

Year 6 residential
PGL Bawdsey Manor
10th-14th October 2022



Adults going on the trip

Miss Hughes

Mr Sieber

Mrs Valentine

Miss Newman

Mrs Griffin

Mrs Van Cuylenburg

Mrs Mead

Mrs Cottle

Mrs Thompsett

Journey to Bawdsey Manor

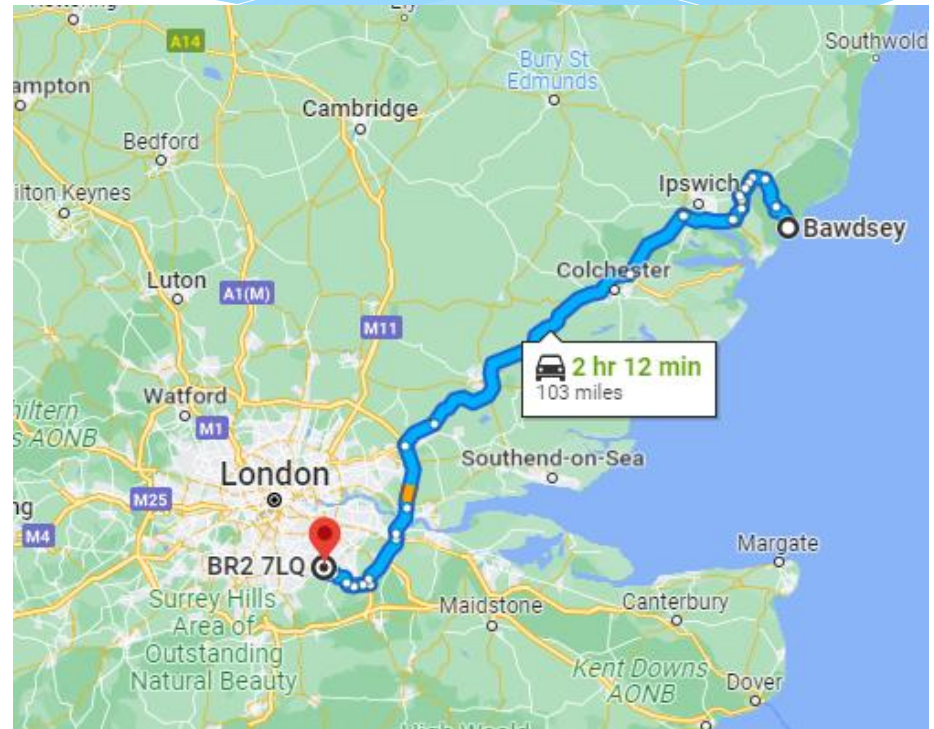
We will travel in two coaches.

The journey time is approximately 2 and a half hours so we aim to get to Bawdsey Manor at lunchtime.

We will eat our packed lunch (hopefully on the beach!) and have some free time until we check in to our rooms in the afternoon.

We will have a toilet stop enroute.

If your child gets travel sick, please make sure they have had a travel sickness tablet the morning we leave.



Itinerary

- * The children will be in day activity groups (approx 11-12 children in each group). The children will stay the same group for the week so that they do all of the activities. Each group will be led by a member of school staff and PGL instructors run the activities.
- * We will take part in 4-5 activities a day so we will be really busy!

Itinerary

- * The activities that we will be taking part in are: raft building, sensory trail, aeroball, orienteering, beach walk, giant swing, archery, climbing, fencing, trapeze, Jacobs ladder, challenge course.

Tuesday	1			Raft Building (RB1)	Aeroball (ARO1)	Trapeze (TR1)	Sensory Trail (ST1)
	2			Aeroball (ARO1)	Raft Building (RB1)	Sensory Trail (ST1)	Trapeze (TR1)
	3			Raft Building (RB2)	Aeroball (ARO2)	Trapeze (TR2)	Sensory Trail (ST2)
	4			Aeroball (ARO2)	Raft Building (RB2)	Sensory Trail (ST2)	Trapeze (TR2)
	5			Aeroball (ARO3)	Trapeze (TR1)	Raft Building (RB1)	Sensory Trail (ST3)
	6			Trapeze (TR1)	Aeroball (ARO3)	Sensory Trail (ST3)	Raft Building (RB1)

- * There will also be an evening activity every night.
- * The activities may be subject to change slightly.

Itinerary

Aeroball

A cross between trampolining and volleyball! Use the bounce from the trampoline to stop your opponents scoring goals whilst trying to score some yourself. Not as easy as it sounds!



Itinerary

Jacobs Ladder

This giant size ladder may seem insurmountable, however with a little help from your friends you'll be amazed at how high you'll get. Anything goes – you can push each other up, pull each other up or stand on each others shoulders, just ask first! It's a great way to really get to know the rest of the group and use communication, teamwork and leadership skills together to have fun and scramble to the top of the ladder.



Itinerary

Raft Building

Build a raft that will float (and hopefully steer) using the barrels, ropes and wood provided. Once built you will need to test it out on the water – will you end up in the water or will you stay dry? It all depends on how well you and your team work together.



This takes place in the lake on the PGL site. For safety, all children are required to wear a buoyancy aid in the water provided by PGL.

Itinerary

Trapeze

Each stage of the trapeze is a challenge in itself. First there's the climb to the top of the 6 metre pole, then you have to get into kneeling position on the small platform at the top. From kneeling position you'll need every ounce of balance you can find to stand up and then finally make that leap for the trapeze. It's totally exhilarating and you'll feel an amazing sense of achievement when you succeed at each step.



