

Year 6 Residential

Boreatton Park



We love
PGL



9th – 13th October 2023

www.pgl.co.uk

PGL



- PGL has now been running for over 60 years
- Providing schools with the best in Outdoor Education
- Offering widest choice of centres for Outdoor Pursuits in Britain
- It gives 140,000 young people each year the opportunity to develop their skills both personally and socially



The experience

- Social skills
- Boosting confidence
- Appreciation of the environment
- Develop new talents/ interests
- Sense of achievement
- Fulfils the Outdoor Adventure elements of the PE National Curriculum



Key information in summary



- We will be departing **Monday** morning at approximately **10 a.m.** and will be returning on **Friday** afternoon at approximately **4:00 pm** (if there is a change to this, you will be notified by the school office).
- 60 Year Six children and 8 adults will be going.
- All **meals** will be provided (full board) with the exception of the first day – *your child will need a **packed lunch***. Any dietary needs can be catered for. **Children will need a refillable water bottle.**
- The children will be sleeping in bunk beds but will need to bring a **sleeping bag** and **pillow case**.
- A full **kit list** has been issued separately to this document. See next slide and website.
- A **parental consent form** has been issued in person to your child. This form will include contact details and space for medical information/dietary needs. If your child has medicine he/she needs for the trip, it will need to be stated on this form and signed over to staff by the morning of the trip at the latest.

Kit list

- Most important – a sleeping bag and pillow case.
- Sleeping bags can be attached to the outside of the case or kept in overhead storage.
- PGL do supply waterproof coats for wet activities (raft building).
- It is a five day residential so please ensure your child has enough clothing.
- Day bag/rucksack for Wrekin Walk (disposable packed lunch) in addition to suitcase.
- Please DO NOT send mobile phones, electronic devices, iPads etc. or jewellery.



WHAT TO BRING

Please ensure that all items are named.

- **Sleeping bag**
- **Pillowcase** (to conserve space, we recommend not bringing a pillow but filling the pillowcase with a dry towel/coat etc.)
- Tops and jackets:
 - T-shirts (arms may need to be covered for some activities)
 - Fleece/jumpers/sweatshirts
 - Waterproof/warm coat or jacket
- Trousers/leggings (jogging bottoms are ideal for activities; jeans are not recommended as they get heavy and cold when wet)
- Underwear and socks (at least five pairs and they may need to cover ankles for some activities)
- Suitable nightwear
- At least two pairs of trainers/outdoor footwear (one of which should be an older pair for the raft-building activity). One should be suitable for the Wrekin walk.
- Wash bag and wash gear (soap, shampoo, toothbrush and toothpaste - no aerosols or spray cans please as they can set off smoke detectors)
- **2 towels**
- **Plastic bags for carrying wet or dirty clothes/shoes**
- Gloves and hats
- **Named water bottle for activities**
- **Small day bag/rucksack** (e.g. school bag) for packed lunch on the first day (ideally in disposable packing rather than lunch box)

Please restrict luggage to one reasonably sized case or bag for the coach hold (the children will need to be able to carry their case). Sleeping bags can be attached to the outside of the case or in kept in overhead storage. **Please ensure that all items are named.**

Please **DO NOT** send mobile phones, electronic devices, iPads etc. or jewellery. Children are allowed to bring up to £10 spending money for the PGL shop. This will need to be in a named wallet/purse/sealed plastic bag and will be looked after by their group leader during the trip.

Please ensure all relevant medical details are listed on the parental consent form

Asthma Sufferers

Please ensure that this is noted on the medical form and that your child has their inhaler. The children will be in charge of their own asthma medication, as they are in school

Prescription Medication

If sending prescription medication, please make sure the instructions for dosage are clearly labelled and a form is completed. We will record each dose.

Non-Prescription Medicine

Please see anyone of us prior to departure. You will have to complete a form for your child to self-administer their own medication under adult supervision.

If you have any further questions, please contact Mr Burdett or Mrs Bird

Accompanying adults

- Mr Dunn (head teacher – trip leader)
- Mr Burdett (asst. head – trip leader)
- Mr Hatley (teacher)
- Mr Gethins (Learning support assistant)
- Mrs Bird (teacher)
- Miss Burton (teacher)
- Mrs Debbie Phillips (HR/Office Manager)
- Mrs Parker (ICT technician)



Day of Departure



- Arrive at school normal time. Any medicine must be signed over to a group leader.
- Leave approx. 10 o'clock.
- Toilet stop at Telford Services
- 12:20 pm Arrive at Wrekin for lunch and walk up the hill
- Arrive at PGL at around 3.30pm
- Met by group leaders
- Site tour with fire drill
- Settle into dorms and tea!
- Evening activity



Wrekin Walk



- This is a walk up to the top of the Wrekin (407m high) before descending the same way we came.
- The walk is predicted to take approximately 1.5 - 2 hours, including a stop for lunch.
- The path is well-maintained and is a popular walk for hikers, but pupils still need to be well-prepared for this.
- Pupils will be holding their own bag which should contain their lunch (preferably in a disposable bag) and a water bottle.

