

OUR PGL
ADVENTURE
STARTS RIGHT
HERE...





Welcome

PGL Osmington Bay, Dorset

Belmore Primary Academy

Year 6 Residential Trip

14th June- 17th June 2024

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The PGL Difference



**Outdoor education
experts**



**A dedicated PGL
Groupie**



**24hr on-centre
support**



**Personalised
programme**

Safety



Safety, Quality & Care

- ✓ All centres awarded Learning Outside the Classroom Quality Badge
- ✓ BAPA and Adventuremark accredited
- ✓ Fully qualified activity instructors
- ✓ Teams are enhanced DBS checked and receive extensive Safeguarding training
- ✓ On-centre SENCO and designated Safeguarding Officers
- ✓ Fully ABTA bonded
- ✓ AAA-rated insurance cover included



Insurance

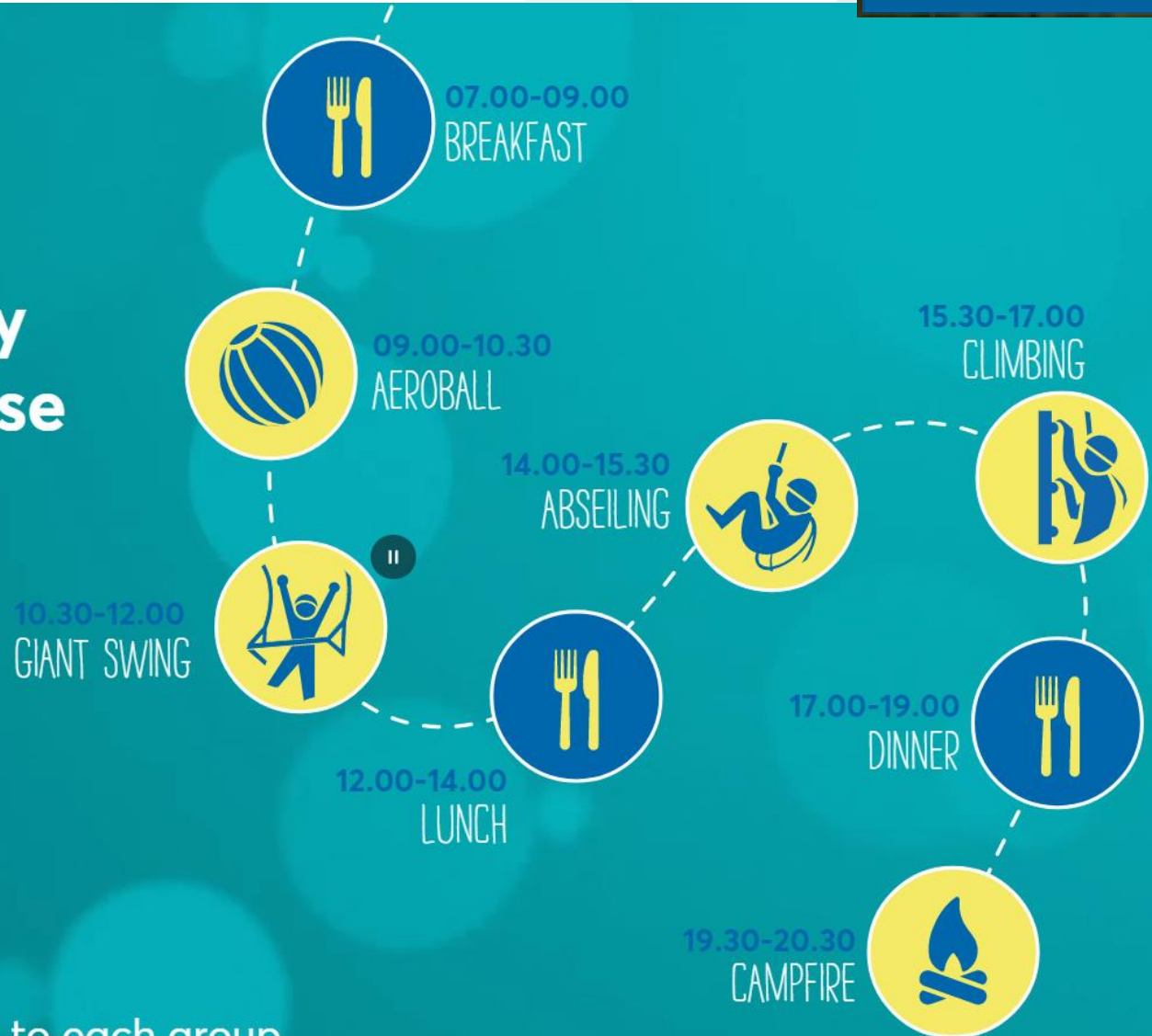


- PGL Travel Insurance is included as standard on PGL trips. Insurance has been tailor-made to match the activities provided by PGL and to provide additional cover and protection for schools.
- PGL Travel Insurance is Insured by AVIVA.
- Belmore also has our own risk assessment and insurance in place. RPA.

A typical days events



A sample day
to give a sense
of what to
expect...



