

# Windmill Hill

29<sup>th</sup> October – 2<sup>nd</sup> November 2018



# Dates

29<sup>th</sup> October – 2<sup>nd</sup> November 2018

Monday - Leaving school at approximately 10.30am.

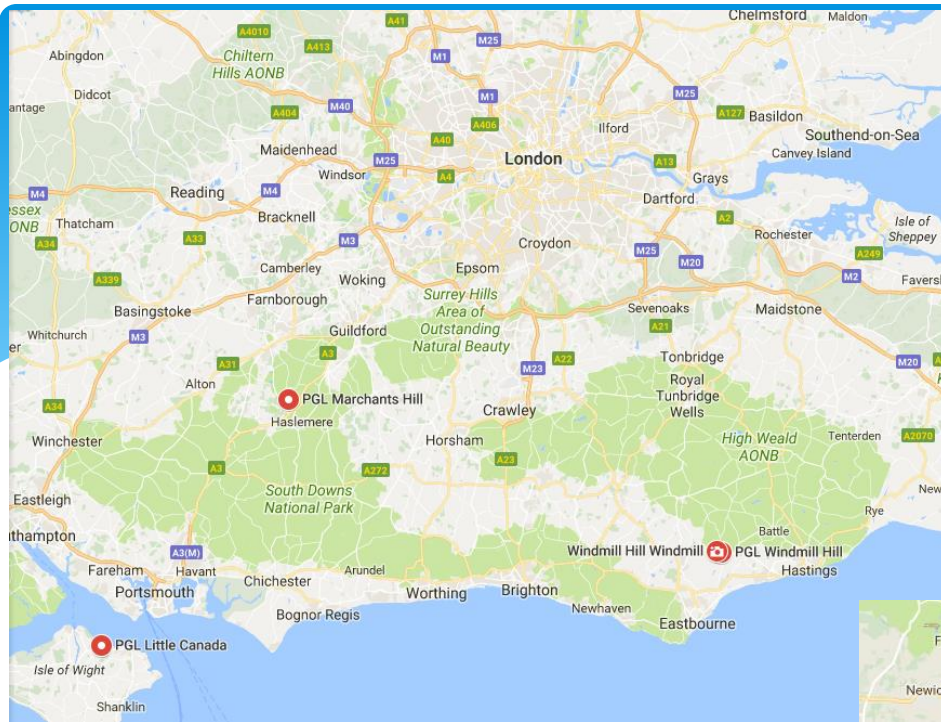
Friday - We expect to depart at about 1.30pm  
Friday 2<sup>nd</sup> November and should return to school by 4.00 pm.

If there are any delays, we will telephone school.