Our Destination

- Boreatton Park is 20 minutes North West of Shrewsbury
- It is set in 250 acres of grounds, with all activities taking place on site
- We expect to arrive at about 4 pm on Monday



PGL Group leaders

- Upon arrival, we will be met by our group leaders (usually two).
- They will facilitate most of the trip for us and be a constant, friendly presence for the duration of the stay.
- They will supervise/entertain the children between activities and will run the evening activities.



Accommodation

- The children will reside in the first floor of the Mansion House during their stay.
- School staff are also housed in this building and always close at hand.
- The wash rooms are located near to the dormitories.
- There are separate girls and boys 'dorms' (7 in all).
- The dormitories will sleep between 4 and 12 children.
- The children sleep in bunk beds but will need a sleeping bag and a pillow case.



Activities

- Start at 9 am and run through until 8.30pm in the evening.
- There are up to four main activity sessions during the day, but the children's time is always being filled with games and other activities. These are led by PGL instructors but HOPs staff will be in attendance.
- There is also an evening activity after dinner.
- **The children will be in one of 6 activity groups (10 in each group).** These will be a mix of boys and girls (different to their dorm groups). They will be told who their group leader is before departure.



Basic itinerary



Monday	Depart from school at c.10 a.m.	Toilet stop at Telford Service	Wrekin Walk – led by SD, KB	Packed lunch on walk	c. 4pm Arrival at PGL Boreatton Park	Welcome talk from group leaders, basic orientation, health & safety.	Evening meal	Evening activity PGL Tournament 7:30 – 8:30	Lights out 9:30 p.m.
Tuesday - Thursday	7 a.m. wake-up/ Breakfast 8 a.m.	Activity 1 9:00 a.m.	Activity 2 10:40 a.m.	Lunch 12:30 - 2:00 p.m.	Activity 3 2:10 p.m.	Activity 4 3:50 5:20 p.m.	Evening meal	Evening activity 7:30 p.m.	Lights out 9:30 p.m.
Friday	7 a.m. wake-up/ Breakfast 8 a.m.	Activity 1 9:00 a.m.	Activity 2 10:40 a.m.	Lunch 12:30 - 2:00 p.m.	Depart 1:30 - 2:00 p.m.	Arrive at school c. 4 p.m.			



13 different day activities!

- ▶ Abseiling
- ▶ Climbing
- ▶ Zip Wire
- ▶ Giant Swing
- ▶ High Ropes
- ▶ Jacob's Ladder
- ▶ Raft-building
- ▶ Challenge Course
- ▶ Aeroball
- ▶ Fencing
- ▶ Orienteering
- ▶ Archery

(There is a full explanation of each activity at the end of this ppt)

Daily meals

- Breakfast – anything from cooked food to toast, cereals, fruit and yoghurts;
- Lunchtime – choose from a variety of wraps, baguettes, burgers, pasta, salad, fruit...etc
- Evening meal – range of cooked food and desserts including vegetarian options
- Special dietary requirements – all needs can be met – gluten/dairy-free, etc.
- **Remember, a packed lunch is needed for the first day.**
- **Please make sure you have informed us of any dietary requirements on the parental consent/medical form.**



Medical issues



- A parental consent form has been issued to all participants.
- This includes **medical and dietary** information.
- Inhalers and medications – any medication will need to be labelled clearly with name and dosage required.
- Any medication that is required for the trip will need to be signed over to the group leaders on the morning of departure at the latest.

Hall Orchard CE Primary School
Parental Consent Form For PGL Visit

Childs Name: _____
Address: _____
D.O.B: _____
Parent/Guardian: _____
Address: (If Different) _____
Telephone No: Day _____ Night _____
Mobile _____ Emergency _____

IMPORTANT MEDICAL & DIETARY DETAILS

Name Of Doctor: _____ Telephone No. _____
Does your child suffer from any condition requiring medical treatment? Yes / No (Please Circle)
If yes please give details (Includes Asthma) _____
Is your child allergic to any medication? Yes / No (Please Circle)
If yes please give details _____
Please give details of any special dietary needs _____

SWIMMING ABILITY

My child: -
Can swim more than 50m or more ☐
Cannot swim more than 50m but is water confident ☐
Is a non-swimmer ☐

DECLARATION

- I hereby give permission for my child to participate in the activities described.
- I acknowledge the need for obedience and responsible behaviour on their part.
- The information provided above is, to my knowledge, correct and I agree to contact the organiser as soon as possible should any details change.
- I agree to my child receiving medication as instructed and any emergency dental, medical or surgical treatment including anaesthetic and blood transfusion as considered necessary by the medical authority present.
- I understand the extent and limitations of the insurance cover provided.