*Programmes tailored to each group

Sleeping Arrangements



Sleep set-up

- ✓ En-suite bunk-bedded rooms, sleep 4
- ✓ Rooms are comfortable, warm and modern
- ✓ Teachers' rooms are on the same corridors/blocks as pupils



Nutrition



Hungry work!
A focus on food & drink



[SAMPLE MENU](#)

- ✓ 3 healthy, nutritious meals a day
- ✓ Plenty of choice for all types of taste buds
- ✓ Dietary needs catered for - so nobody leaves any meal hungry!
- ✓ Water stations available throughout activity centre

Nutrition



Breakfast

Please be assured that the menu choices for individuals with allergens can be adapted and is not limited to the items displayed here. PGL can provide meals that do not include the main 14 allergens, 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. Available every day: porridge with toppers, selection of cereals, assorted yoghurts (v), white or brown toast (ve) & jam

Sausage ⓘ

Vegetable Sausages v ve ⓘ

Fresh Mushrooms v ve ⓘ

Baked Beans v ve ⓘ

Hash Browns v ve ⓘ

Lunch

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Jacket Potato v ve ⓘ

Whole baked potato served with your choice from today's fillings

White Rice v ve ⓘ

Chicken Roll ⓘ

Ham Roll ⓘ

Cheese Roll v ⓘ

Tuna Mayo Roll ⓘ

Homemade Beef Chilli Con Carne ⓘ

Beef mince cooked in a in a lightly spiced tomato sauce with red kidney beans

Grated Mature Cheddar v ⓘ

Tuna Mayo ⓘ

Baked Beans v ve ⓘ

Homemade Chilli non Carne v ve ⓘ

Plant based mince in a lightly spiced tomato sauce with red kidney beans

Nutrition



Dinner

Please be assured that the menu choices for individuals with allergens can be adapted and is not limited to the items displayed here. PGL can provide meals that do not include the main 14 allergens, 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.

Battered Chicken Chunks ⓘ

Chicken breast chunks coated in a light batter

Vegetable Chow Mein [v](#) [ve](#) ⓘ

Homemade Mac 'n' Cheese [v](#) ⓘ

Macaroni pasta cooked in a cheddar cheese sauce and topped with melted cheese

Penne Pasta with Tomato Sauce & Grated Cheese [v](#) ⓘ

Potato Puffs [v](#) [ve](#) ⓘ

Fresh Broccoli [v](#) [ve](#) ⓘ

Carrots [v](#) [ve](#) ⓘ

Sweet and Sour Sauce [v](#) ⓘ

Homemade Sultana Flapjack [v](#) [ve](#) ⓘ

Sultana & golden syrup flapjack

Gift Shop



GIFT SHOP PRICE LIST



TOYS

Teddy Bear.....	£5.00
Football.....	£6.00
Basketball.....	£6.00
Bouncy Ball.....	£1.00
Dangly Bear.....	£3.00

GIFTS

*treat someone
you love...*

Magnets.....	£1.50
Mugs.....	£4.50
Keyrings.....	£2.50
Postcards.....	£0.50

Gift Shop



ACCESSORIES

- Water Bottle.....£5.00
- Medal.....£3.00
- LED Torch.....£3.00
- Badges.....£1.00
- Wristbands.....£1.00
- Coaster.....£2.00

CLOTHES

- Caps.....£5.00
- T-shirts.....£7.00

STATIONERY

- Rubbers.....from 40p
- Pencils.....from 80p
- Eco Pen.....£1.00
- Eco Notebook.....£3.00



Parent Consent Forms



- We have some spare forms to fill in at the end of the meeting if you have not yet filled this in.
- If your child has asthma, please ensure their asthma pump is in date and in school on the morning of the trip. If your child does not have their asthma pump in school, we will not be able to take them.
- If your child has any allergies, please ensure this has been outlined and the appropriate medication is brought on the trip. This includes travel sickness tablets.
- All medication for the trip should be put in a labelled bag with instructions and given to your child's class teacher on **Monday 10th June 2024.**



Kit List- All clothing should be labelled.

<u>Clothing</u>	<u>Toiletries</u>	<u>Other</u>
T-shirts	Washbag	Sun hat
Long sleeved tops (some activities require covered arms)	soap	1 old towel for water sports
Waterproof jacket	Shampoo/conditioner	1 towel for showering
Jumpers	toothbrush	1 small backpack for the day
Trousers/leggings/shorts (not jeans for activities as they can get heavy when wet)	toothpaste	1 named refillable water bottle
2-3 sets of clothes for the evening	Roll on deodorant (no spray on deodorants)	Named bin bag for wet and dirty clothing
Suitable sleepwear	Sun cream	Watch or alarm clock
Underwear	Sanitary products (if required)	Snacks for the room
1 pair of old trainers for water sports and 1 pair of trainers for activities	Hair ties (for long hair)	Medicines/inhalers as required in a labelled bag (to be given to school beforehand)
1 pair of shoes for the evening		

No mobile phones or electronics to be brought on the trip

Travel Details



Departing

- Children need to arrive at school at normal time with everything they need for the trip.
- They will stay at school, completing activities and having lunch before leaving at 12:30pm.
- Children **do not** need to wear their school uniform to school nor do they need to bring it on the trip.

Arrival

- We will return on Monday 17th June, **estimated time of arrival back at school will be 17:00pm.**
- You will be notified if we are stuck in traffic etc.

AOB



- **You will not be able to contact your child while we are on the trip.** We will update the school every day on how the children are getting on and you can find out through the school's website
<http://www.belmore.hillingdon.sch.uk/>
- The children will be expected to behave as they would in school during the trip. If your child behaves in a way which is potentially dangerous or inappropriate, it will be your responsibility to come and collect your child from PGL – Osmington Bay, Dorset.
- Children can bring **£10** spending money on the trip for the gift shop, however this is their own responsibility.



THANK YOU
ANY QUESTIONS?

