



# Key Information

- November 4<sup>th</sup> – 8<sup>th</sup> 2019
- Purpose – building relationships, improving independence and working on our learning behaviours especially resilience, team work and risk taking



# Activity Groups

- 8 Activity groups with a member of school staff in each group.
- 14 activities over the week.
- Activities led by PGL staff.
- High standards of behaviour expected to ensure the safety and enjoyment of all children.
- A full list and timetable of activities will be produced soon.



Rooms for up to 6 children



# Bedrooms

- Children will have the opportunity in a few weeks time to discuss bedroom arrangements and other details about the trip.
- Request of up to 5 friends of the same gender – 1 guaranteed
- Teachers will organise rooms based on these lists



# 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 3 Cereals with Semi-Skimmed Milk<br>Assorted Yoghurts<br>White & Brown Toast with Preserves<br>Porridge<br><br>Sausages<br>(V) Quorn Sausages<br>Omelette<br>Baked Beans<br>Seasonal Fresh Fruit<br>Hot & Cold Drinks                | Choice of 3 Cereals with Semi-Skimmed Milk<br>Assorted Yoghurts<br>White & Brown Toast with Preserves<br>Porridge<br><br>Bacon<br>(V) Vegetable Sausages<br>Mushrooms<br>Spaghetti in Tomato Sauce<br>Seasonal Fresh Fruit<br>Hot & Cold Drinks | Choice of 3 Cereals with Semi-Skimmed Milk<br>Assorted Yoghurts<br>White & Brown Toast with Preserves<br>Porridge<br><br>Sausages<br>(V) Quorn Sausages<br>Hash Browns<br>Tomatoes<br>Seasonal Fresh Fruit<br>Hot & Cold Drinks  | Choice of 3 Cereals with Semi-Skimmed Milk<br>Assorted Yoghurts<br>White & Brown Toast with Preserves<br>Porridge<br><br>Bacon<br>(V) Vegetable Sausages<br>Scrambled Eggs<br>Baked Beans<br>Seasonal Fresh Fruit<br>Hot & Cold Drinks                | Choice of 3 Cereals with Semi-Skimmed Milk<br>Assorted Yoghurts<br>White & Brown Toast with Preserves<br>Porridge<br><br>Sausages<br>(V) Quorn Sausages<br>Hash Browns<br>Mushrooms<br>Seasonal Fresh Fruit<br>Hot & Cold Drinks  | Choice of 3 Cereals with Semi-Skimmed Milk<br>Assorted Yoghurts<br>White & Brown Toast with Preserves<br>Porridge<br><br>Sausages<br>(V) Quorn Sausages<br>Omelette<br>Baked Beans<br>Seasonal Fresh Fruit<br>Hot & Cold Drinks                     | Choice of 3 Cereals with Semi-Skimmed Milk<br>Assorted Yoghurts<br>White & Brown Toast with Preserves<br>Porridge<br><br>Bacon<br>(V) Vegetable Sausages<br>Hash Browns<br>Spaghetti in Tomato Sauce<br>Seasonal Fresh Fruit<br>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<br>Choice of Breads<br><br>Pizza with Potato Wedges<br>Choice of Meat or Vegetarian Toppings<br><br>Seasonal Fresh Fruit & Salad Bar<br>Hot & Cold Drinks   | Homemade Soup of the Day<br>Choice of Breads<br><br>Jacket Potatoes<br>Choice of Meat & Vegetarian Dishes<br><br>Seasonal Fresh Fruit & Salad Bar<br>Hot & Cold Drinks  | Homemade Soup of the Day<br>Choice of Breads<br><br>Fish Fingers or Vegetarian Sausage Rolls<br>Served with Chips and Baked Beans<br><br>Seasonal Fresh Fruit & Salad Bar<br>Hot & Cold Drinks   | Homemade Soup of the Day<br>Choice of Breads<br><br>Baguettes or Wraps served with Fillings & Crisps<br>Choice of Meat & Vegetarian Fillings<br><br>Seasonal Fresh Fruit & Salad Bar<br>Hot & Cold Drinks   | Homemade Soup of the Day<br>Choice of Breads<br><br>Meat or Vegetarian Burger served with a choice of Relishes<br>Chips<br><br>Seasonal Fresh Fruit & Salad Bar<br>Hot & Cold Drinks  | Homemade Soup of the Day<br>Choice of Breads<br><br>Pasta served with Garlic Bread<br>Choice of Meat & Vegetarian sauces<br><br>Seasonal Fresh Fruit & Salad Bar<br>Hot & Cold Drinks   | Homemade Soup of the Day<br>Choice of Breads<br><br>Homemade Pies or Savoury Pastry<br>New Potatoes and Baked Beans<br><br>Seasonal Fresh Fruit & Salad Bar<br>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<br><br>Sausages with Red Onion Gravy<br>Steak and Mushroom Pie<br>Lentil & Vegetable Curry (V)<br>Mashed Potatoes or Rice<br>Peas & Carrots<br><br>Seasonal Fresh Fruit & Salad Bar<br>Doughnuts<br>Hot & Cold Drinks | Homemade Soup of the Day<br><br>Beef Lasagne<br>Oven-Baked Chicken Nuggets<br>(V) Creamy Vegetable Kiev<br>Chips<br>Green Beans & Sweetcorn<br><br>Seasonal Fresh Fruit & Salad Bar<br>Lemon Drizzle Cake<br>Hot & Cold Drinks                  | Homemade Soup of the Day<br><br>Chicken Tikka and Vegetable Curry<br>Pork and Vegetable Chow Mein<br>Noodles<br>(V) Ricotta and Spinach Cannelloni<br>Rice & Garlic Bread<br>Peas & Carrots<br><br>Seasonal Fresh Fruit & Salad Bar<br>Apple Crumble with Custard<br>Hot & Cold Drinks | Homemade Soup of the Day<br><br>Meatballs in Tomato Sauce<br>Beef Bolognese<br>(V) Indian Sweet Potato & Dhal Pie<br>Pasta and New Potatoes<br>Cauliflower & Carrots<br><br>Seasonal Fresh Fruit & Salad Bar<br>Chocolate Crispy<br>Hot & Cold Drinks | Homemade Soup of the Day<br><br>Battered Fish Fillet with Lemon & Tartare Sauce<br>Chicken Korma<br>(V) Veggie Balls served with Tomato Sauce<br>Chips or Rice<br>Mixed Vegetables & Mushy Peas<br><br>Seasonal Fresh Fruit & Salad Bar<br>Angel Delight<br>Hot & Cold Drinks | Homemade Soup of the Day<br><br>Oven-Baked Chicken Chunks<br>Minted Lamb Stew<br>(V) Vegetable Nuggets<br>Potato Wedges or Rice<br>Cauliflower & Broccoli<br><br>Seasonal Fresh Fruit & Salad Bar<br>Syrup Sponge with Custard<br>Hot & Cold Drinks | Homemade Soup of the Day<br><br>Roast Dinner with Yorkshire Pudding & Gravy<br>(V) Macaroni Cheese<br>Roast Potatoes<br>Seasonal Vegetables<br><br>Seasonal Fresh Fruit & Salad Bar<br>Choc Ice<br>Hot & Cold Drinks                              |



