

OUR PGL  
ADVENTURE  
STARTS RIGHT  
HERE...





# Welcome

PGL Osmington Bay, Dorset

Belmore Primary Academy

Year 6 Residential Trip

**15<sup>th</sup> June- 18<sup>th</sup> June 2025**

# Content

- Safety
- Insurance
- Typical day
- Sleeping arrangements
- Nutrition
- Gift shop
- Parent Consent Forms
- Kit list
- Travel details
- AOB
- Any questions?





# 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...



10.30-12.00  
GIANT SWING



12.00-14.00  
LUNCH



14.00-15.30  
ABSEILING



17.00-19.00  
DINNER



19.30-20.30  
CAMPFIRE



15.30-17.00  
CLIMBING



07.00-09.00  
BREAKFAST



09.00-10.30  
AEROBALL



\*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 as ingredients, where 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

### Pork Sausage [GF](#)

*Gluten Free Pork Sausage*

1 Childs Serving, 1 Sausage ⓘ

1 Adult Serving, 2 Sausages ⓘ

100g ⓘ

### Hash Browns [V](#) [VE](#) [GF](#)

1 Hash Brown ⓘ

2 Hash Browns ⓘ

100g ⓘ

### Corn Flakes with Semi Skimmed Milk [V](#)

3/4 Bowl with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

### Crisp Puffed Rice with Semi Skimmed Milk [V](#)

3/4 Bowl with 150ml Semi Skimmed Milk ⓘ

100g ⓘ

### Baked Beans [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

### Vegetable Sausages [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### Fresh Mushrooms [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### Toast with Sunflower Spread & Jam [Gluten Free Alternative Available](#) [V](#)

2 Slices ⓘ

100g ⓘ

# Nutrition



## Lunch

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. Allergen information is provided for each item and can be completed during the booking process. If you require more specific information in advance, please contact our customer service team. Available everyday: homemade soup (ve) with bread rolls.

### Ham Pizza [Gluten Free Alternative Available](#)

Stonebaked thin & crispy pizza base topped with tomato sauce, cheese and ham

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### Margherita Pizza [Gluten Free Alternative Available](#) [V](#)

Stonebaked thin & crispy pizza base topped with tomato sauce and cheese

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### Sheese Vegan Sandwich [Gluten Free Alternative Available](#) [V](#) [VE](#)

1 Serving ⓘ

100g ⓘ

### Tuna Mayo Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

### Cheese Roll [Gluten Free Alternative Available](#) [V](#)

2 Rolls ⓘ

100g ⓘ

### Ham Roll [Gluten Free Alternative Available](#)

2 Rolls ⓘ

100g ⓘ

### Skinny Fries [V](#) [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adults Serving ⓘ

100g ⓘ

# 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 as long as they are not required for the meal. All allergen information is completed during the booking process. If you require more specific information in advance, please contact our customer service team.

### Chicken Katsu Curry [Gluten Free Alternative Available](#)

*Breaded chicken fillet served with a mildly spiced oriental style curry with ginger puree and soy sauce*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

### Homemade Mac 'n' Cheese ▾

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

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### Vegetable Fingers [Gluten Free Alternative Available](#) ▾ [VE](#)

*Vegetable fingers coated in crispy breadcrumbs*

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

### Penne Pasta with Tomato Sauce & Grated Cheese [Gluten Free Alternative Available](#) ▾

### Whole Green Beans ▾ [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### Baby Potatoes ▾ [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### White Rice ▾ [VE](#) [GF](#)

1 Childs Serving ⓘ

1 Adult Serving ⓘ

100g ⓘ

### Cauliflower ▾ [VE](#) [GF](#)

1 Childs Serving ⓘ

100g ⓘ

1 Adult Serving ⓘ

# 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



# Medication



- 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 **Wednesday 11<sup>th</sup> June 2025.**



## 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 – Sunday 15<sup>th</sup>

- Children need to arrive at school at **12:30pm** with everything they need for the trip
- Children **do not** need to wear their school uniform to school nor do they need to bring it on the trip.

## Arrival – Wednesday 18<sup>th</sup>

- We will return on Wednesday 18<sup>th</sup> June, **estimated time of arrival back at school will be 15:30pm.**
- 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?