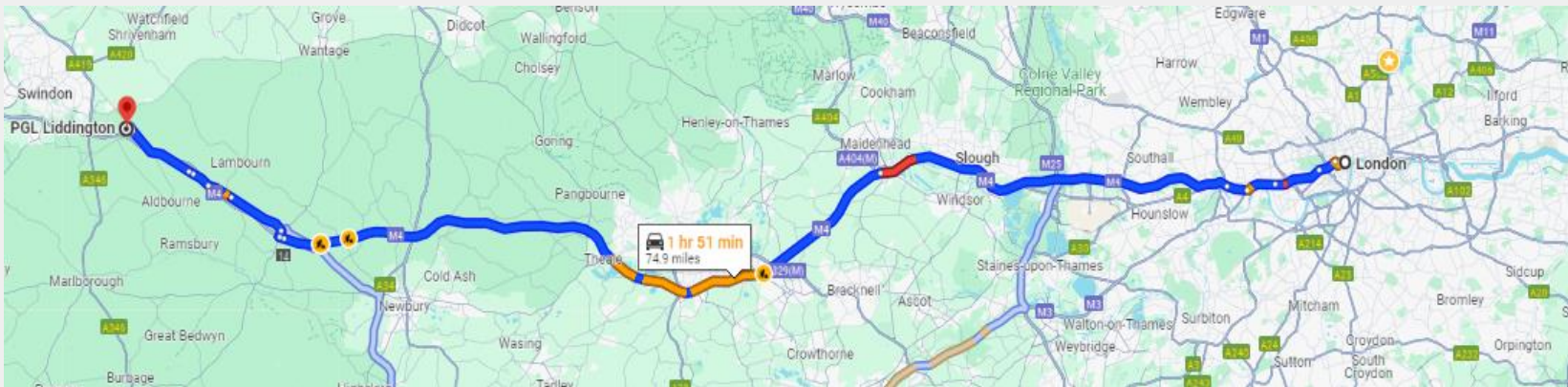




**Let Loose at Liddington!**  
**Year 6 Residential**  
**Monday 23rd - Friday 27th March 2026**

# Key Details

- Monday 23rd - Friday 27th March 2026
- PGL Liddington, Foxhill, Swindon
- £400.00 / £350.00 per pupil
- discounted price for families in receipt of the pupil premium grant.



# 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

**CONSENT AND MEDICAL FORM**  
 Monday 23rd - Friday 27th March 2026 - PGL Liddington, Foxhill, Swindon  
 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 at home and/or overnight which they do not use in school for example:  Brown steroid inhaler; Antihistamine; Bladder control tablets; Pain relief; Creams for skin conditions etc	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 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 beliefs (pork etc)?	Yes/No	If yes, please give details:
When did your son/daughter last have a tetanus injection	Date:	<i>Available from your child's GP?</i>
Please give your child's National Health Number	Number:	<i>Available from your child's GP?</i>
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):		

To help keep your child safe and comfortable while we are away, please complete the medical and consent form as thoroughly as possible. If you're unsure about anything, we're happy to help.

# 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. **All of the children's dietary requirements have been shared with PGL.**

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
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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
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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 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

# Money



There is a shop at the centre which sells 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 our school office - we are always happy to help.

# Activity Timetable

	08:00	09:00	11:00	13:00	14:00	15:30	18:00	19:30
<b>Mon</b>	LEAVE SCHOOL AT 10:00. TRAVEL TO CENTRE, LUNCH ON ARRIVAL AT 12:30				Fencing	Skate-boarding	DINNER 18:30	PGL Sport Night
<b>Tues</b>	BREAKFAST 8:00	Jacob's Ladder	Treasure Hunt	LUNCH 13:00	Trapeze	Problem Solving		Passport to the World
<b>Weds</b>		Zip Wire	Aeroball		Abseiling	Nature Walk		Cluedo
<b>Thurs</b>		Buggy Building	Archery		Giant Swing	Climbing		Disco!
<b>Fri</b>		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!







**Climbing & trapeze**  
Leaps of faith!



**4.**

**Any questions?**



Over to you ...