

Year Six residential meeting

Caythorpe Court, Lincolnshire (PGL)

Monday 15th May – Wednesday 17th May
2023



Staff

- Mr Austin (trip leader)
- Mr Pettit
- Mrs Reynolds (banker)
- Mr Seery
- Miss Glennon (First Aider/medicine)
- Miss Raher



- For young people, teachers, group leaders and parents, PGL is the UK's leading outdoor education provider, delivering inspirational learning through adventure.
- Specialise in educational activity courses, residential school trips, French Language courses, children's activity holidays, summer camps and secondary school ski trips, with centres in the UK and France.
- Since 1957, PGL have combination of adventure activities, courses, equipment, accommodation, food and service.
- PGL have always placed a huge emphasis on safety. They are a founding member of BAPA (British Activity Providers Association) and hold AALA (Adventure Activities Licensing Authority) licences for all activities in scope of the regulations. They have always been pioneers of a safe approach to outdoor education.

Caythorpe Court

- Just ten miles north of Grantham, there's over 65 acres of space to enjoy at Caythorpe Court, packed full of adventure activities on land and water. From high ropes to the giant swing, each challenge will help pupils reach further and achieve more.

Facilities include:

- Football pitch and playing fields
- Lake
- Sports hall
- Shop



A typical day

- <https://www.youtube.com/watch?v=IYs24HDhB9M>

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	1 hour of activities - Discos, campfires, quizzes and more - our evening activity programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!

Activities

- Canoeing
- Archery tag
- Abseiling
- Zip wire
- Vertical challenge
- Giant swing
- Buggy building
- Archery
- Capture the flag
- PGL tournament
- Free time
 - Football
 - Rounders
 - Quiet time
 - Games/card games





Food

- Enjoyable mealtimes with nutritious and tasty food. Our meals are freshly prepared, balanced and will give your pupils plenty of energy to keep them going throughout the day.
- A mix of hot and cold meals with vegetarian options
- Self-service salad bar
- Fresh fruit with every meal
- Allergies, intolerances and special diets catered for
- Sample menu (next slide)

Sample Menu

REFUEL

WITH OUR

DELICIOUS MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Sausages

Bacon

Sausages

Bacon

Bacon

Sausages

Bacon

Baked Beans (ve)

Baked Beans (ve)

Baked Beans (ve)

Baked Beans (ve)

Baked Beans (ve)

Baked Beans (ve)

Baked Beans (ve)

Quorn™ Vegan
Cumberland (ve)

Quorn™ Vegan
Cumberland (ve)

Quorn™ Vegan
Cumberland (ve)

Quorn™ Vegan
Cumberland (ve)

Quorn™ Vegan
Cumberland (ve)

Quorn™ Vegan
Cumberland (ve)

Quorn™ Vegan
Cumberland (ve)

Hash Browns (ve)

Hash Browns (ve)

Hash Browns (ve)

Hash Browns (ve)

Hash Browns (ve)

Hash Browns (ve)

Hash Browns ^(ve)

Fresh Mushrooms (ve)

Fresh Mushrooms (ve)

Fresh Mushrooms (ve)

Fresh Mushrooms (ve)

Fresh Mushrooms (ve)

Fresh Mushrooms (ve)

Fresh Mushrooms (ve)

Sample Menu

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.

LUNCH

Pepperoni Pizza	Jacket Potato (ve) Served with your choice of: Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo	Battered Chicken Chunks	Homemade Beef Bolognese	Fish & Chips	Jacket Potato (ve) Served with your choice of: Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo	Roast Beef
Margherita Pizza (v)		Vegetable Nuggets (ve)	Homemade Vegetable Ratatouille (ve)	Jumbo Sausage		Meatless farm™ Plant-based Chicken Breast (ve)
Plant-based Margherita Pizza (ve)	Homemade Chilli Non Carne (ve)	Served with: Potato Wedges (ve), Peas (ve), Sweetcorn (ve), Sweet Chilli Sauce (ve)	Served with: Penne Pasta (ve), Garlic Bread (v), Grated mild cheddar (v)	Quorn™ Fishless Fingers (ve)	Homemade Chilli Non Carne (ve)	Served with: Roast Potatoes (ve), Yorkshire Pudding (v), Fresh Broccoli (ve), Baby Carrots (ve), Gravy (ve)
Served with: Skinny Fries (ve)	Served with: White Rice (ve)			Served with: Skinny Fries (ve), Garden Peas (ve)	Served with: White Rice (ve)	

