

Liddington Multi Activity Center

12th June – 14th June 2024



<https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/about>

John Page Mobile (for emergencies): 07842 416086

PGL 2024

Parent Information Evening

Dates and Times

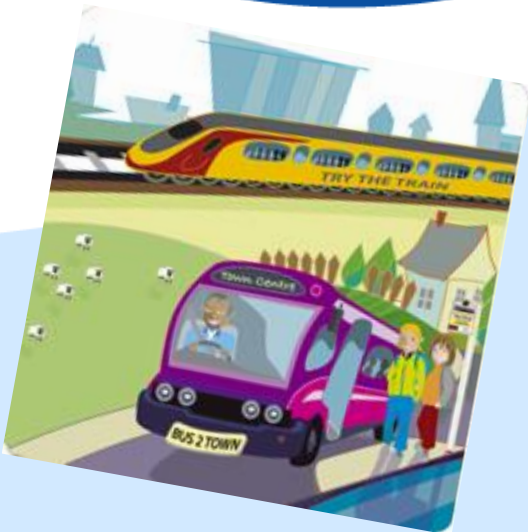


Wednesday 12th June

- Please arrive at school promptly at **7am**.
- Children should bring a picnic in a carrier bag and a water bottle. We will eat together.
- An evening meal will be provided.
- We will update you when we arrive.
- Non-electronic travel games for the coach are fine to send.

Friday 14th June

- We will leave PGL at approximately 6pm.
- We should arrive back at school at approximately 9:30pm.
- Updates will be sent to you if our arrival time changes significantly.





Who and Where?

Liddington Multi Activity Center

- Approximately 3hr -3.5hr drive. Coach has been risk assessed.
- Centre managed by PGL.
- There are 150 acres of grounds packed with activities - so everything is just a short walk away.
- As well as recently constructed accommodation, dining room and indoor activity zone, there are more than 20 activities all situated on site.





Staff Attending

Mr Page

Ms Bashford

Miss Pittam

Mr Hathaway-Batt

Miss Jamieson

Mrs Dearlove

Mrs Lewis



Activities

- All activities are run by experienced instructors, who will go through safety rules and explain how to undertake the activities before the children take part.
- School staff also supervise the activities and take part!
- We will encourage children to attempt all activities, but they will not be forced to do anything they are not comfortable with.
- There is first aid available on site and all instructors are fully trained.

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:10 - 15:40	Session 4 15:50 - 17:20	Evening 19:30 - 20:30	
Wednesday	1					Jacob's Ladder (JL3)	Survivor (SU7)		Passport To The World (PTTW2)
	2					Survivor (SU7)	Jacob's Ladder (JL3)		Passport To The World (PTTW2)
	3					Jacob's Ladder (JL4)	Survivor (SU8)		Passport To The World (PTTW2)
	4					Survivor (SU8)	Jacob's Ladder (JL4)		Passport To The World (PTTW2)
	5					Sensory Trail (ST6)	Archery (A6)		Passport To The World (PTTW3)
	6					Archery (A6)	Sensory Trail (ST6)		Passport To The World (PTTW3)
Thursday	1			Zip Wire (ZG4)	Problem Solving (PS5)	Canoeing (OC4)	Sensory Trail (ST6)		Disco (DIS-LS)
	2			Problem Solving (PS5)	Zip Wire (ZG4)	Sensory Trail (ST6)	Canoeing (OC4)		Disco (DIS-LS)
	3			Zip Wire (ZG5)	Sensory Trail (ST6)	Canoeing (OC5)	Problem Solving (PS8)		Disco (DIS-LS)
	4			Sensory Trail (ST6)	Zip Wire (ZG5)	Problem Solving (PS8)	Canoeing (OC5)		Disco (DIS-LS)
	5			Jacob's Ladder (JL1)	Survivor (SU6)	Canoeing (OC6)	Giant Swing (GS4)		Disco (DIS-LS)
	6			Survivor (SU6)	Jacob's Ladder (JL1)	Giant Swing (GS4)	Canoeing (OC6)		Disco (DIS-LS)
Friday	1			Giant Swing (GS1)	Archery (A2)	Trapeze (TR1)	Aeroball (AE1)		
	2			Archery (A2)	Giant Swing (GS1)	Aeroball (AE1)	Trapeze (TR1)		
	3			Giant Swing (GS2)	Archery (A3)	Trapeze (TR2)	Aeroball (AE3)		
	4			Archery (A3)	Giant Swing (GS2)	Aeroball (AE3)	Trapeze (TR2)		
	5			Zip Wire (ZG2)	Problem Solving (PS7)	Trapeze (TR3)	Aeroball (AE4)		

