



Friday 7<sup>th</sup> June – Monday 10<sup>th</sup> June



# The Discovery School Staff Team for PGL 2024

Trip Leaders: Mr Stannard & Dr. Wilce-Cordner

#### Group Leaders:

Miss Stock

Mrs Tobin

Mrs Higginson

Mrs Smith

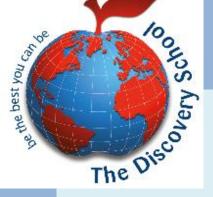
Mrs Garwood

Miss Brown

Mrs Dey

Mrs Caplan

Mrs Woodhams



#### Trip departure and arrival times:

We will be leaving The Discovery School on Friday 7<sup>th</sup> June at approximately 10.00am.

Children need to come to school at the normal time on Friday morning with their luggage and dressed appropriately for the trip – comfortable clothes please.

We will have lunch at PGL and then aim to return to The Discovery School on Monday 10<sup>th</sup> at approximately 5.30pm. If we are delayed in traffic, the School Office will let you know.



- Before we leave for PGL, we will tell the children their activity groups and explain expectations and behaviour for the weekend.
  - Children <u>must</u> bring a \* packed lunch on this day.

(\*Please make sure packed lunch items can be disposed of when we stop for lunch and the toilet – Fleet services.)

 The journey to Osmington Bay will take approximately 3 hours and 10 minutes (by car.)

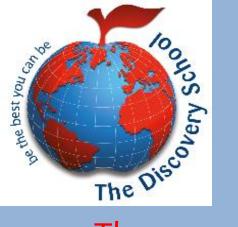
If your child needs to take travel sickness medicine, please make sure this is noted on the medical form (details of which can be found on a later slide).







- We will arrive at the PGL site at approximately 3.00pm.
- Children will be told their room groups, taken on a short tour of the site and be given time to unpack before dinner.
- We will then undertake an evening activity together.



# Daytime Activity Groups



- The year group will be split into groups of 10-12 for the daytime activities.
- Children have been given the opportunity to list four people they would like to be in a group with – girls or boys and across classes.
- Each group will have a designated lead adult (or 2)
  from The Discovery School who will be responsible for
  them during the day.
- Children will be told their activity groups on the morning of the trip.



## Daytime Activities



- Confirmed activities include:
  - Giants swing, beach walk, abseiling, aeroball, trapeze, fencing, vertical challenge, dragon boating and archery.
- All activities will be led by qualified PGL Activity Leaders and supervised by a designated member of The Discovery School Staff.
- Please note, we have one water-based activity dragon

boating.





## Evening Activities

We have also requested a range of evening activities – these are as follows: Campfire, Passport to the World and PGL Tournament





# Example Activity Timetable

	Group	Meeting	Group	Session 1	Session 2	Session 3	Session 4	Evening
	Group	Point	Leader	9:00 - 10:30	10:40 - 12:10	14:15 - 15:45	15:55 - 17:25	19:00 - 21:00
Saturday	1			Giant Swing (GS1)	Beach Walk (BW1)	Abseiling (AB3)	Aeroball (AE6)	PGL Tournament (PT3-LW)
	2			Beach Walk (BW1)	Giant Swing (GS1)	Aeroball (AE6)	Abseiling (AB3)	PGL Tournament (PT3-LW)
	3			Abseiling (AB5)	Beach Walk (BW2)	Giant Swing (GS1)	Aeroball (AE7)	PGL Tournament (PT3-LW)
	4			Beach Walk (BW2)	Abseiling (AB5)	Aeroball (AE7)	Giant Swing (GS1)	PGL Tournament (PT3-LW)
	5			Giant Swing (GS2)	Aeroball (AE4)	Abseiling (AB4)	Beach Walk (BW1)	PGL Tournament (PT3-LW)
	6			Aeroball (AE4)	Giant Swing (GS2)	Beach Walk (BW1)	Abseiling (AB4)	PGL Tournament (PT3-LW)
	7			Vertical Challenge (VC3)	Aeroball (AE5)	Giant Swing (GS2)	Beach Walk (BW2)	PGL Tournament (PT3-LW)
	8			Aeroball (AE5)	Vertical Challenge (VC3)	Beach Walk (BW2)	Giant Swing (GS2)	PGL Tournament (PT3-LW)



