

# Caythorpe Court PGL Residential



Wed 8th to Fri 10th May 2024

<https://schoolsandgroups.pgl.co.uk/centres/caythorpe-court/>

# Accommodation Blocks



Allocated our own floor or block.

Keypad entry. All staff and children on the same floor.

# Accommodation



- Each room sleeps 4 to 6



- Each room has ensuite facilities
- Each child will need a sleeping bag and pillow

# Security



- Gated entry from road
- Security key codes on all main doors
- First aid trained duty manager on site  
24hrs of the day
- All centre staff have been through an  
enhanced DBS check

# Risk assessment & safety

## Risk assessments

The risk assessment summaries are generated from the formal risk assessment programme carried out by the senior management at each centre. All of our risk assessments are moderated centrally, to ensure continuity and consistency in approach.

### Risk assessment and review

All risk assessments are conducted at the start of each new season and are reviewed automatically after any significant change.

Such changes may be brought about by:

- a. Environmental change
- b. Personnel changes
- c. Client group change
- d. Any incident that may occur
- e. A development in the infrastructure of the centre

### Inspection

The risk assessment process we use has been inspected by our home enforcing authority and by the inspectorates of the **AALA** and **BAPA**.

# Catering

Hot and cold meals with  
vegetarian options.  
Home made soup everyday  
Self service salad bar  
Fresh fruit with every meal

All specific dietary requirements  
are catered for (including  
allergies).

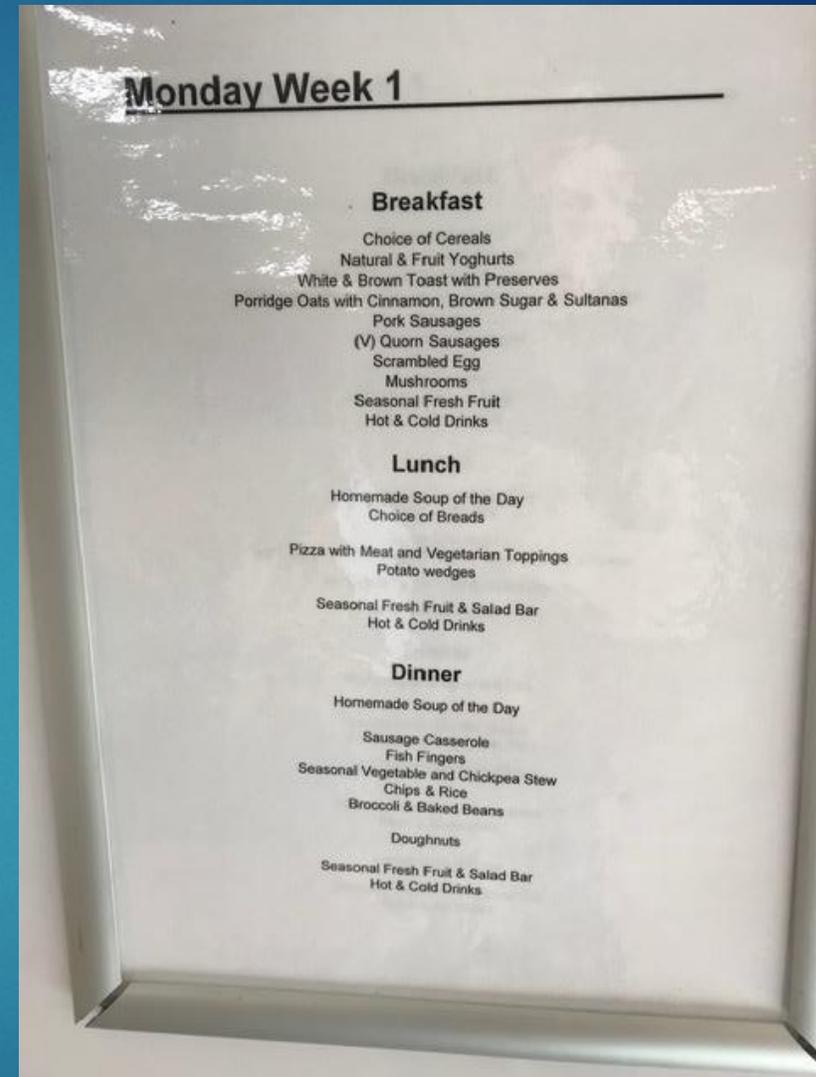
We must be informed of any  
dietary requirements prior to the  
visit



# Catering



Children are encouraged to make their own decisions from the buffet selection, but adults hover to help!



