




Please return completed parent consent forms to the relevant class teacher.

Spare copies are available as required.

Barton Hall

Monday 6th July – Friday 10th July

 **Parent consent form**
(to be retained by school – PGL do not require a copy)

Emergency details

Child's Full Name _____
Full postal Address _____

Date of Birth _____
Place of Birth _____
Parent / Guardian's Full Name _____
☑ Day _____
☑ Evening _____
☑ Mobile _____

Important Medical and Dietary Details

Name of Doctor _____
Please give details of any medical conditions, allergies or current medication. _____

Is your child allergic to any medication? Yes / No
If YES please give details. _____

Please give details of any special dietary requirements. _____

Swimming Ability



Is your child able to swim 50 metres or more? Yes / No
Is your child water confident (can duck head underwater & swim 15m in a life jacket/buoyancy aid without panic)? Yes / No
Is your child unable to swim? Yes / No

Declaration

I have read the information sheet provided and agree to my child's participation in the activities described. I believe that the information provided above is correct and will notify the course organiser of any changes as soon as possible. I agree to my child receiving medication as instructed and to any emergency dental, medical or surgical treatment as considered necessary by the medical authorities present. I understand the extent and limitations of the insurance cover provided.

Signature of Parent/Guardian _____
Date _____

The personal information supplied will only be used to allow PGL employees, agents, subcontractors and suppliers to provide the promised service to PGL's normal high standard.

PGL Travel Ltd, Alton Court, Pargray Lane, Ross on Wye, Herefordshire, HR9 5GL www.pgl.co.uk  

Agenda



- What to expect @ PGL
- Kit List
- Important Information
- Risk Assessment – Roles of the adults at PGL
- Barton Hall Website
- Diary Dates
- Questions



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!

Monday: Departure from Warden Hill Monday around 9:30 and eat our packed lunch on arrival. 2 afternoon activities, followed by dinner & evening activity.

Friday: Leave PGL after lunch on Friday. Our return time is usually between 16:00 and 17:00 – traffic dependent – this will be communicated via Eduspot nearer the time.



Accommodation

- We have been allocated rooms of 6.
- Teachers select the room allocations.
- 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 friends across the year group), from which we guarantee they get at least 1 friend.
- Activity groups can also be arranged to include friends missing from rooms.





Activities

- 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 will be 12 children in each group and this provides further opportunity for us to match-up friends.
- Each of these activity groups is led by a WHPS adult, who is with the group at all times, alongside different qualified PGL instructors.

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!

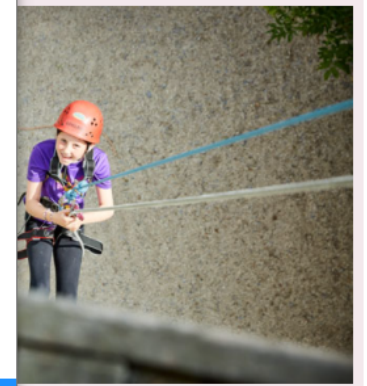
[See the evening entertainment available at Liddington.](#)

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




Meals



- 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 Barton Hall website too. You may also like to do this if your child is a fussy eater! Please note, they are 'sample' menus only but food is always of a high standard.

<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>

Refuel with our delicious menu
Unlimited salad bar: a combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner daily.
Fresh fruit is available at all meals.



All Monday Tuesday Wednesday Thursday Friday Saturday Sunday Packed Lunch - available on request only

Monday

BREAKFAST

Please be assured that the menu choices for individuals with allergens can be adapted and are not limited to the items displayed here. PGL can provide meals that do not include the main 14 allergens as ingredients, where the dietary needs form has been completed during the booking process. If you require more specific information in advance, please contact our customer service team. Start your day with a traditional hot breakfast, then help yourself to toast, yogurt, fruit and unlimited cereals, Don't forget to hydrate with our popular flavoured water.

