

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).

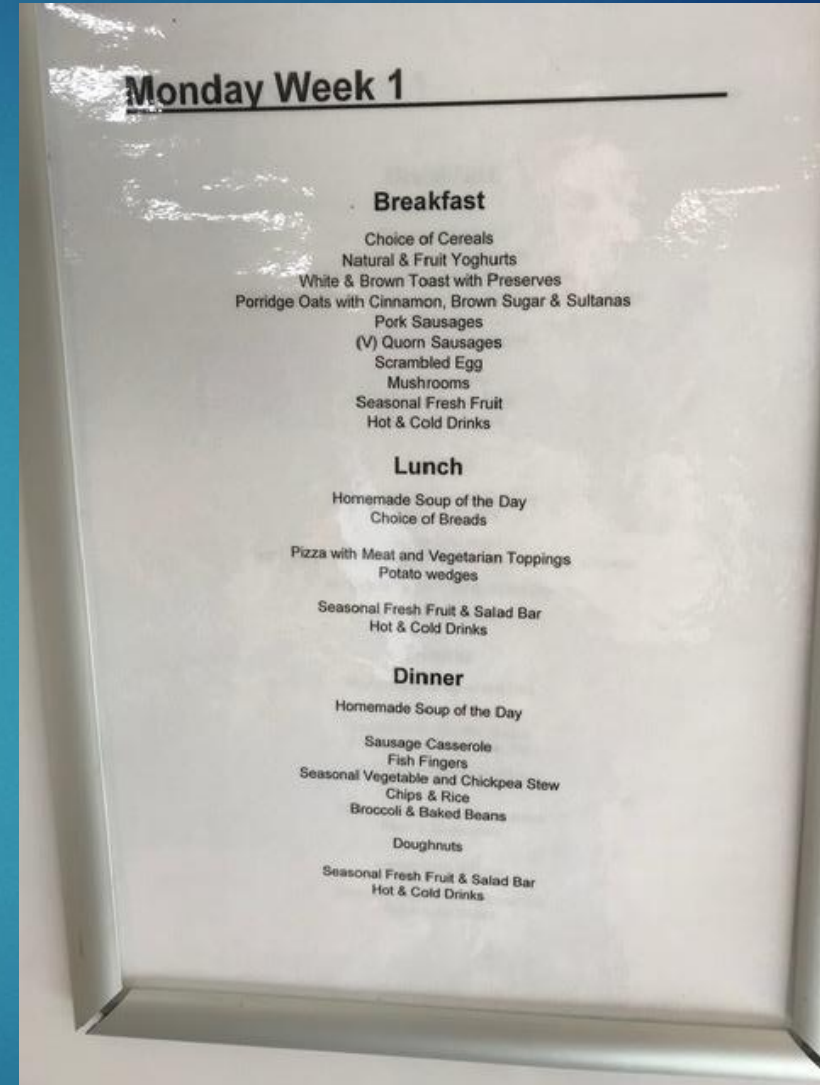
We must be informed of any
dietary requirements prior to the
visit



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
Breakfast	Breakfast	Breakfast
Choice of 3 Cereals with Semi-Skimmed Milk Assorted 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
Lunch	Lunch	Lunch
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
Dinner	Dinner	Dinner
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
<u>07.00 - 09.00</u>	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)
- 8th May – arrive in hall at school for 8:50am
 - Medication to Mrs Biggin or Mr Stockham
 - Spending money to Mrs Stanton (named, sealed envelope)
- 10th 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



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?