# Catering

## Sample menu...

More info of a sample menu can be found here:

<https://schoolsandgroups.pgl.co.uk/uk-pgl-menu/>

WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of 3 Cereals with Semi-Skimmed Milk As sorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Hash Browns Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Bacon (V) Vegetable Sausages Scrambled Eggs Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Hash Browns Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Breads  Fish Fingers or Vegetarian Sausage Rolls Served with Chips and Baked Beans  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Baguettes or Wraps served with Fillings & Crisps Choice of Meat & Vegetarian Fillings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Meat or Vegetarian Burger served with a choice of Relishes Chips  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day  Chicken Tikka and Vegetable Curry Pork and Vegetable Chow Mein Noodles (V) Ricotta and Spinach Cannelloni Rice & Garlic Bread Peas & Carrots  Seasonal Fresh Fruit & Salad Bar Apple Crumble with Custard Hot & Cold Drinks	Homemade Soup of the Day  Meatballs in Tomato Sauce Beef Bolognese (V) Indian Sweet Potato & Dhal Pie Pasta and New Potatoes Cauliflower & Carrots  Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Hot & Cold Drinks	Homemade Soup of the Day  Battered Fish Fillet with Lemon & Tartare Sauce Chicken Korma (V) Veggie Balls served with Tomato Sauce Chips or Rice Mixed Vegetables & Mushy Peas  Seasonal Fresh Fruit & Salad Bar Angel Delight Hot & Cold Drinks

# Sample Day

Schedule	Activities
<a href="#"><u>07.00 - 09.00</u></a>	Get up, get ready and fuel up for the day ahead
09.15 - 12.30	Morning activities - usually 2 sessions with a 15 minute break in-between
12.30 - 14.00	Dry off & clean up. Time for a fresh & tasty two-course hot lunch
14.15 - 17.30	Afternoon activities - 2 exciting sessions with a 15 minute break in-between
18.00 - 19.00	Time to eat again - a different menu each day
19.00 - 21.00	Talent shows, campfires, quizzes and more. The evening entertainment programme keeps you laughing until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's and prepare to do it all over again tomorrow!

# Activities – Giant Swing



## Giant Swing

harnesses on and sitting in the swing  
short pull back and gentle swing  
pulled all the way back and fly through the air!

# Activities – Tunnel Trail



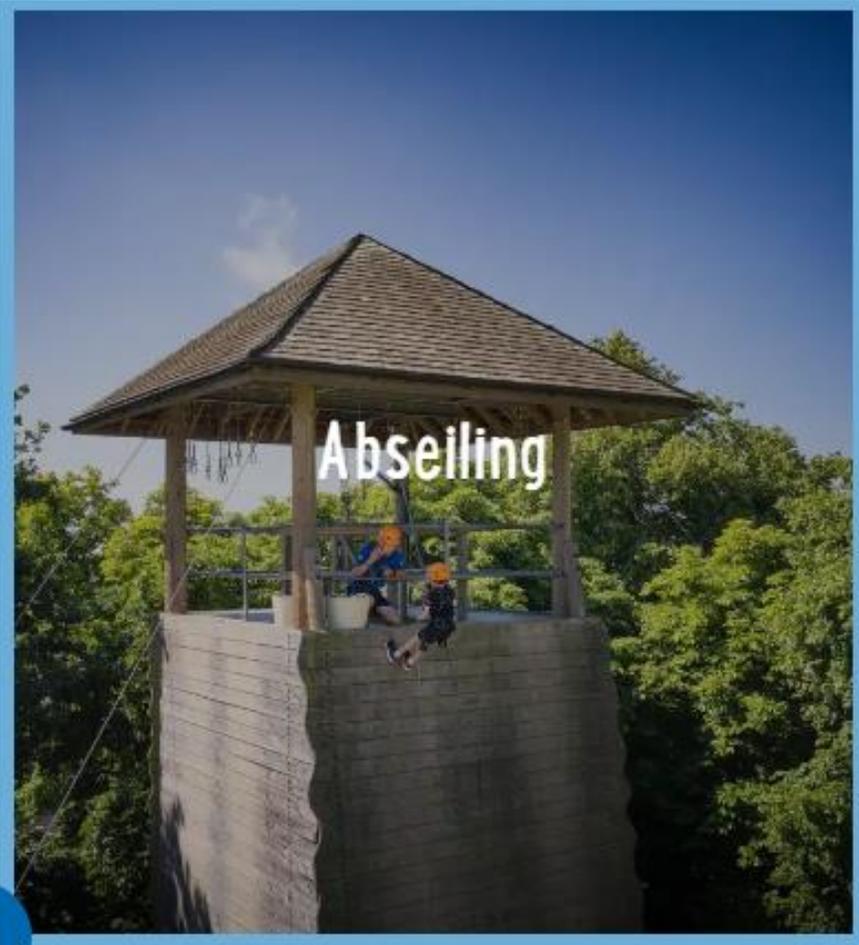
Tunnel Trail (new)

