

Windmill Hill

30th October – 3rd November 2023



Dates

30th October – 3rd November 2023

Monday - Leaving school at approximately 10.30am.

Friday - We expect to depart at about 1.30pm and should return to school by 4.00 pm.

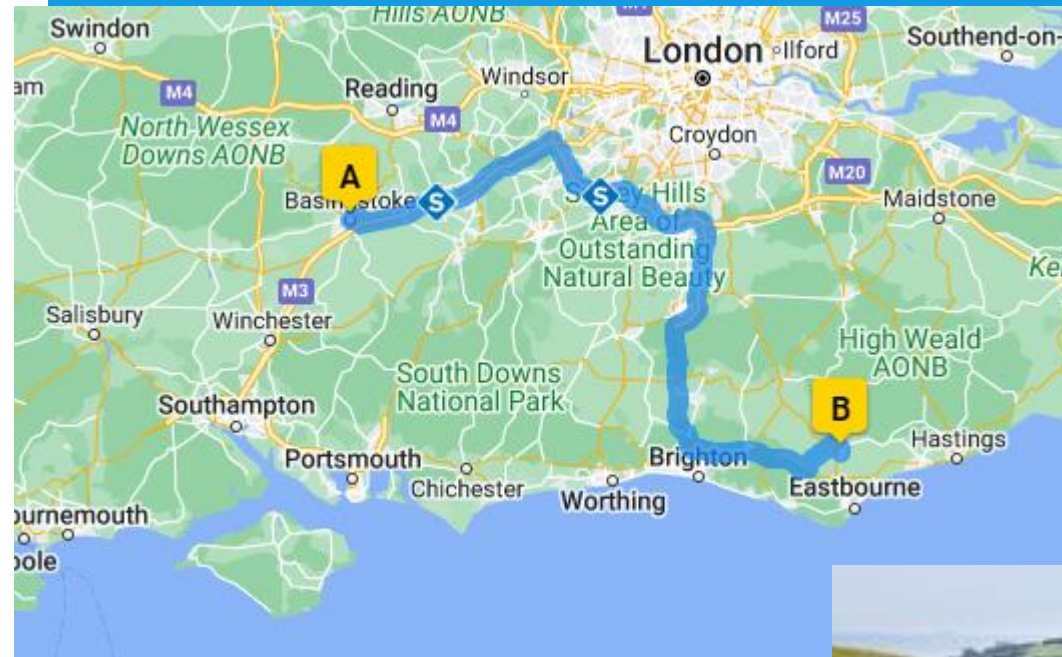
If there are any delays, we will telephone school.

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.
- * A week's trip to encourage independence and self-care.
- * Build relationships between pupils and staff
- * Develop empathy with peers and risk taking within themselves

Located close to the Sussex Downs, the PGL Windmill Hill site is in Hailsham.



- * Leave school Monday morning
- * Stop at Seven Sisters country park for lunch and a walk through the woods (weather permitting).



Activities

<https://www.pgl.co.uk/en-gb/school-trips/primary-schools/centres/windmill-hill>



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

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 evenly spaced at end of blocks



Activity Groups

- * The children will be split into 8 activity groups with a member of school staff in each group.
- * Groups will all experience the same activities over the course of the week.
- * No activities are guaranteed but we have always enjoyed a great range of exciting opportunities.
- * 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

Reach
your

FULL PGL POTENTIAL

with our delicious menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Bacon Baked Beans Vegan Cumberland (v)	Sausages Baked Beans Vegan Cumberland (v)	Bacon Baked Beans Vegan Cumberland (v)	Bacon Baked Beans Vegan Cumberland (v)	Sausages Baked Beans Vegan Cumberland (v)	Sausages Baked Beans Vegan Cumberland (v)	Bacon Baked Beans Vegan Cumberland (v)
Hash Browns Mushrooms	Hash Browns Mushrooms	Hash Browns Mushrooms	Hash Browns Mushrooms	Hash Browns Mushrooms	Hash Browns Mushrooms	Hash Browns Mushrooms

LUNCH

Pizza Choices: Pepperoni Margherita (v) Plant-based Margherita (v) Sides: Skinny Fries	Hot Wings Sausage Rolls Plant-based Sausage Roll (v) Sides: Peas Mashed Potato	Hot Wings Sausage Rolls Plant-based Sausage Roll (v) Sides: Peas Mashed Potato	Hot Wings Sausage Rolls Plant-based Sausage Roll (v) Sides: Peas Mashed Potato	Hot Wings Sausage Rolls Plant-based Sausage Roll (v) Sides: Peas Mashed Potato	Hot Wings Sausage Rolls Plant-based Sausage Roll (v) Sides: Peas Mashed Potato	Hot Wings Sausage Rolls Plant-based Sausage Roll (v) Sides: Peas Mashed Potato
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DINNER