Signature _____ Date _____

The PGL logo is a yellow oval with a blue border, containing the letters 'PGL' in blue.

Night time

- There are always members of staff on duty
- All Hall Orchard staff will be in rooms close by on the same floor
- Full-time nursing staff (24 hours of day)
- If your child should fall ill you will be notified by phone.



Expectations

- We expect the children to represent the school whilst away and have the highest standard of behaviour.
- It is essential for everyone's health and safety that children listen to and follow instructions from all adults.
- In some specific cases, where there may be a concern, teachers will be arranging meetings before the trip to discuss behaviour expectations.



Spending money

- There is a gift/tuck shop on site. Each activity group will be allocated a slot there.
- We recommend not more bringing more than £10.00.
- This will need to be in a **named wallet/purse** or a **named sealed plastic bag**. It will handed over to and looked after by their group leader during the trip.



Health & Safety/Insurance

- PGL comply with the DfE guidance on Health & Safety of Pupils on Educational Visits and the appendices added
- All adventurous activities are recognised and approved by National Governing Bodies
- PGL are members of A.B.T.A. and carry a comprehensive insurance
- This is also checked by LCC/County Hall

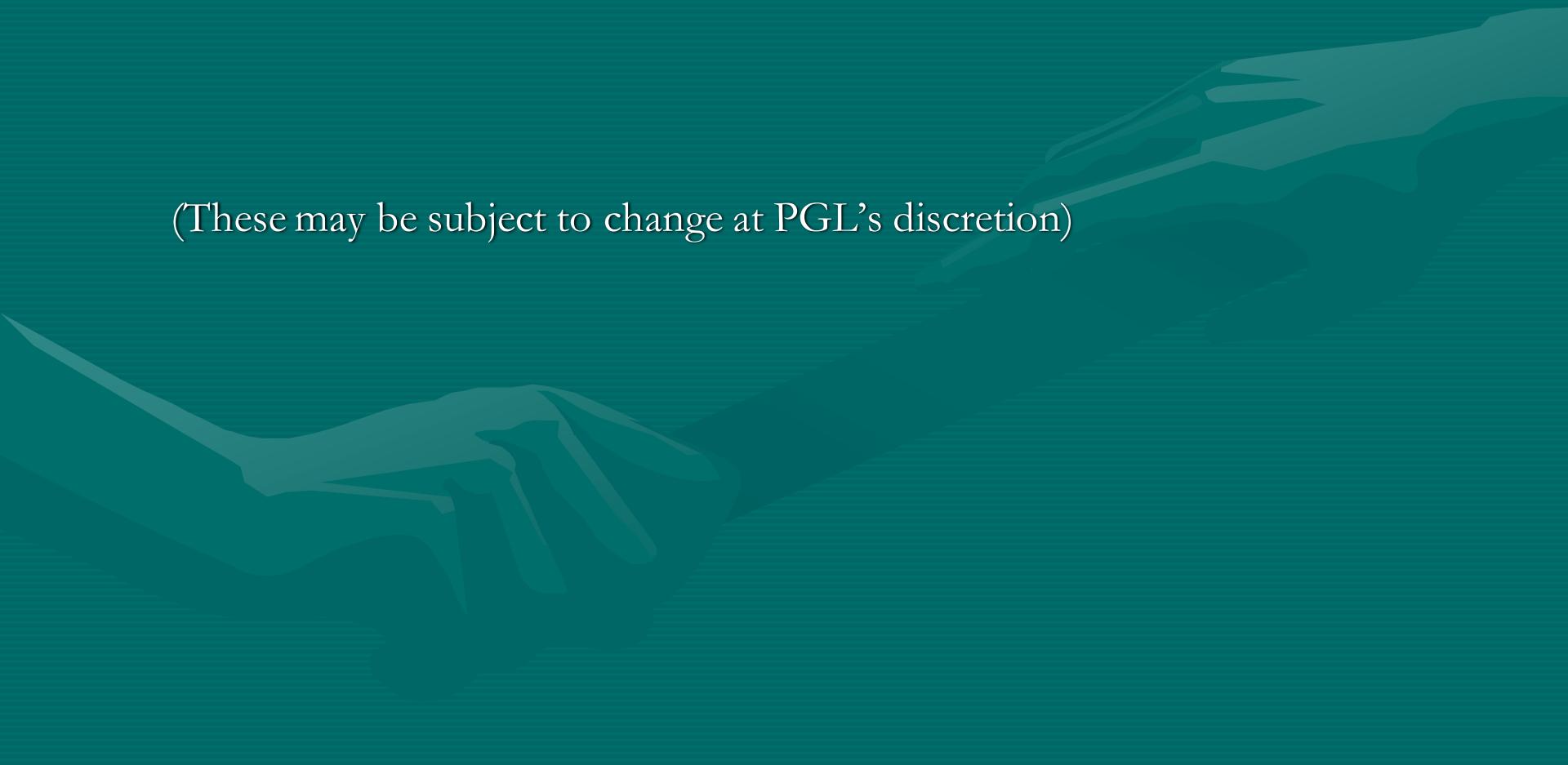
Day of Return (Friday 13th October)

