



Friday 30th June –
Monday 3rd July 2023



The Discovery School Staff Team for PGL 2023

Trip Leader: Miss Marle

Group Leaders:

Mrs Wilce-Cordner

Mrs Garwood

Miss Ledeczky

Miss Brown

Mrs Hook

Mrs Dey

Mr Stannard

Mrs Brown

Mrs Catt

Mrs Caplan

Mrs Woodhams



Trip departure and arrival times:

We will be leaving The Discovery School on Friday 30th June at approximately 1.30pm.

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

We will return to The Discovery School on Monday 3rd July at approximately 3.30pm. If we are delayed in traffic, the School Office will let you know.



- Before we leave for PGL, we will tell children their activity groups, explain expectations for behaviour for the weekend and play some team-building games at school.
 - *Children must bring a *packed lunch or have a school dinner as normal on this day.*
- (*Please make sure packed lunch items can be disposed of at school.)*
- The journey to PGL Marchants Hill will take approximately an hour and forty minutes. 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).



Arrival at PGL



- We will arrive at the PGL site at approximately 3.00pm.
- Children will be told their room groups 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 will be given the opportunity to list four people they would like to be in a group with – girls or boys and across classes. They will be grouped with at least one of their choice of friends.
- *Each group will have a designated lead adult 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



- We have requested a range of daytime activities but these will not be confirmed until two weeks before the trip:
Abseiling, Aeroball, Archery, Challenge Course, Giant Swing, Low Level Rope Course, Quad Biking, Rifle Shooting, Sensory Trail, Problem Solving and Zip Wire.
- 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 not selected any of the water based activities that were available on site. This is because they take up two activity slots with changing, water safety and showering – we will fit more in without them. Also, not all children have reached the required level of confidence in the water to participate in the activities.*



Evening Activities

We have also requested a range of evening activities – again, these will not be confirmed until two weeks before the trip:

50/50
Ambush
Campfire
Capture the
Flag
Disco
Robot Wars
Scrapheap
Challenge
Shoe Golf
Wacky Races

Example Activity Timetable

	Group	Friday		Saturday		Sunday		Monday
Breakfast				7.30am		7.30am		7.30am
Session 1 08.50 - 10.20			1	Abseiling 3*	1	Zip 'Wire 4*	1	Giant Swing 2*
			2	Rifle Shooting 3	2	Orienteering Bethany 1	2	Aeroball 2
			3	Low Ropes 2	3	Abseiling 3*	3	Powerfan 2*
Session 2 10.30 - 12.00			1	Rifle Shooting 3	1	Orienteering Bethany 1	1	Aeroball 2
			2	Abseiling 3*	2	Zip 'Wire 4*	2	Giant Swing 2*
			3	Archery 2	3	Orienteering Bethany 2	3	Aeroball 1
Lunch				12.20pm		12.20pm		12.10pm
Shop Time				1.00pm BTH		1.00pm BTH		
Session 3 14.00 - 15.30			1	Challenge Course 1	1	Powerfan 1*	1	DEPART!
			2	Low Ropes 2	2	Archery 2	2	DEPART!
			3	Zip 'Wire 4*	3	Giant Swing 2*	3	DEPART!
Session 4 15.40 - 17.10	1	ARRIVE!	1	Low Ropes 2	1	Archery 2		
	2	ARRIVE!	2	Challenge Course 1	2	Powerfan 1*		
	3	ARRIVE!	3	Challenge Course 2	3	Rifle Shooting 1		
Dinner		5.30pm		5.30pm		5.30pm		
Shop Time								
Evening		Wacky Races		Disco		Campfire 3		



Meal Times and Food



- Children need to bring a disposable packed lunch or have a school dinner for the first day. Make sure they 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 your child's dietary needs by completing the medical form (which you will receive soon). 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 for a mid-morning snack.

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



Accommodation

- Lodges – en suite rooms sleep 5-6

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 six children; girls and boys will be sleeping separately.
- Children will be given the opportunity to list four people they would like to be in a room with. They will be with at least one of their choice of friends.
- 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 clearly named.



Kit List

- Suitable nightwear
- 3 sets of underwear
- 4 pairs of socks
- 2 pairs of trousers for activities
- 1 pair of shorts
- 2 pairs of old trainers for activities
- 1 pair of dry shoes for evening activities
- 2 Fleece/sweatshirts for activities
- 2 Long sleeved shirts/t-shirts (for activities where arms need to be covered)
- 3 T-shirts
- Waterproof jacket/cagoule
- A warm jumper for evening activities
- Baseball cap/sunhat
- 1 set of clothes for the evening (and disco)
- 1 or 2 towels for showering

- Plastic **named** drinks bottle
- Sun cream
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Washbag (including soap, shampoo, toothbrush and toothpaste)
- Roll-on deodorant
- Optional - extra pillow
- Disposable camera or an old digital camera (which it doesn't matter if it get lost or damaged)
- Up to a maximum of £10 spending money in a **clearly named** money bag or envelope (as the party leader will collect this in and distribute it to children when they go to the onsite shop)
- Disposable Packed lunch for the first day**



Roll-on Deodorant

- *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

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

BEARS

Range of PGL Bears *from £2.00*



TOYS

PGL Bounce Ball *£0.50*

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

TOYS

PGL Bounce Ball £0.50

Flying Ring £1.00

Singing Magnets £3.00

PGL Football £5.00



CLOTHING

PGL T-Shirts £4.00

PGL Caps £5.00

MUGS

PGL Mugs (Various Designs) £4.00

Concertina Water Bottle £2.50

CONFECTIONERY

Pick 'n' Mix from £2.00

Selection of Confectionery from £0.10

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 real 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 real emergency outside of school hours, you can contact the PGL Marchants Hill Reception - which operates 24 hours - who will then contact a member of The Discovery School Staff.
- The PGL emergency contact number will be distributed nearer the time of the trip.



Rules on the Trip and 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 a code of conduct for the trip that they are expected to follow.

The 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.

PGL Marchant's Hill 2022

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



- Medical forms will be issued soon and must be returned as soon as possible so that any important information can be forwarded to PGL.
- 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 at 8:25am on Friday 30th 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:
- <https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about>



Useful resources

- [A day at PGL video](#)
- [Marchant's Hill virtual tour](#)
- [PGL Parent Guide](#)
- [PGL Promo video](#)
- [PGL Kit List](#)

If you have any questions, please contact either
Mrs Repsch or Miss Marle

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