## Meal Times and Food



- Children need to bring a disposable packed lunch on Friday 7<sup>th</sup>. Please ensure children pack a named water bottle to refill for the journey and over the weekend.
- At PGL, children will be provided with three meals a day. This will include both hot and cold options.
- As we are a healthy school, children are not to bring any sweets or fizzy drinks and will not be allowed to use any of the vending machines on site.



### Catering and dietary needs

- 3 nutritious, balanced meals per day
- Self-service salad bar
- Vegetarian option
- Special diets catered for by prior arrangement

Please advise us of any new dietary needs when completing the medical form. The school will then ensure that PGL will cater for these requirements.

Here is a sample menu to give you an idea of what is available to eat for each meal.

At breakfast, children are encouraged to take a piece of fruit and fill up their water bottles.

Water bottle filling stations can also be easily accessed at various points on site.

FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast
Choice of 3 Cereals with Semi-Skimmed Milk	Choice of 3 Cereals with Semi-Skimmed Milk	Choice of 3 Cereals with Semi-Skimmed Milk
Assorted Yoghurts	Assorted Yoghurts	Assorted Yoghurts
White & Brown Toast with Preserves	White & Brown Toast with Preserves	White & Brown Toast with Preserves
Porridge	Porridge	Porridge
Sausages	Sausages	Bacon
(V) Quom Sausages	(V) Quorn Sausages	(V) Quorn Sausages
Hash Browns	Scrambled Eggs	Hash Browns
Baked Beans	Mushrooms	Spaghetti in Tomato Sauce
Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
Hot & Cold Drinks	Hot & Cold Drinks	Hot & Cold Drinks
Lunch	Lunch	Lunch
Homemade Soup of the Day Choice of Breads Salad Bar	Homemade Soup of the Day Choice of Breads Salad Bar	Homemade Soup of the Day Choice of Breads Salad Bar
Burger Choice of Meat or Vegetarian Fries Relishes	Jacket Potatoes or Rice Choice of Meat or Vegetarian Filling Homemade Bread	Fajitas Choice of Meat or Vegetarian Fillings Red Cabbage Slaw Tortilla Chips
Seasonal Fresh Fruit Hot & Cold Drinks	Seasonal Fresh Fruit Hot & Cold Drinks	Seasonal Fresh Fruit Hot & Cold Drinks
Dinner	Dinner	Dinner
Homemade Soup of the Day Salad Bar	Homemade Soup of the Day Salad Bar	Homemade Soup of the Day Salad Bar
Meatballs in Tornato Sauce Chicken & Leek Pie (V) Cheese & Potato Plait Pasta or Potatoes Green Beans & Carrots	Chicken Nuggets Fish in Tomato & Mascarpone Sauce (V) Vegetable Pilaf Chips Mixed Vegetables	Roast Dinner Yorkshire Pudding (V) Macaroni Cheese Roast Potatoes Seasonal Vegetables Gravy
Seasonal Fresh Fruit Doughnut Hot & Cold Drinks	Seasonal Fresh Fruit Chocolate Chip Sponge & Chocolate Custard Hot & Cold Drinks	Seasonal Fresh Fruit Belgian Waffles with Topping Hot & Cold Drinks



#### Bedtime Routine:

After the evening activity, children will be able to wind down in a communal area, chill out in their rooms or take a shower. Plenty of sleep is required to recharge their batteries – final lights out will be 10.00pm.



## Room Groups

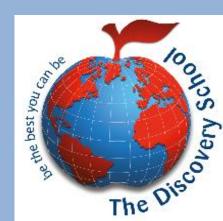


- Each room will sleep up to four children; girls and boys will be sleeping separately.
- Children have been given the opportunity to list four people they would like to be in a room with.
- Each room will be close to a room occupied by a Discovery member of staff. Staff rooms will be signposted so they can be easily located should children require assistance during the night.
- Children will be told their room groups upon arrival at PGL.