Eating

PGL aim to offer a range of different and nutritious hot food to suit all appetites. There is unlimited access to the salad bar and bread basket and children can help themselves to fruit.

The buffet style restaurant means that children can 'mix and match' the items they love most. PGL leaders and Hayes staff will be on hand to help.

- * Breakfast – cereals, toast, fruit, cooked breakfast items.
- * Lunch – hot and cold options e.g. jacket potatoes, pizza, baguettes.
- * Dinner – hot meal with salad bar and dessert.

Eating

Allergies, intolerances and other dietary requirements are catered for. PGL can accommodate most special diets required on medical or religious grounds (please make sure all of these is detailed on your child's medical form).

Keeping hydrated - water and squash are available with all meals and children are encouraged to refill their water bottles for regular use throughout the day. There are also water fountains available around the centre.

Bedrooms

- * Room sleep 4-8 children.
- * Some rooms are ensuite, others have boys and girls bathrooms next door to the bedrooms.
- * Adult rooms are interspersed between the children's rooms.
- * The children have written down names of friends who they would like to share a room with. We will make sure they are sharing a room with at least one of these children.
- * We will tell the children their rooms when they get to Bawdsey Manor.

Safety and security

- The safety and security of the trip for the children is our number one priority.
- Children are given a safety briefing before the trip so they know how to keep safe.
- Room doors are locked with a master key that staff have and can be opened from the inside.
- All gates are locked at night but can be opened from the inside in an emergency without the need for unlocking.
- A PGL staff member is available on duty throughout the night.
- Bawdsey and its activities are risk assessed every year.
- PGL instructors are specifically trained for their programmes.

Code of conduct

- * You and your child will have signed the code of conduct for the trip.
- * For everyone to have an enjoyable time, it is important that the children understand and adhere to the code of conduct.

Adults	Pupils
<p>All adults involved in the visit will:</p> <ul style="list-style-type: none">• Do their best to keep everyone healthy and safe. <p>Teachers will:</p> <ul style="list-style-type: none">• Act as any reasonable parent would in the same circumstances.	<p>Pupils will:</p> <ul style="list-style-type: none">• Follow the instructions and listen to the adults looking after them including adults from school and adults that work at the PGL centre.• Behave sensibly and responsibly at all times.• Be kind and considerate towards other people in our school group, staff at PGL and members of the public.• Respect Bawdsey Manor and its grounds.• Look out for anything that might hurt or threaten themselves or anyone in the group and tell an adult about it.• Respect others' privacy when in the bedrooms/bathrooms.• Use cameras appropriately and respect other people's privacy when using them.

Code of conduct

In the unlikely event that a pupil's behaviour is considered to be dangerous or unacceptable to themselves and/or others, the teachers on the trip will decide on the appropriate course of action.

The child may:

- * Be moved from their group.
- * Be required to sit in a specific seat on the coach.
- * Miss out on certain activities.
- * Be excluded from future trips.
- * Be sent home early and excluded from future trips.
- * Be moved bedroom.

Kit list

- * **Packed lunch and drinks** for the first day in a day bag/rucksack.
- * Towel
- * Refillable water bottle
- * Disco clothes
- * Wash bag
- * Pyjamas
- * Several of long sleeved and short sleeved tops
- * Several pairs of light weight (jogging bottoms, leggings).
- * Several jumpers and warm layers.
- * Clothes that can get dirty/wet
- * Suncream and sunglasses (if we're lucky!)
- * Sun hat
- * Underwear including several pairs of socks.
- * Winter waterproof coat
- * At least **two** pairs of trainers/comfy shoes
- * One pair of indoor shoes e.g. slippers
- * Torch (optional)
- * Disposable camera (optional)
- * No electronics, aerosols, sweets or other food please apart from Monday's packed lunch.
- * Please ensure that every item is named so that we can return it to the right owner.

Medication

- * I will be collecting in medication for the trip on Thursday 29th Friday 30th September at the Year 5/6 door between 8:40 and 8:50.
- * Please ensure the medication is clearly labelled with your child's name, class and dosage.
- * If your child requires travel sickness medication, please ensure they take it the morning of departure and you provide one for the return journey.
- * If your child has asthma, please provide two inhalers.
- * If your child has an EpiPen, please provide two.

Monday 10th October – departure day

- * Please arrive at school at the normal time.
- * The back door of the hall nearest the trim trail will open at 8:40. Children will leave their suitcases in the hall and then go to the classrooms for registration.
- * We will be leaving school at approximately 9:45am so please say your goodbyes in the hall before the children go to class.
- * We will drive to Suffolk and have our packed lunch on arrival – hopefully on the beach, weather permitting!
- * We will then be able to go to our rooms, unpack and start our activities.

Friday 14th October – coming home

- * We will leave Suffolk at about 1:30pm.
- * We aim to be back to school at about 4:00pm but will update Twitter on the return journey to keep you up to date about our ETA.
- * We require that all children are collected (other than those going to after school club) rather than being allowed home by themselves as we will be unsure of the exact time.

Communication

- * We will update the school website when we arrive at Bawdsey Manor.
- * We will aim to update the Hayes Primary twitter once a day (internet connection permitting).
- * The twitter feed can be seen on the school website as well.
- * We will update twitter on our return journey to keep you posted about our ETA back at school.