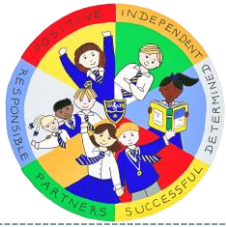


Windmill Hill PGL Year 6 Residential Trip 2018



MONDAY – 26TH MARCH
TO
THURSDAY 29TH MARCH



Aims of this evening:



- ✦ What is a PGL residential?
- ✦ Activities and itinerary
- ✦ Accommodation
- ✦ Food
- ✦ Equipment
- ✦ Health and Safety
- ✦ Cost and Payment Options
- ✦ Any Questions?

Educational Benefits of a PGL Trip



Why have we chosen PGL?

They promote the ten outcomes of high quality outdoor education, as outlined by the English Outdoor Council:

1. Develop Personal Qualities
2. Increase Social Awareness
3. Develop Key Skills
4. Motivate by Enjoyment
5. Engender Confidence and Aspirations
6. Awaken Environmental Awareness
7. Promote New Skills
8. Improve Health and Fitness
9. Increase Motivation and Appetite for Learning
10. Broaden Horizons

At the heart of everything we do is our belief in the positive outcomes that derive from giving young people these opportunities.

We have put over 50 years of experience to excellent use - making sure your trip is the best it can possibly be so that your choice to use PGL is a choice you make with confidence.



Windmill Hill Facilities



- Modern activity bases
- Large Sports Hall
- Sports pitches
- Several small lakes within the grounds
- Recreation and shop area
- Teachers' lounges
- Seminar rooms and classrooms in the Mansion House