## What to bring: Packing

- It is really useful if you can pack the bag with your child so they know exactly what should be in their bag when they leave PGL make sure you include a bin liner for muddy clothes or wet towels!
- It can be really useful if you can use the kit list to pack and then stick on the inside of your child's bag.

  The children can then independently 'tick off' all their items as they pack them up.
- Please make sure all packed items are <u>clearly named.</u>



## Kit List

Suitable nightwear		Labelled bin bag for wet and dirty
4-5 sets of underwear		clothing (essential)
4-5 pairs of socks		Washbag (including soap, shampoo,
2-3 pairs of trousers for activities		toothbrush and toothpaste)
1 or 2 pairs of shorts		Roll-on deodorant
2 pairs of old trainers for activities		Optional – extra pillow
1 pair of dry shoes for evening activities		Disposable camera or an old digital
2 fleeces/sweatshirts for activities		camera (which it doesn't matter if it get
2-3 long sleeved shirts/t-shirts (for		lost or damaged)
activities where arms need to be		Up to a maximum of £10 spending money
covered)		in a <u>clearly named</u> money bag or
3 T-shirts		envelope (as the party leader will collect
Waterproof jacket/cagoule (essential)		this in and distribute it to children when
A warm jumper for evening activities		they go to the onsite shop)
Baseball cap/sunhat		Disposable Packed lunch for the first
1 set of clothes for the evening		day
1 or 2 towels for showering		
Plastic <u>named</u> drinks bottle		
Sun cream		
Small rucksack/bag		







 Children must use roll-on deodorant during the trip.

• The fire alarms are very, very sensitive and spray deodorant or hair spray will set them off.



## Money



- The children will have the opportunity to visit the on site souvenir shop and can bring up to £10 (better in coins rather than a note) to treat themselves to some souvenirs.
- If the children are bringing money, this will need to be supplied in either a clearly named money bag or envelope with their name and the amount of money written on it.
- This will be given to the group leader, who will look after it until the children need it.
- · They will **not** need any other money for the trip.



# Gift price list

#### **STATIONERY**

Postcard	£0.30
Pencil Sharpener	£0.50
Bendy Eraser/Pencil	€1.00
Jumbo Eraser	£1.50
Hologram Pencil	£0.50
Book Eraser	£0.50
PGL Alaska Pen	€1.00

#### **BEARS**



Book Eraser	£0.50
PGL Alaska Pen	£1.00



#### **GIFTS**

Selection of Key Rings	from £2.00	
LED Torch	£3.00	
PGL Dog Tags	£2.50	

#### **CLOTHING**

PGL T-Shirts	£4.00
PGL Caps	£5.00

#### CONFECTIONERY

Pick 'n' Mix	from £ 2.00
Selection of Confectionery	from £0.10

#### TOYS

PGL Bounce Ball	£0.50
Flying Ring	£1.00
Singing Magnets	£3.00
PGL Football	£5.00



#### MUGS

PGL Mugs (Various Designs)	£4.00
Concertina Water Bottle	£2.50

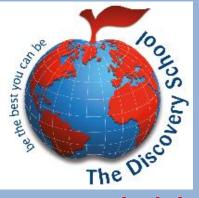
Selection of Drinks from £1.00

Ice Creams (Seasonal) from £1.00

# No Mobile Phones or Electrical Items



- We / PGL cannot guarantee the safety of expensive electronic items.
- Children will only use their phones to contact you in their 'low' moments and this will be more upsetting for both you and them.
- Children can bring an 'older' digital camera but we strongly recommend a disposable one.



## Keeping in Touch

- Children will be too busy enjoying themselves to worry about home and we are only there for a weekend!
- We would inform you immediately if there were a medical issue that you need be made aware of.
- If the Wi-Fi is working on site, we will endeavour to give a brief update on the day's activities using the School Comms system.