	Group	Meeting Point	Group Leader	Session 1 8:50 - 10:20	Session 2 10:30 - 12:00	Session 3 14:10 - 15:40	Session 4 15:50 - 17:20	Evening 19:30 - 20:30	
	6			Problem Solving (PS7)	Zip Wire (ZG2)	Aeroball (AE4)	Trapeze (TR3)		



Liddington Multi Activity Center






















Accommodation

Timber clad chalets:

- 4-6 bedded rooms.
- Rooms en suite.
- On site security and first aid.
- Teacher rooms at the end of the corridor and dispersed between.
- Boys and girls have separate rooms.





W52	W50	Stair case to Gnd Floor		W46	W44 2 Leaders		W42	Lounge			Linen		W38	W36	W34 2 Leaders	W32	W30	W28 2 Leaders										
	x4	x4		x4			x4					x4			x4			x4	x4									
Fire Exit					Atrium																							
	W51	W49		W48	W47			W45	W43			W41	W40			W39	W37			W35	W33			W31	W29			W27
x4			x4	2 leaders		x4		x4	2 leaders			x4		x4		2 leaders		x4		x4		2 leaders			x4		2 leaders	



Liddington Multi Activity Center

Accommodation

- Rooms will be assigned before we go - taking into consideration, where we can, who the children would like to be with.
- The children will find out which room they are in when we arrive at the centre.
- The children will be in separate day-time groups. Again, we will take into account, where we can, who they would like to be with.





Safety and Medication



- Fully risk assessed site and activities.
- Equipment checked and fitted by fully qualified instructors
- On-site first aid.
- Please complete the survey monkey medical form asap so that we know how to administer any medication correctly / to consent to calpol, ibuprofen and piriton.
- We will print your form ready for the morning of the trip.
- All medication will need to be handed to Mr Page and signed in by him on the morning of the trip. This will need to be handed over in a plastic bag with your child's full name on the front of the bag and also on each packet / box of medication being sent in. Full administration details will need to be on the medical form survey monkey and on the medication packet.



Student Name:	D.O.B:
Known Allergies:	Parent's Signature:
Medication received by:	
Medication, dose and duration (any other details, i.e. goes home at the end of the day):	

[illegible]



Food

The PGL breakfast - hot options, cereals, toast, yoghurts, pastries & more!

Lighter tasty lunches - a pit-stop to prepare for a busy afternoon. Refuel with fresh sandwiches, soups, pasta or salads.

Delicious 'kids favourites' evening meals - crowd pleasing classics such as fish & chips, roast dinners and bangers & mash.



REFUEL

WITH OUR

DELICIOUS MENU



BREAKFAST

MONDAY

Baked Beans (ve) (209kcal)
Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (269kcal)
Sausages (209kcal)
Quorn™ Vegan
Cumberland (ve) (279kcal)

TUESDAY

Baked Beans (ve) (209kcal)
Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (269kcal)
Bacon (269kcal)
Quorn™ Vegan
Cumberland (ve) (279kcal)

WEDNESDAY

Baked Beans (ve) (209kcal)
Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (269kcal)
Sausages (209kcal)
Quorn™ Vegan
Cumberland (ve) (279kcal)

THURSDAY

Baked Beans (ve) (209kcal)
Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (269kcal)
Bacon (269kcal)
Quorn™ Vegan
Cumberland (ve) (279kcal)

FRIDAY

Baked Beans (ve) (209kcal)
Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (269kcal)
Bacon (269kcal)
Quorn™ Vegan
Cumberland (ve) (279kcal)