near the entrance

crawl in, staying in sight of an adult

crawl all the way through choosing different routes

# Activities – Abseiling



## Abseiling

- Harnesses on and walk to the top of the stairs
- Stand and look over the edge
- Get lowered down by the instructor
- Abseil down

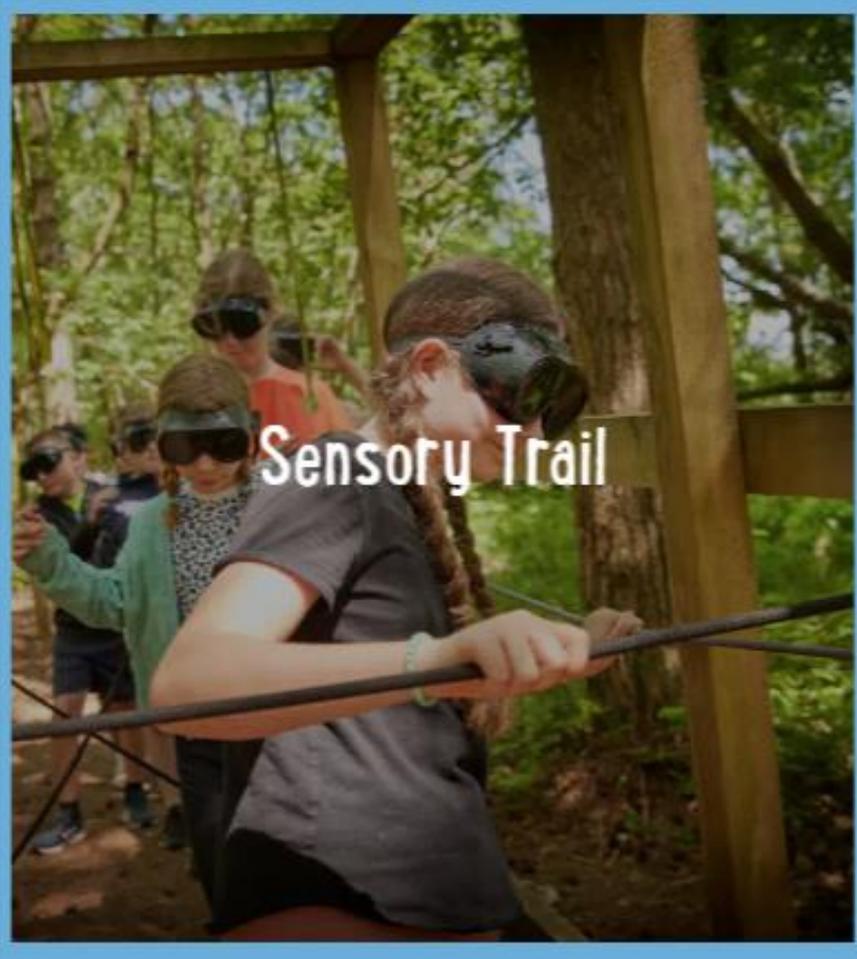
# Activities – Problem Solving

Problem Solving

All involved, working as a team



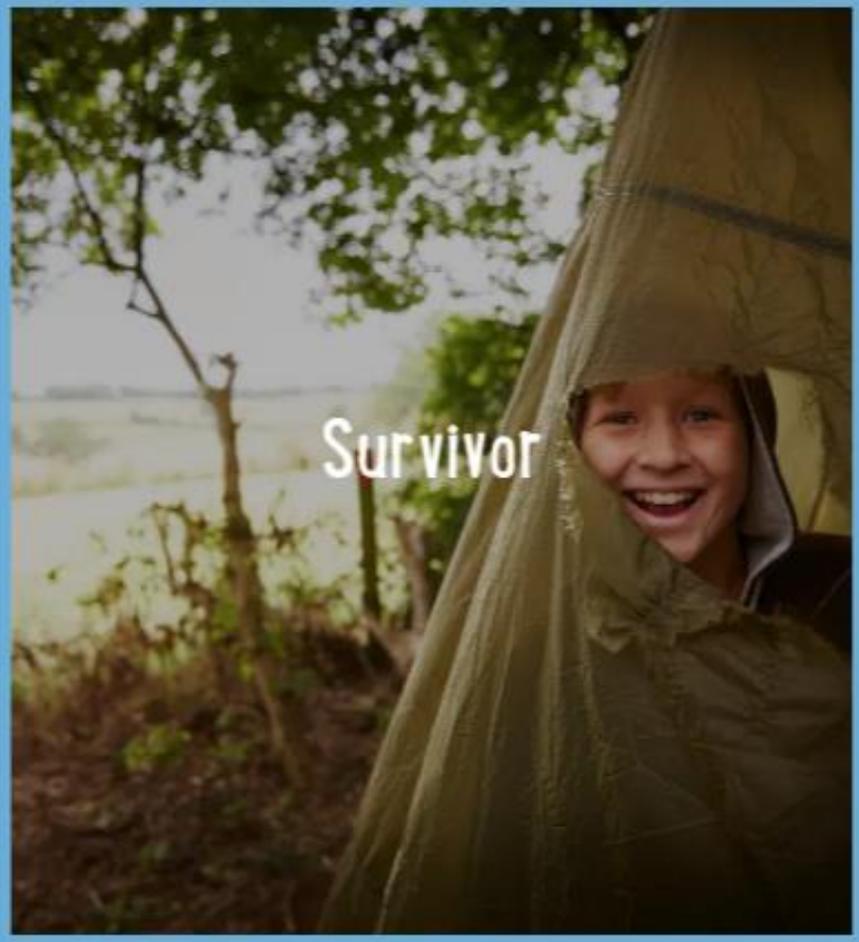
# Activities – Sensory Trail



## Sensory Trail

Blindfolded, following each other – holding a rope with a child as a leader describing the obstacles they encounter

# Activities – Survivor



Survivor

Lighting fires, building shelters

# Activities – Orienteering



## Orienteering

Work in small groups using a map to find letters around the site

# Activities – Climbing Wall



Climbing Wall

Climb as high as they want – 30cm to the bell at the top

# Activities – Archery



Archery

# Activities – Zip Wire



## Zip Wire

Harnesses on, climb to the top and hopefully they enjoy the ride down.

# Kit List

- Pack Lunch for first day lunch
- All clothes could get wet & muddy depending on the weather!
- Comfortable, sturdy footwear, including trainers.
- Tracksuit, t-shirts, sweatshirts (not wool, no sleeveless tops).
- Waterproof jacket and trousers if forecast suggests it!
- One change of clothes per day plus spares.
- Ideally no jeans... jeans **will stay wet for longer**.
- Towels, toiletries and plastic bags for dirty clothes.
- Sleeping bag and pillow are required.

**All safety equipment is provided by PGL  
i.e. helmets, harnesses etc**

# Key information

- £3 (max) spending money (named envelope)
- 8<sup>th</sup> May – arrive in hall at school for 8:50am
  - Medication to Mrs Biggin or Mr Stockham
  - Spending money to Mrs Stanton (named, sealed envelope)
- 10<sup>th</sup> May – ETA 3:00pm, Parentmail Text will keep you informed. Collect early if you wish

# How can you help?

- Prepare them
  - Look at their website (Google: “PGL Caythorpe primary”)
  - Sleepover with friends or family
- Discuss previous achievements and similar experiences – its ok to feel anxious, try to think how good it is to do something for the first time
- Involve them in each step, including packing
- Encourage independence and organisation

# SeeSaw



Collect your child's QR code and click

**“+Add Child's Journal” and scan your child's QR code to join**

Thank you!

Any Questions?