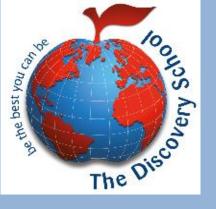


## Emergency Contact



- In <u>real</u> emergency situations, if you need to get in contact with a member of staff on the trip, you can call the school and they will get in touch on your behalf.
- If there is a <u>real</u> emergency outside of school hours, you can contact the PGL Osmington Bay Reception which operates 24 hours who will then contact a member of The Discovery School Staff.

PGL Osmington Bay contact number: 01305 836200



# Rules on the Trip & Code of Conduct

- We expect exemplary behaviour from the pupils on the trip.
- This will include the children being polite to all members of staff (both school and PGL) and following all instructions first time; having excellent manners; being respectful to each other and working hard as part of their group.
- Nearer the time, the children will be given the code of conduct for the trip that they are expected to follow. All children are already aware of this.

# Discovery School's PGL Code of Conduct

#### At PGL we must:

- ✓ Set ourselves achievable challenges and try to do our best on all activities
- ✓ Be polite and show good manners at all times
- ✓ Respect others and their property
- ✓ Listen and look carefully when given instructions
- ✓ Follow instructions first time
- ✓ Be quiet at quiet times
- ✓ Go to sleep and allow others to sleep at lights out
- ✓ Be patient and tolerant when working as a team
- ✓ Treat others as we would like to be treated
- ✓ Display our school values at all times
- ✓ Maintain the school's high expectations for behaviour

#### At PGL we need to be well organised. That means we must:

- ✓ Look after our own possessions
- ✓ Be on time
- ✓ Have the right things ready for all activities.
- ✓ Listen, think and act on instructions
- ✓ Think ahead

By following the code, everyone will have a fun PGL experience!



## Room Inspection Challenge

- Teachers will conduct room inspections on a daily basis as a fun challenge to help the children learn the skills of organisation, tidiness and cleanliness!
- Rooms will be allocated points based on their tidiness.
- Rooms with the most points will win a prize when they come back to school.

#### Room Inspection Challenge

- Room inspections will take place once every day, usually after breakfast.
- Rooms may score a maximum of 10 points in each inspection.
- The room with the highest total score at the end of the weekend will be awarded prizes.

#### Points may be awarded for:

- Shoes tidy and well organised
- Beds tidy and well made
- Clothes and bags neat and in proper places
- Towels / flannels neat
- Toiletries organised neatly
- Curtains pulled properly
- Suitcases tidy inside and out
- Room aired (windows open)
- Going to bed sensibly

#### Points may be lost for:

- Clothes and bags untidy and in the wrong place
- Beds untidy and not properly made
- Things not hung up
- Shoes not together or untidy
- Toiletries not neatly arranged
- Room not aired
- Keeping the teachers up at night!



### Medical Forms



- Please can any outstanding forms be returned as soon as possible so that any important information can be forwarded to PGL and shared with group leaders.
- If anything to do with your child's health changes, additional requirements can be added nearer the time.



### Medicine



- Any medicine that your child needs to take, either on a daily basis or as required, will need to be brought in on the morning of the trip with a medicine form.
- Anyone with medicine will need to be in school (with their adult) at 8:20am on Friday 7<sup>th</sup> June to give the form and medicine to a member of staff.
- All medicines will need to be brought in with a medicine form and put in either a clearly labelled plastic bag or Tupperware box.



## Useful resources

- You will find a host of FAQs and useful resources in the Parent Guide section of the PGL website:
- <a href="https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about">https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about</a>
- https://adventureholidays.pgl.co.uk/camps/osmingtonbay/



## Useful resources

- Osmington Bay virtual tour
- PGL Parent Guide
- PGL Promo video
- PGL Kit List

If you have any questions, please contact either Mr Stannard or Dr. Wilce-Cordner <a href="mailto:kstannard@discovery.kent.sch.uk">kstannard@discovery.kent.sch.uk</a>
<a href="mailto:jwilce@discovery.kent.sch.uk">jwilce@discovery.kent.sch.uk</a>