- Leave PGL at 1.30pm
- Arrive back at school at approximately 4 pm (dependent upon traffic). You will be notified by the office if we are running late.



PGL ACTIVITIES 2023

(These may be subject to change at PGL's discretion)



Raft-building

At the water's edge, your team's challenge is to design and build a robust raft that will carry them successfully across the water - using large plastic barrels, ropes and poles. Our staff can offer as much or as little assistance as you request for them - teamwork, communication and ingenuity are tested to the limit! Once the rafts are ready for launch, the fun begins on the water!



Fencing

This Olympic sport is both physically and mentally demanding. Fencing is great fun for any beginner playing at a basic level but also offers plenty of opportunity for development. So, let our qualified instructors teach you the basic principles and safety procedures - and get stuck in!



Challenge course

Obstacles and initiative exercises give members of your group some fantastic opportunities to work together as a team, make decisions, and solve problems. There are also plenty of chances to push individual limits and take on physical challenges too. But beware – if your group is going for it, they will need to be tough enough to laugh in the face of The Mud!



Problem - solving

- Teams work together to solve problems in the Puzzle Park.
- A nice change of pace that requires coordination, teamwork and thinking outside the box.



Orienteering

A great way to explore our centres. Your instructor will introduce you to some practical map reading skills and then working in small groups you will use these to locate control points around the centre grounds.



Archery

These sessions take place on indoor or outdoor ranges and we encourage safety awareness from the outset as we teach the basics. It's a great individual and team challenge, which needs accuracy, control, concentration and a steady hand. For groups that want to take it further, we can offer the 'Target Archery Award' to develop and test levels of skill.



Aeroball

It's a great opportunity to play a brand new team game. Described as a cross between trampolining, volleyball and basketball, this is a high-energy team game which helps develop team tactics and good communication – it's also lots of fun!



Abseiling

Got a head for heights?
This exhilarating activity
allows you to scale down
the side of our purpose
built towers leaving you
with a great sense of
achievement!



Climbing

An exhilarating and addictive experience with different skills involved – perseverance, strength, risk control, and the need to trust in your belay partner and equipment. On the ground, we'll introduce basic climbing techniques and once on the wall, each individual will need determination, clear thinking and adrenalin to reach the top! Climbing at PGL takes place on indoor walls or outdoor climbing towers – always with a top-rope belay for safety.



Giant Swing

You'll be harnessed into a two seater swing before the rest of your group start hauling you up to 10m high. It's up to you and your partner to decide how high you want to go before pulling the release cord to send you hurtling down towards the ground before swinging up towards the sky.



Zip wire

Once attached to the overhead wire, it's simply a matter of stepping off the platform to begin an exhilarating flight through the trees, across fields or even over a lake – there'll always be a great view to enjoy from the air! The speed and precariousness of the flight will require courage, determination and plenty of peer support and encouragement!



Jacob's Ladder

Are you hoping to improve your group's ability to work effectively as a team? Do you want them to learn to communicate better and cooperate more? Then Jacob's Ladder is one activity you won't want them to miss! Teams of three work together to get to the top of a 'ladder' made of suspended logs, which become progressively further apart the higher they get. It's great for improving communication, leadership and decision-making skills.



High Ropes

A challenge course in the sky (10 metres up!), you will need all the determination and balance you can summon to get round to the end, not to mention the cheers of support from the rest of the group as you overcome each of the obstacles.



Evening activities

- **PGL tournament** - At PGL Tournament guests will play a series of exciting team games and complete a selection of individual challenges to determine which team is the best! Challenges include Basketball Shoot, Human Skittle and Ultimate Frisbee
- **Cluedo** - Groups are given a map with locations of characters on, and a score card to find out who committed the crime! In groups they'll work to locate the character somewhere onsite and have a task to complete to receive information about the suspect.
- **Ambush** – You will be split into small teams, with one team hiding within the centre grounds, leaving a trail for their competitors to follow. Great for developing strategic and team building skills.
- **Karaoke!**