Hot Options

Pork Sausage GF 1 Childs Serving, 1 Sausage ⓪ 1 Adult Serving, 2 Sausages ⓪ 100g ⓪	Hash Brown VE GF 1 Childs Serving, 1 Hash Brown ⓪ 1 Adult Serving, 2 Hash Browns ⓪ 100g ⓪
Vegetable Sausage VE GF 1 Childs Serving, 1 Sausage ⓪ 1 Adult Serving, 2 Sausages ⓪ 100g ⓪	Fresh Mushrooms VE GF 1 Childs Serving ⓪ 1 Adult Serving ⓪ 100g ⓪
Baked Beans VE GF 1 Childs Serving ⓪ 1 Adult Serving ⓪ 100g ⓪	Toast with Sunflower Spread & Jam: Gluten Free Alternative Available VE 2 Slices ⓪ 100g ⓪

Self Serve Light Options

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

While our kit list is a bit more bespoke, this link is for the PGL recommended kit list:

<https://www.pgl.co.uk/Files/DocumentManagerDocuments/Web/Kit%20Lists/PGL-Kit-List-UK.pdf>

Important Information we will need from you



- 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.
- If you consent to us giving medications as needed: Calpol/Ibuprofen/Anti-histamine (if not taken regularly)/Anthisan (for bites/stings).
- Whether your child has any dietary requirements.
- What your child's swimming competency/confidence is.

A sample of a 'Parent consent form' for PGL. The form includes sections for: 'Emergency details' (Child's Full Name, Full postal Address, Date of Birth, Place of Birth, Parent/Guardian Full Name, and contact preferences for Day, Evening, or Mobile); 'Important Medical and Dietary Details' (Name of Doctor, medical conditions/allergies/current medication, and whether the child takes any medication or has special dietary requirements); and 'Swimming Ability' (questions about swimming 50 meters, confidence in water, and ability to swim in a life jacket/buoyancy). It also contains a 'Declaration' section where the parent/guardian agrees to the child's participation and understands the insurance cover provided. The form is dated 2015 and includes logos for PGL, A&A, and A&A.

Communication

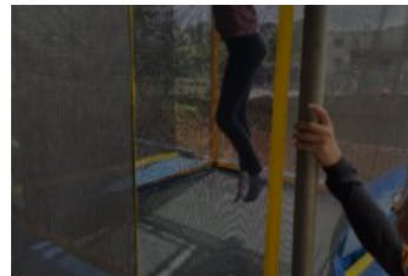


- Eduspot sent when we have arrived on Monday 6th July.
- Eduspot sent with an ETA on Friday 10th July.
- PGL page on the school website where photos will be uploaded of the previous day.
- We will ring to request permission to administer medicine for minor things as and when needed (headaches etc.)
- We will let you have Mrs. Flooks' work number should you need to get in contact with us; however, this is only to be used in emergencies. Thank you for respecting this in advance.



Wednesday 12 July

Another amazing day with lots of smiles and proud faces. Many children had their favourite activities so far in raft building and giant swing – one more full day culminating in a final ship visit and the much anticipated disco to come!



Tuesday 11 July

Our first full day was a unanimous hit – all children had 4 activities in their group – including



Departure Day



When your child arrives at school on Monday 6th July from 8:20 onwards, they must have:

- 1 small case or a large holdall
- 1 backpack with what they need for the day, plus for day-to-day use at PGL (will include an inhaler if they have one, as well as a water bottle, sun cream/hat as required)
- Packed lunch for the first day- keep this in the backpack
- Named purse/wallet with up to £20 in
- Named bag with any regular/emergency medications - including dosages and times to be taken - clearly written on

Risk Assessment & PGL Adults



- Warden Hill completes risk assessments – all signed off by the Local Authority before we leave.
- 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.
- PGL and Barton Hall have their own risk assessments that they will adhere to.

PGL Risk assessments can be found here:

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

Questions



For specific questions relating to your child and their PGL trip, please speak to one of us today or contact us via the school office.