Activities Available at Windmill Hill

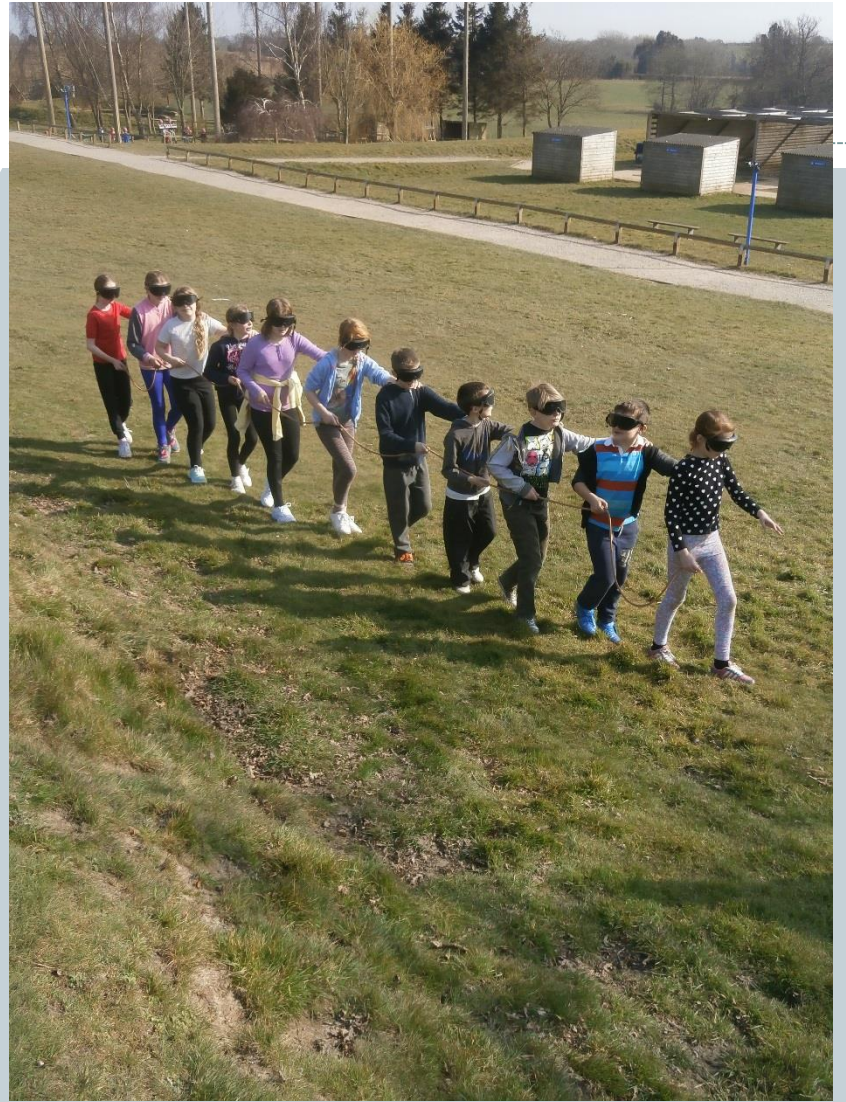


Abseiling, Aeroball, Archery, Ball Sports, Canoeing, Challenge Course, Climbing, Eco Trail, Fencing, Giant Swing, Initiative Exercises, Jacob's Ladder, Orienteering, Raft Building, Rifle Shooting, Sensory Trail, Swimming, Trapeze (Leap of Faith), Tunnel Trail, Zip Wire + a range of exciting evening activities.























Sample Itinerary



07.00 - Staff wake up the group

08.15 - Breakfast (English or Continental, cereal, toast and drinks)

09.00 - First activity session

10.30 - Break

10.45 - Second activity session

12.15 - Hot lunch

13.45 - Third activity session

15.15 - Break

15.30 - Fourth activity session

17.00 - Supervised free time

17.30 - 19.00 - 2/3 course evening meal

19.00 - 20.30 - Evening entertainment. Group Leaders assist Party Leaders until 21.00.

From 21.00 - 23.00 there will be PGL staff on active night duty.

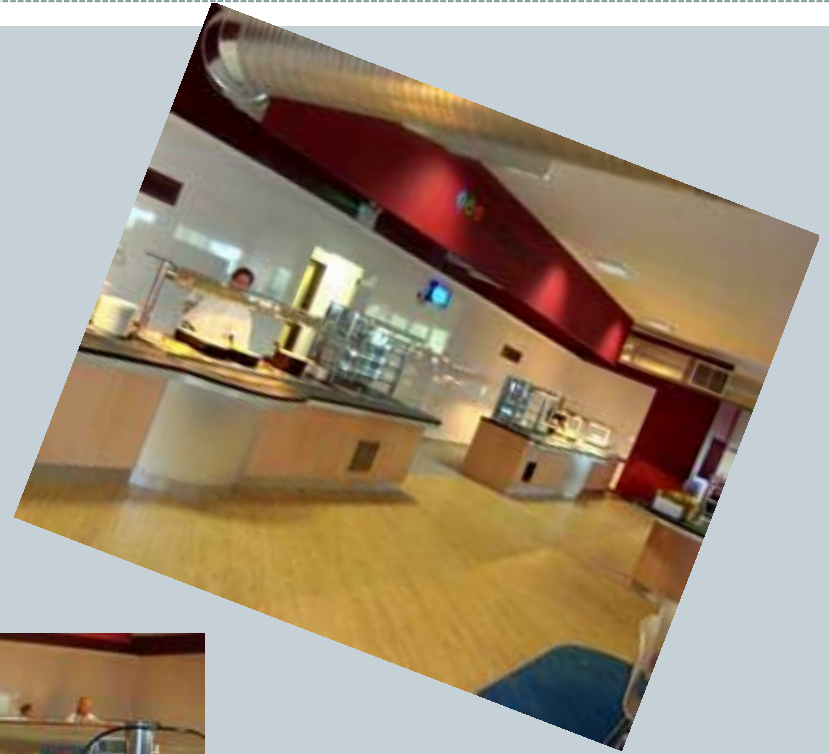
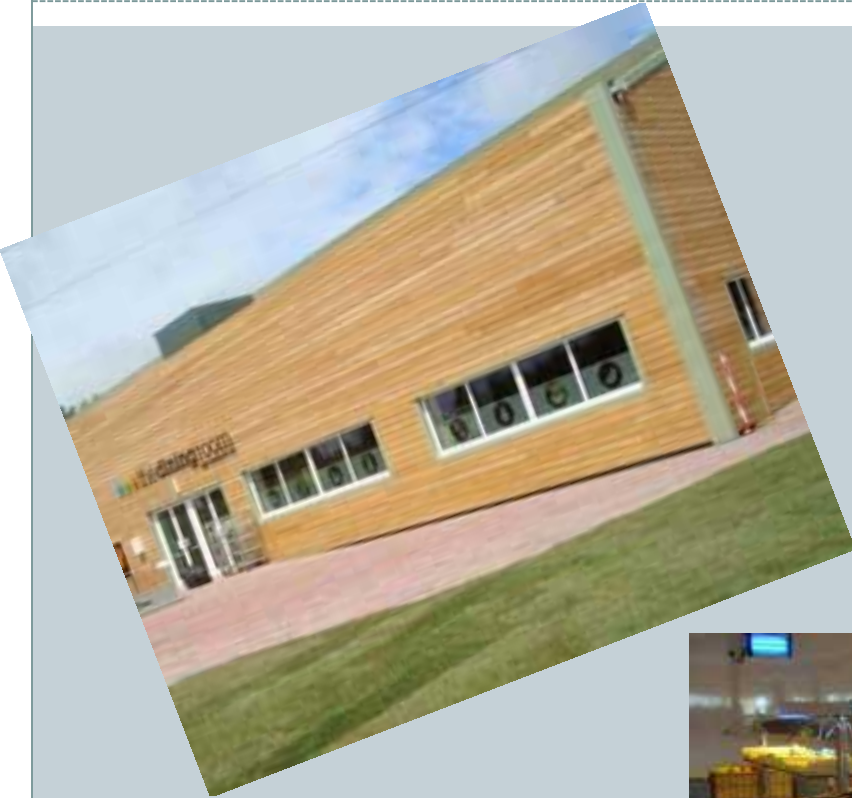
Through the night there will always be a senior PGL staff member on call.