# Kit List

- A waterproof/warm jacket is essential (on coach – not packed)
- Packed lunch with drink for the journey there (on coach – not packed. Disposable packaging only)
- A named water bottle
- Bin bags for dirty clothes
- Trainers / clothes which can get wet!
- Waterproof trousers if you have them
- A sleeping bag/duvet (under sheets are provided)
- A pillow
- A cuddly toy!
- Disco clothes!
- 1 towel
- Toiletries (no aerosol deodorants or alcohol-based mouthwash)
- Gloves, scarf and hat are essential
- Lip balm
- Torch

Please no electronics, expensive items or food.  
Be cautious with including letters from home.



# Medication

- Forms taken tonight for you to complete which include medical and dietary information – handed back in within 2 weeks please
- All medication given to the teachers on the morning of departure clearly labelled with the child's name and required dose.
- This should match their medical form!
- Group leaders (adults) will administer necessary medication as requested.
- Please inform us of ANY concerns





# Arrangements for the Morning of Departure

- Arrive at school at the normal time – we will direct you
- Enter through 6P if you have medication to hand in otherwise enter through main Year 6 door.
- Hand in pocket money (£5) in named wallet to an adult in the shared area
- Bring all bags in to 6C and say goodbyes!
- Children to sit in 6S and go to worship as normal
- Leave at 10.30am and stop at Seven Sisters Country Park for lunch and a walk (must have sensible shoes, coat and packed lunch with them on coach)
- Arrival at Windmill Hill by approximately 3.30pm
- School will post a message on the website and on the school reception door.



# Returning to School

We expect to depart at about 1.30pm Friday 8<sup>th</sup> November and should return to school by 4.30 pm.

If there are any delays, we will telephone school.

# Final thought...

Worries and anxiety are normal – try and encourage your child and be positive!