Bangers & Mash Chicken Fillets with a BBQ Sauce Plant-based Bolognese (v) Sides: Penne, Mashed Potato Sweetcorn, Carrots Doughnuts (v)	Piri Piri Chicken Sausage Pasta Bake Plant-based Chicken Schnitzel (v) Sides: Skinny Fries, Peas, Cauliflower Fruit Muffin (v)	Chicken Fishcakes Chilli non Carne (v) Sides: Rice, Potato Wedges, Broccoli, Carrots Chocolate Crispy Cake (v)	Plant-based in Tomato Sauce (v) Sides: Penne, Mashed Potato, Sweetcorn, Green Beans Waffles (v)	Plant-based in Tomato Sauce (v) Sides: Penne, Mashed Potato, Sweetcorn, Green Beans Chocolate Eclairs (v)	Plant-based in Tomato Sauce (v) Sides: Penne, Mashed Potato, Sweetcorn, Green Beans Muffin (v)	Sweet & Sour Chicken Fish Fingers Plant-based Nuggets (v) Sides: Curly Fries, Rice, Carrots, Green Beans Proliferates (v)
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No one goes hungry at PGL!

Healthy Choices

Available daily

Fresh fruit

- every mealtime



Unlimited salad

- from our salad bar, lunch & dinner

Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

Some of our dishes contain ingredients that are produced in a factory which handles nuts - please ask us for more information.

This menu applies to weeks commencing 4/08, 20/08, 4/09, 18/09, 1/10, 15/10, 29/10, 12/11, 26/11, 10/12, 24/12, 7/1, 21/1, 4/1, 18/1

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sausages

Sausages

Bacon

Sausages

Baked Beans

Baked Beans

Baked Beans

Baked Beans

Vegan Cumberland (ve)

Vegan Cumberland (ve)

Vegan Cumberland (ve)

Vegan Cumberland

Hash Browns

Hash Browns

Hash Browns

Hash Browns

Mushrooms

Mushrooms

Mushrooms

Mushrooms

Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or E

Hot Dogs

Pasta

Hot Sandwich

Burger

Choices:

Choices:

Choices:

Choices:

Pork Hot Dog

Pasta Bolognese

Ham & Cheese Panini

Beef Burger

Plant-based
Hot Dog (ve)

Tomato & Basil
Pasta (ve)

Plant-based Fish Finger
Sandwich (ve)

Plant-based
Burger (ve)

Sides:

Sides:

Sides:

Sides:

Potato Wedges

Garlic Bread

Crisps

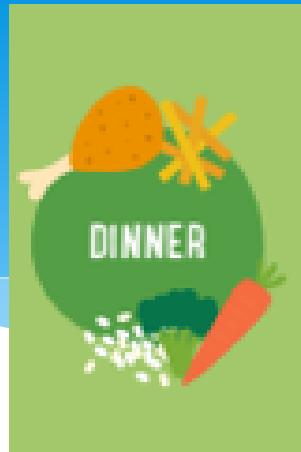
Curly Fries



BREAKFAST



LUNCH



Piri Piri Chicken

Sausage Pasta Bake

Plant-based Chicken
Schnitzel (ve)

Sides:

Skinny Fries, Peas,
Cauliflower

Fruit Muffin (ve)

Chicken Curry

Fishcakes

Chilli non Carne (ve)

Sides:

Rice, Potato Wedges,
Broccoli, Carrots

Chocolate
Crispy Cake (v)

Pork Meatballs in
Tomato Sauce

Chicken Kiev

Plant-based Meatballs
in Tomato Sauce (ve)

Sides:

Penne, Mashed Potato,
Sweetcorn, Green Beans

Waffles (v)

Fish & Chips

Chicken Katsu Curry

Plant-based
Fishless Fillet (ve)

Sides:

Skinny Fries, Rice,
Peas, Carrots

Chocolate Eclairs (v)

Medical needs

- * A detailed medical form will go home in September 2023
- * 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)
- * 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!

Not permitted – electronics including mobile phones, aerosols

A detailed kit list will go home at the end of year 5 and early in Year 6

How do we prepare children for Windmill Hill?

- * Worships beforehand
- * Circle time to discuss worries
- * Look at website
- * Some ELSA sessions (where needed)
- * Sharing previous children's experiences
- * Please remember it is normal to have worries.

Payments

- * **Non-refundable deposit deadline - £50 due by Wednesday 1st February, 2023.**
- * **Interim payment - £60 due Friday, 31st March, 2023**
- * **Balance of £188 paid by Thursday, 31st August, 2023.**
- * Any questions... please email year5@stmarksce.org.uk and year6@stmarksce.org.uk 😊
- * There will be a reminder session with more detailed information at the Year 6 curriculum evening.

It's a great week away that the children remember for ever.