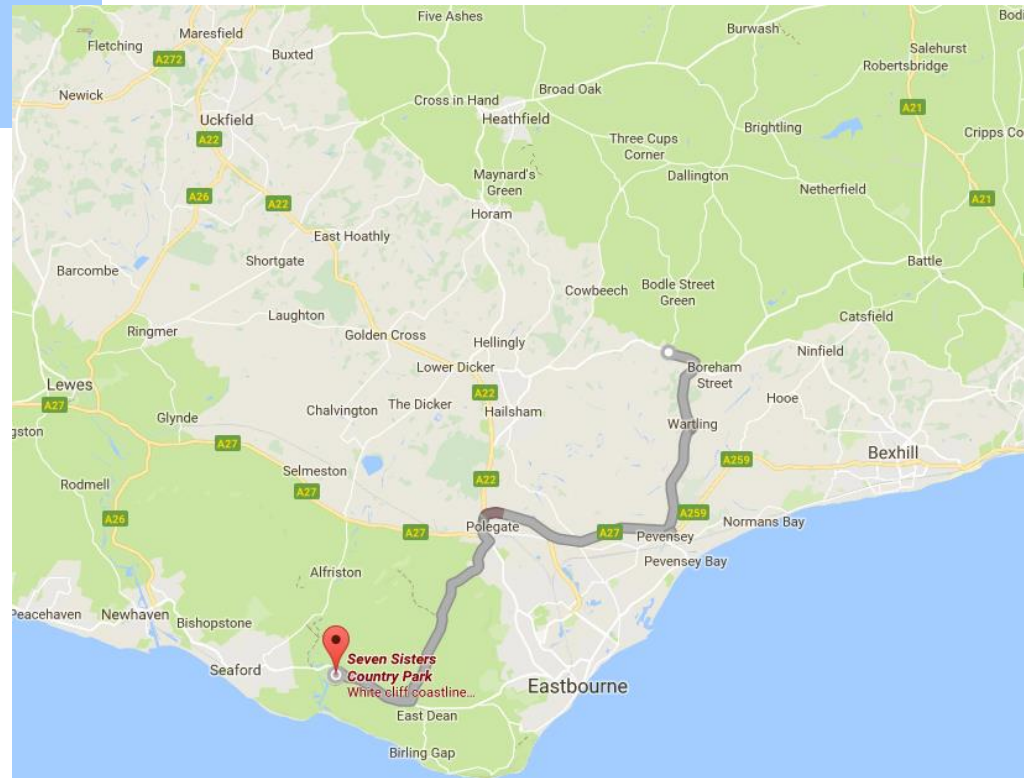
# What is PGL?



- \* 'Parents Get Lost!'
- \* Takes its name from the man who started it all in the 1950s - Peter Gordon Lawrence.
- \* For children to have fun and grow in confidence through adventure and outdoor activities.
- \* Week trips encourage independence and self-care.
- \* Build relationships between pupils and staff



- \* Leave school early  
Monday morning
- \* Stop at Seven Sisters  
country park for lunch, a  
walk and river related  
activities



# A Typical Day

- \* 7.00am – Teachers wake the children
- \* 7.30am – Breakfast
- \* 8.30am – Free time/ showers/ room tidying
- \* 9.30am – Morning activities
- \* 11.30am – Free time/ room inspections
- \* 12.30pm – Lunch
- \* 2.00pm – Afternoon activities
- \* 5.00pm – Dinner
- \* 6.00pm – Free time/ room inspections/ teddy bear competitions
- \* 7.15pm – Evening activity
- \* 9.00pm – Get ready for bed

# Accommodation



Usually in 2 blocks close by

Rooms for up to 6 children

Toilet, shower and sink in each room

Teachers even spaced



# Activities



# Activities

- \* Trapeze
- \* Aeroball
- \* Climbing
- \* Abseiling
- \* Zipwire
- \* Jacob's ladder
- \* Tunnel trail
- \* All aboard
- \* Orienteering
- \* Fencing
- \* Canoeing
- \* Raft Building
- \* Sensory Trail
- \* Problem Solving
- \* Challenge Course
- \* Archery
- \* Giant swing
- Campfire
- Capture the flag
- Disco
- Wacky races
- Cluedo
- Around the world



# Activity Groups

- \* The children will be split into around 7 activity groups with a member of school staff in each group.
- \* Groups will all experience the same activities over the course of the week.
- \* Activities are led by PGL staff.
- \* High standards of behaviour will be expected to ensure the safety and enjoyment of all children.

# Catering for...

- \* Vegetarian/ vegan
- \* Allergies and intolerances
- \* Diabetics
- \* Fussy eaters