SATURDAY

Baked Beans (ve) (209kcal)
Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (269kcal)
Sausages (209kcal)
Quorn™ Vegan
Cumberland (ve) (279kcal)

SUNDAY

Baked Beans (ve) (209kcal)
Hash Browns (ve) (279kcal)
Fresh Mushrooms (ve) (269kcal)
Bacon (269kcal)
Quorn™ Vegan
Cumberland (ve) (279kcal)

Available every day: Porridge with toppers* (249kcal), a selection of cereals, assorted yoghurts (v) and a selection of toast & spreads

LUNCH

Pepperoni Pizza (249kcal)
Margherita Pizza (v) (279kcal)
Plant-based Margherita
Pizza (ve) (279kcal)
Served with: Skinny Fries (ve)
(249kcal)

Beef Burger (209kcal)
Meatless Farm™ Plant
Based Burger (207kcal)
Served with: Ziggy Fries (ve) (269kcal)

Battered Chicken
Chunks (229kcal)
Vegetable Nuggets (ve)
(229kcal)
Served with: Potato Wedges (ve)
(209kcal), Garden Peas (ve) (279kcal),
Sweetcorn (ve) (269kcal), Sweet Chili
Sauce (ve) (279kcal)

Homemade Beef
Bolognese (249kcal)
Homemade Vegetable
Ratatouille (ve) (229kcal)
Served with: Penne Pasta (ve)
(209kcal), Garlic Bread (v) (269kcal),
Grated mild cheddar (v) (269kcal)

Battered Fish (219kcal)
Jumbo Sausage (203kcal)
Quorn™ Fishless Fingers
(ve) (279kcal)
Served with: Skinny Fries (ve)
(249kcal), Garden Peas (ve) (279kcal)

Jacket Potato (ve) (209kcal)
Served with your choice of: Grated
Mild Cheddar (v) (249kcal), Baked
Beans (ve) (269kcal) or Tuna Mayo
(209kcal)
Homemade Chilli
Non Carne (ve) (249kcal)
Served with: White Rice (ve) (249kcal)

Roast Beef (269kcal)
Meatless farm™ Plant-
based Chicken Breast
(ve) (203kcal)
Served with: Roast Potatoes (ve)
(209kcal), Yorkshire Pudding (v)
(269kcal), Fresh Broccoli (ve) (249kcal),
Baby Carrots (ve) (269kcal), Gravy (ve)
(249kcal)

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

DINNER

Chicken Katsu Curry (279kcal)
Homemade Beef
Lasagne (232kcal)
Vegetable Lasagne (ve)
(207kcal)
Sides: Garlic Bread (v) (269kcal), Rice
(ve) (269kcal), Garden Peas (ve) (279kcal),
Fresh Broccoli (ve) (249kcal)

Fish Fingers (279kcal)
Hunters Chicken (239kcal)
Shepherdless Pie (ve)
(269kcal)
Sides: Baby Potato (ve) (269kcal),
Baby Carrots (ve) (269kcal), Whole
Green Beans (ve) (229kcal)

Chicken Curry (249kcal)
Baked Cheesy Meatballs
(249kcal)
Vegetable Curry (ve) (229kcal)
Sides: Rice (ve) (249kcal), Penne Pasta
(ve) (209kcal), Mixed Vegetables (ve)
(249kcal)

PGL's Sausage Pasta
Bake (269kcal)
Chicken Kiev** (279kcal)
Homemade Sausage &
Bean Casserole (ve) (249kcal)
Sides: Mashed Potato (v) (269kcal),
Fresh Broccoli (ve) (249kcal), Baby
Carrots (ve) (229kcal)

Beef Burger (209kcal)
Homemade Mac 'n'
Cheese (v) (269kcal)
Meatless Farm™ Plant
Based Burger (ve) (269kcal)
Sides: Ziggy Fries (ve) (269kcal),
Sweetcorn (ve) (269kcal), Whole Green
Beans (ve) (229kcal)

Battered Chicken
Chunks (207kcal)
Homemade Beef
Lasagne (229kcal)
Vegetable Lasagne (ve)
(207kcal)
Sides: Garlic Bread (v) (269kcal), BBQ
Sauce (ve) (249kcal), Skinny fries (v)
(269kcal), Mixed Vegetables (ve) (249kcal)

