting further information sharing sessions as we get closer to our journey but, of course, do get in touch if you have further questions about the trip - we are always happy to help!**