# the dining room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Quorn Sausages Omelette Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon (V) Vegetable Sausages Scrambled Eggs Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon (V) Vegetable Sausages Omelette Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Pork Sausages (V) Vegetable Sausages Scrambled Egg Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon (V) Vegetable Sausages Hash Browns Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Breads  Pizza with a Choice of Meat or Vegetarian Toppings Potato Wedges  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Baguette or Wrap Choice of Meat & Vegetarian Fillings Ready Salted Crisps  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Jacket Potato or Rice Choice of Meat & Vegetarian Toppings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Fajita or Tacos Choice of Mexican-Style Meat & Vegetarian Fillings Tortilla Chips with Salsa  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Build a Burger Meat or (V) Falafel and Spinach Burger with Choice of Relishes Fried Onions Chips and Peas  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Pasta Bar Choice of Meat or Vegetarian Dish Garlic Bread  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Hot Dog (V) Cheese and Tomato Omelette Tortilla Chips and Salsa or Chips  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day  Honey and Lemon Chicken Creamy Parmesan White Fish Pie (V) Sun-dried Tomato, Basil and Mozzarella Pasta Bake Couscous or New Potatoes Green Beans & Carrots  Seasonal Fresh Fruit & Salad Bar Cheesecake Hot & Cold Drinks	Homemade Soup of the Day  Fish Fingers Beef Lasagne (V) Chickpea and Vegetable Rogan Josh with Mushroom Biryani Chips Baked Beans & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Apple and Fruits of the Forest Crumble with Custard Hot & Cold Drinks	Homemade Soup of the Day  Pork Loin served with Apple Sauce and Gravy Chicken Goujons & Sweet Chilli Sauce (V) Creamy Vegetable Kiev Potato Wedges Green Beans & Cauliflower Cheese  Seasonal Fresh Fruit & Salad Bar Ice Cream Hot & Cold Drinks	Homemade Soup of the Day  Chicken Tikka with Poppadom & Mango Chutney (V) Sautéed Vegetable and Lentil Lasagne (V) Quinoa with Roasted Vegetable & Feta Stuffed Peppers Garlic Bread or Rice Sweetcorn Cobettes & Carrots  Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day  Battered Fish Fillet with Lemon & Tartare Sauce Roast Chicken Breast with Stuffing Crust (V) Ricotta and Spinach Cannelloni Chips or New Potatoes Mushy Peas & Broccoli  Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day  Breaded Chicken Chunks with Sweet & Sour Chunky Vegetable Sauce (V) Vegetable Enchiladas served with Salsa (V) Indian Sweet Potato Dhal Pie Diced Potatoes or Rice Summer Vegetable Medley  Seasonal Fresh Fruit & Salad Bar Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day  Roast Beef with Yorkshire Pudding & Gravy (V) Macaroni Cheese Roast Potatoes Braised Savoy Cabbage & Root Vegetables  Seasonal Fresh Fruit & Salad Bar Arctic Roll Hot & Cold Drinks

# Medical needs

- \* A detailed medical form will go home in September 2018
- \* Medication will go to the teachers on the Monday morning
- \* Medication will be administered mostly by their group leaders at the appropriate times
- \* Please discuss more in-depth needs with the class teacher well in advance to ensure we can make provision for them – risk assessments may need to be written!

# A rough outline of what to bring

- \* A waterproof/warm jacket is essential (on coach – not packed)
- \* A water bottle
- \* Packed lunch with drink for the journey there
- \* Bin bags for dirty clothes
- \* Enough clothes for 5 days – cheap, old clothes!
- \* One jazzy outfit for the disco
- \* 2 lots of trainers / clothes which can get wet!
- \* A sleeping bag/duvet (under sheets are provided)
- \* A pillow
- \* A cuddly toy!
- \* 1 towel
- \* Toiletries (please avoid aerosol deodorants)
- \* £5 money for the shop in a named wallet
- \* Torch

Not permitted – electronics including mobile phones, aerosols  
A detailed kit list will go home at the end of year 5

# How do we prepare children for Windmill Hill?

- \* Worships beforehand
- \* Circle time to discuss worries
- \* Look at website
- \* Some ELSA sessions
- \* Sharing previous children's experiences

- \* Deposit deadline - £60.00 due by Monday 4<sup>th</sup> December 2017.
- \* Any questions... please come and see us in our classrooms over the next few days 😊
- \* There will be a reminder session with more information at the Year 6 curriculum evening