



Osmington Bay

Monday 11<sup>th</sup> July – Friday 15<sup>th</sup> July 2021

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# Agenda:

- What to expect
  - Example timetable
  - Accommodation
  - Groupings
  - Food
- Kit
- Important Information
- Risk Assessment – Roles of the adults at PGL
- Osmington Bay Website





Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!

*Arrival day (Monday) and departure day (Friday) are different to this, but will include either evening entertainment or morning activities.*

**Arrival Monday late morning – exact time TBC and departure from site after lunch on Friday. Return time is usually between 5 and 6, but this will be communicated via Xpression**



Our accommodation is currently TBC – we are awaiting confirmation from PGL as to our room sizes. They will most likely be between 4 and 6 children per room.

Teachers select the room allocations and the children in each room. In the next few days, the children will be asked to name 3 children with whom they would be happy sharing a room (this can be from any Y6 class), from which we guarantee they get at least 1 friend. We **cannot** guarantee any more than this, though will do as much as we can to keep groups together.



## Activities available

Liddington is one of our biggest centres - as a result, the range of activities here is vast! The Treetop Study Trail is unique to Liddington.

In the evenings there'll be a fun evening entertainment programme to keep everyone busy until bedtime!

[See the evening entertainment available at Liddington.](#)

### Select an activity for a full description

#### Abseiling

The tower is over 10 metres high. The task – to walk backwards off the top, gradually working back towards ground level, suspended only on a rope. It's all about trust, courage and confidence. It's also a very dynamic way to learn calculating and controlling risk. Some children deal with heights more easily than others, but the support and encouragement of the rest of the group is important for each individual's success and will help strengthen peer relationships.

- Abseiling
- Abseiling
- Aeroball
- Archery
- Buggy Building
- Canoeing
- Challenge Course
- Climbing
- Crate Challenge
- Fencing
- Giant Swing
- Jacob's Ladder
- Orienteering
- Problem Solving
- Raft Building
- Sensory Trail
- Survivor
- Trapeze
- Vertical Challenge
- Zip Wire



As well as having a group with whom the children share a room, they will also be assigned to an activity group with whom they will complete their 4 activities each day. There are usually between 10 and 12 children in each group.

Each of these activity groups is led by a WHPS adult, who is with the group at all times, alongside different qualified PGL instructors.

## Food



Enjoyable mealtimes with nutritious and tasty food

Our meals are freshly cooked, balanced and will give your pupils plenty of energy to keep them going throughout the day.

- Hot and cold meals with vegetarian options
- Homemade soup every day
- Self-service salad bar
- Fresh fruit with every meal
- Allergies, intolerances and special diets catered for - see our [Teacher Guide](#)
- Support for fussy eaters - see our [Parent Guide](#)



For breakfast, lunch and dinner, the children have access to buffet style meals where there is always a choice of different options on offer. The chefs are well informed and support an array of dietary requirements. If your child has particular dietary requirements, you will let us know on the information form and we would also advise looking at the Osmington Bay website too. You may also like to do this if your child is a fussy eater! Please note, they are 'sample' menus only.

# Kit List



All essential activity and safety equipment is provided, but children will need personal clothing, footwear and wash bag. Brand new and expensive items should be left at home. Old, casual and easily washable clothes only.

**All property should be marked with the students name and school name.**

**Clothing:** inexpensive clothing can be purchased from Primark/supermarkets etc.

- Pyjamas
- Underwear x 6 (minimum)
- Socks x 6-8 pairs - including over ankle length (so they can tuck trousers/leggings into them)
- 2 or more sweatshirts or fleeces
- 3 T-shirts
- 3 Long sleeved T-shirts



## Important information we will need from you.

Consent forms on the table – including important emergency contact information. The form also includes:

- Any regular or emergency medication that your child needs, including the **frequency** and **dosages**. We must know when your child needs the medication and how much is needed at each time.
- Whether your child has any dietary requirements.
- What your child's swimming competency/confidence is.

*It is imperative that this letter is returned to the class teacher by Friday 10<sup>th</sup> June or now if possible!*





## Risk Assessment & PGL Adults

As well as the Warden Hill risk assessments we will carry out, PGL and Osmington have their own risk assessments that they will adhere to. The previously mentioned important information forms are an integral part of our risk assessment.

Warden Hill staff will be supervising the children at all times throughout the trip, supported by PGL leaders. 2/3 of the PGL leaders will be assigned to any group, of which they will be trained on specific apparatus which they lead.

### Contact

You will be contacted regularly throughout the trip via Xpressions to find out what we have been up to and an estimated arrival time back at Warden Hill on the Friday. You will only then be contacted further throughout by us if required.

PGL Risk assessments can be found here:

<https://www.pgl.co.uk/en-gb/school-trips/resources/teacher-guide/risk-assessments>



Today

July 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>27</b> 1:45 pm - 2:45 pm Reception 2022: Play Date	<b>28</b> 1:45 pm - 2:45 pm Reception 2022: Play Date  7:00 pm - 9:00 pm Y6 End of Year Performance	<b>29</b>	<b>30</b> 1:45 pm - 2:45 pm 5R Swimming  7:00 pm - 9:00 pm Y6 End of Year Performance	<b>1</b> 8:00 am - 8:45 am Mini Tennis Coaching  3:15 pm Ice Cream Fridays	<b>2</b>	<b>3</b>
<b>4</b> 10:00 am - 11:00 am Year 4: In The Net	<b>5</b> 9:30 am - 11:00 am Reception 2022: Transition Morning	<b>6</b> 9:15 am - 3:15 pm RR: Trip to Bisley	<b>7</b> 9:15 am - 3:15 pm RW: Trip to Bisley  1:45 pm - 2:45 pm 5R Swimming	<b>8</b> 8:00 am - 8:45 am Mini Tennis Coaching  3:15 pm Ice Cream Fridays	<b>9</b>	<b>10</b>
<b>11</b> 9:15 am - 2:30 pm Y3 Trip to Clearwell Caves	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> 8:00 am - 8:45 am Mini Tennis Coaching  3:15 pm Ice Cream Fridays	<b>16</b>	<b>17</b>

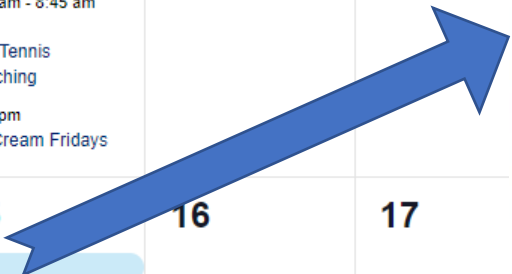
[PGL Parent Consent Form](#)

[Osmington Bay Virtual Tour](#)

[Parent Guide](#)

[Kit List](#)

[Promotional Videos](#)





Any general questions?

For specific questions relating to your child and their PGL trip, please speak to your child's teacher or contact them via the school office.