Fish Fingers (279kcal)
PGL's Sausage Pasta
Bake (269kcal)
Shepherdless Pie (ve)
(269kcal)
Sides: Cheesy Garlic Potato (v)
(269kcal), Baby Potato (ve) (269kcal),
Sweetcorn (ve) (269kcal), Whole Green
Beans (ve) (229kcal)

Homebaked Iced Sponge
Cake (v) (229kcal)

Chocolate Muffin (v) (209kcal)

Jam Doughnuts (v) (229kcal)

Homebaked Chocolate
Sponge (v) & Chocolate
Custard (v) (229kcal)

Homemade Apple
Crumble (ve) & Vanilla
Custard (v) (229kcal)

Chocolate Muffin (ve)
(249kcal)

Chocolate Cookies (v)
(279kcal)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

Available daily

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.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken, some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some olive stones may remain in our salads.

Where used, our ham is reformed from selected cuts of pork with added water

* Small children can choke on seeds

** Chopped and shaped chicken.

ASK ABOUT
ALLERGENS
WE ARE HAPPY TO HELP

What to bring ...



NAMED ITEMS ONLY...

- Lunch in a carrier bag for first day. Reusable water bottle.
- Non-electronic travel games for the coach.
- Sports bag / suitcase – must be able to be carried by child.
- Small rucksack for carrying daily requirements: water bottle, fruit/snack, inhaler.
- Old clothes – a mixture of outdoor clothes for warm and cold conditions (long sleeves / trousers are needed on all three full days for the activities).
- Spare clothes and underwear incase things get wet.
- Waterproof jacket.
- Swimming costume.
- Torch (optional).
- 2 towels.
- 2 pairs of trainers (1 likely to get wet).
- Disco clothes.
- Wash kit.
- Sun cream, hat, water bottle, etc.
- Sleeping bag.
- Pillow.
- Pocket money (£5 max).
- Black bin bag – named – for dirty clothes.



WHAT TO BRING

Please ensure
that all items
are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- ☐ **Tops & jackets**
 - ☐ T-shirts
 - ☐ Long sleeved shirt/T-shirts
 - ☐ Waterproof jacket
 - ☐ Fleece/jumpers

Your arms will need to be covered to do some activities.
- ☐ **Trousers or leggings**
but not jeans as they get heavy and cold when wet
- ☐ **Underwear & socks**
Your socks will need to cover your ankles to do some activities.
- ☐ 1 or 2 sets of **clothes for the evening**
- ☐ Suitable **nightwear**

TRAVELLING IN THE...

...SUMMER?

- ☐ Shorts
- ☐ Baseball cap/sun hat
- ☐ Sunscreen

...WINTER?

- ☐ Warm coat
- ☐ Hat and gloves

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

FOOTWEAR

- ☐ **2 pairs of trainers**
 - 1 for activities
 - 1 old pair for watersports
- ☐ **1 pair of dry shoes**
for evening activities

OTHER ITEMS

- ☐ **2 towels**
 - 1 for showering
 - 1 old one for activities
- ☐ Reusable **drinks bottle**
- ☐ Small **rucksack/bag**
- ☐ Labelled **bin bag** for wet and dirty clothing
- ☐ **Sleeping bag or duvet** and pillow (unless otherwise advised)
- ☐ **Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.



What not to bring ...

- Sweets or snacks (except for the first lunch).
- Any electrical items / equipment.
- Mobile phones.
- Cameras - we will take lots of pictures and share them with you!
- Anything that you don't want damaged or you don't want lost.
- Spray deodorant or glass bottles.
- Fizzy drinks.



Spending Money

- We are suggesting a maximum of £5 for spending money.
- We ask for the money to be in coin form and in a money bag / wallet with your child's name on.
- It is your child's responsibility to look after their spending money.



PGL Blog



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PRIMARY SCHOOL

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OUR CHILDREN

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OUR CHILDREN

June 2024: PGL Blog

PGL Liddington