Accommodation



Rooms sleep 5 or 6 and are all En-suite and have under-floor heating.

Meals



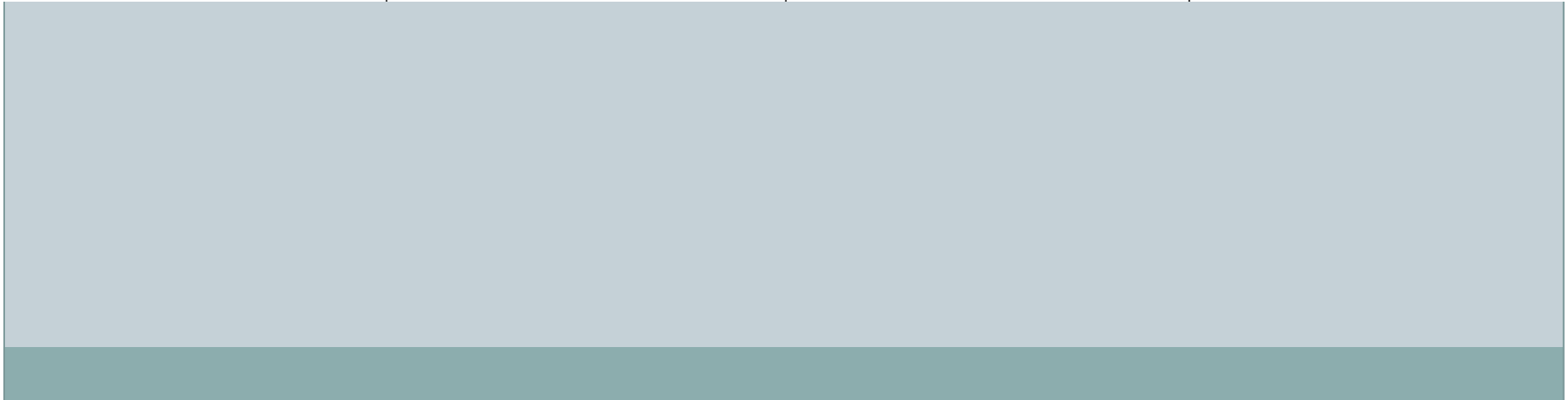


MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	Breakfast	Breakfast	Breakfast
Choice of 3 Kellogg's Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Sausages Scrambled Eggs Baked Beans Vegetable Sausages (V)	Choice of 3 Kellogg's Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Bacon Plum Tomatoes Oven baked Hash Browns Quorn Sausages (V)	Choice of 3 Kellogg's Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Sausages Scrambled Eggs Baked Beans Vegetable Sausages (V)	Choice of 3 Kellogg's Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Seasonal Fresh Fruit Porridge Oats with Cinnamon & Brown Sugar Grilled Bacon Fresh Mushrooms Spaghetti Hoops Quorn Sausages (V)