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	Fish Fingers	Chicken Curry	PGL's Sausage Pasta Bake	Beef Burger	Battered Chicken Chunks	Fish Fingers
Homemade Beef Lasagne	Hunters Chicken	Baked Cheesy Meatballs	Chicken Kiev**	Homemade Mac 'n' Cheese (v)	Homemade Beef Lasagne	PGL's Sausage Pasta Bake
Vegetable Lasagne (ve)	Shepherdless Pie (ve)	Vegetable Curry (ve)	Homemade Sausage & Bean Casserole (ve)	Meatless Farm™ Plant Based Burger (ve)	Vegetable Lasagne (ve)	Shepherdless Pie (ve)
Sides: Garlic Bread (v), Rice (ve), Garden Peas (ve), Fresh Broccoli (ve)	Sides: Round Chips(ve), Baby Carrots (ve), Whole Green Beans (ve)	Sides: Rice (ve), Penne Pasta (ve), Mixed Vegetables (ve)	Sides: Mashed Potato (v), Fresh Broccoli (ve), Baby Carrots (ve)	Sides: Curly Fries (ve), Sweetcorn (ve), Whole Green Beans (ve)	Sides: Garlic Bread (v), BBQ Sauce (ve), Skinny fries (v), Mixed Vegetables (ve)	Sides: Cheesy Garlic Potato (v), Baby Potato (ve), Sweetcorn (ve), Whole Green Beans (ve)
Homebaked Iced Sponge Cake (v)	Chocolate Muffin (v)	Jam Doughnuts (v)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v)	Homemade Apple Crumble (ve) & Vanilla Custard (v)	Chocolate Muffin (ve)	Chocolate Cookies (v)

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

Accommodation

- Dormitory-style rooms in a range of accommodation blocks and lodges.
- Our accommodation is in the new block (see below picture)
- Pupils - en suite rooms with bunk beds sleep 3-8
- Coded main door to building (only teachers/instructors know codes)
- Designated dry room
- Whole school group in same block



Shop

With souvenirs starting from just 40p, PGL have plenty of options for all budgets. We suggest £10 per child in cash or on pre-paid cards.



What to bring

Clothing:

- Clothes will likely get dirty so please bring old/comfortable clothes. Don't need to buy anything new
- Layers (hoodies, fleeces, sweatshirts)
- T-shirts
- Long sleeved t-shirts (some activities require long sleeves)
- Tracksuit bottoms, jogging bottoms, shorts, leggings (no jeans as can get wet)
- Underwear and plenty of socks
- A change of clothes for the evening activity as day clothes may get wet/dirty
- Suitable nightwear
- Cap/hat
- Light jacket/waterproof jacket

What to bring

Footwear:

- 2 pairs of trainers (1 for activities, 1 for canoeing)
- 1 dry pair of trainers for evening activities/in accommodation
- 2 towels (1 for showering, 1 for activities)
- Reusable water bottle
- Small rucksack
- Sun cream if forecast is particularly sunny/gloves and hat if cold
- Bin bag for wet/dirty clothes
- Sleeping bag and pillow
- Washbag (including shower gel, shampoo, toothbrush, toothpaste, roll-on deodorant
- Small torch/headtorch
- A cheap watch

What to bring

- Reading book/card games/colouring book/notebook etc.
- Money for shop (up to £10) in a labelled wallet/purse to be handed in to staff on morning of trip

What not to bring

- Mobile phones
- Electrical devices
- Food items that contain nuts
- Jewellery/valuable
- Aerosols

Medication

- All medication to be clearly labelled with child's name, dosage and when to be administered and given to Miss Glennon on the morning of the trip
- If you wish to send precautionary medicine for your child (Calpol/paracetamol etc.) please also clearly label with child's name and given to Miss Glennon on the morning of the trip.
- Children with inhalers must carry their inhalers on them at all times during the trip.



Departure

- Please arrive from 9:30 am on Monday 15th
- Access through main gate down into hall
- Parents welcome to wait with child
- Medication (Miss Glennon) and money (Mrs Reynolds)
- We will leave at approximately 10:00 am

Return to school

- We shall be leaving Caythorpe Court at 2:00 pm
- We should be arriving back at school for approx. 3:15 pm
- Children will exit the coach on to the front playground
- Please allow for all children to exit the coach and all luggage taken off before collecting your child

In case of emergency

- If you need to contact the centre in case of emergency please call:
-  Centre Number
01400 273 733
-  Duty Mobile
07969 234 676
- A member of the PGL team will let us know and school staff will then take relevant steps.
- Members of school staff will have a register with contact details if we need to contact you.
- Please ensure all contact/medical details are up to date with the school office/your child's class teacher.

Other information

- If you have any outstanding payments for the residential, please ensure these are paid via Parent Pay before or on Friday 28th April.
- Pupils allocated a place on a school residential must show sustained good behaviour in order for the place to be honoured. The school reserves the right to withdraw the offer of a place in cases where the behaviour of a pupil is a cause for concern; a full refund will be given if the place can be filled.