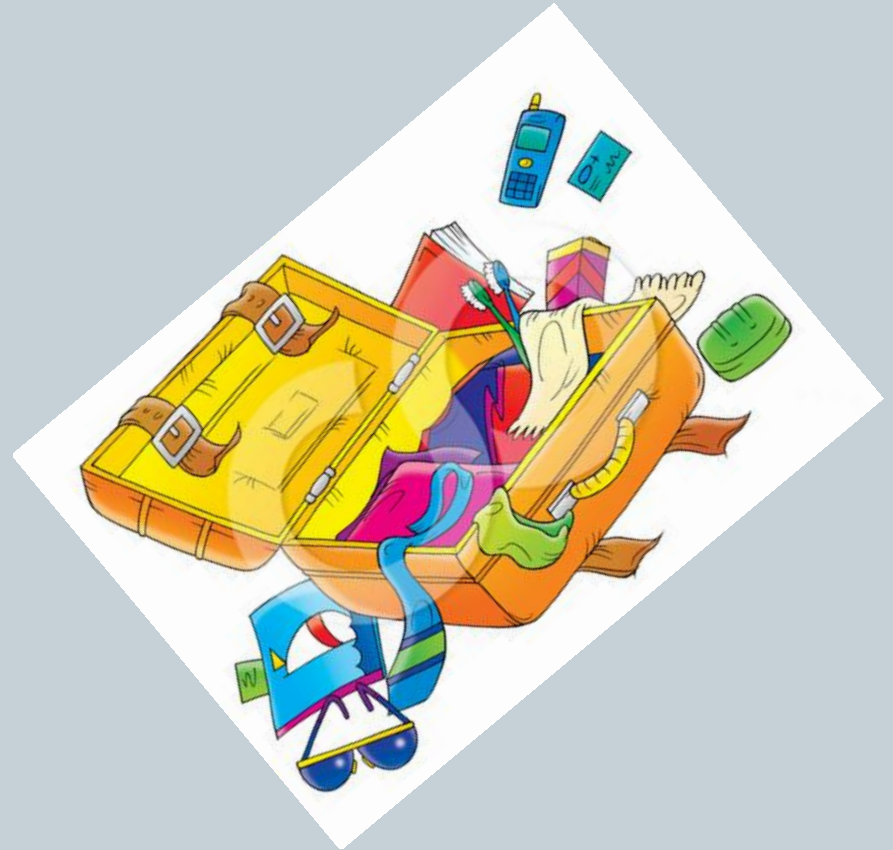


Lunch	Lunch	Lunch	Lunch
<p>Sweet Pepper and Courgette Soup served with a choice of breads</p> <p>Baguette Sandwich Bar with a choice of hot & cold fillings e.g.</p> <p>Turkey in Mediterranean Sauce</p> <p>Mixed Vegetables in Balti Sauce (V)</p> <p>Salad Bar</p>	<p>Tomato & Basil Soup served with a choice of breads</p> <p>Jacket Potato Bar with a variety of fillings e.g.</p> <p>Chicken and Vegetable Casserole</p> <p>Cottage Cheese (V)</p> <p>Baked Beans</p> <p>Salad Bar</p>	<p>Broccoli Soup served with a choice of breads</p> <p>Quiche/Pasties/Omelette Bar e.g.</p> <p>Omelette with Tomato or Ham</p> <p>Sausage Rolls served with Nachos & Salad</p> <p>Salad Bar</p>	<p>Summer Vegetable Soup served with a choice of breads</p> <p>Pizza Bar</p> <p>Deep Pan or Thin Crust with choice of toppings e.g.</p> <p>Pepperoni</p> <p>Vegetable Supreme (V)</p> <p>Potato Wedges</p> <p>Salad Bar</p>

Dinner	Dinner	Dinner	Dinner
<p>Chef's Special Soup</p> <p>Chicken Tikka Masala</p> <p>Shepherd's Pie</p> <p>Spinach and Ricotta Tortellini (V)</p> <p>Mange Tout</p> <p>Saag Aloo</p> <p>Roasted Chunky Vegetables</p> <p>Steamed Rice</p> <p>Salad Bar</p> <p>Peach Crumble & Cream</p>	<p>Chef's Special Soup</p> <p>Pasta Bolognese</p> <p>Fish Cake / Fish Pie</p> <p>Cheese, Onion & Potato Pie (V)</p> <p>Sweetcorn</p> <p>Peas</p> <p>Chips</p> <p>Salad Bar</p> <p>Ice Cream Sponge Roll</p>	<p>Chef's Special Soup</p> <p>Roast Leg of Pork with Apple Sauce</p> <p>Steak and Mushroom Pie</p> <p>Thai Vegetable Curry (V)</p> <p>Sautéed Fresh Leeks</p> <p>Spinach</p> <p>Roasted Potato Quarters Sprinkled with Fresh Parsley</p> <p>Fragrant Rice</p> <p>Salad Bar</p> <p>Chocolate Crispy</p>	<p>Chef's Special Soup</p> <p>Breaded Chicken Strips</p> <p>Turkey Casserole</p> <p>Vegetable Lasagne (V)</p> <p>Trio of Vegetables (Roast Swede, Onion and Peppers)</p> <p>Green Beans</p> <p>Dauphine Potatoes or Chips</p> <p>Salad Bar</p> <p>Doughnuts</p>



What to bring / What NOT to bring!...



Gift Shop



- Optional
- Children have two opportunities to visit the shop
- Recommended - £10 spending money.



PGL BRANDED GIFT SHOP PRICE LIST

Stationery

Erasers	50p – £2.00	Glow Pendant	£3.00
Pencils/Pencils	50p – £2.00	Stunt Kites	£4.00
Sharpener	£1.00		
Pop a Crayon	£1.50	Badges	50p
Ruler	£1.50	Magnets	50p
Gel pen and Pad	£2.00	Book Mark	60p

Health and Safety



- **Q: Are your staff DBS (Disclosure & Barring Service) checked?**
- Yes, for all staff the Disclosure and Barring Service* (DBS) 'Barred List' is checked and an 'Enhanced' check is applied for.
- Non UK residents are subject to the equivalent checks in their home country.

- **Q: Are your activity instructors qualified?**
- A: Yes, all our instructors are carefully selected and highly trained.
- See details of our [operating standards](#), [Codes of Practice](#) and [Risk Assessments](#) by clicking the links.

- **Q: Is my money safe with PGL?**
- A: Yes, PGL is a well established company and we are both ABTA and ATOL bonded where appropriate.

Health and Safety



- **Q: Can I contact my child whilst they are away?**
- A: For many children, part of the learning experience is about being away from home, sometimes for the first time. We would ask parents to allow their children to settle in and enjoy the experience.
- In the event of needing to contact your child urgently, we will of course organise this.

- **Q: My child can't swim, can he/she still take part?**
- A: You must inform the party leader of your child's swimming ability. Water confidence is adequate for some activities or we will make alternative arrangements so that your child does not miss out.

- **Q: Insurance**
- A: We include insurance for UK based schools for all our trips. Please refer to your party leader if you want further information about cover.

Cost and Payment Options



- The Cost of the trip is £285.
- A deposit of £50 is required by Monday 17th July in order to secure your child's place.
- The deposit is non-refundable.
- The balance must be paid in full for your child to attend.
- There are 3 payment plans for you to choose from to suit your needs.
- Any parent with difficulties in meeting the payment schedule must make an appointment to speak to the Head Teacher as soon as possible.

Questions?



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Please return forms and deposits no later than Monday 17th July in order to confirm your child's place.



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