



**Windmill Hill 2023**

# Key Information

- Monday, October 30<sup>th</sup> – Friday, November 3<sup>rd</sup> 2023
- A week's residential trip to East Sussex
- Purpose – building relationships, improving independence and working on our learning behaviours especially resilience, team work and risk taking and most importantly creating life-long happy memories.

# 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

# The Site





# Bedrooms

- Children will have the opportunity on the week before half term to discuss bedroom arrangements and other details about the trip.
- Children will request between 3 - 5 friends of the same gender – we do our utmost to guarantee one with whom they will share a bedroom.
- Parents with concerns or requests for bedroom arrangements please email or speak to class teacher
- Teachers will organise rooms based on these lists



Rooms for up to 6 children

# Activities

No activities are guaranteed; they will include a selection of the following:

- 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

# Activities







# Activity Groups

- 8 Activity groups with a member of school staff in each group.
- 14 daytime activities over the week.
- Activities led by PGL staff.
- High standards of behaviour expected to ensure the safety and enjoyment of all children.



# 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 Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Omelette Baked Beans 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 Mushrooms Spaghetti in Tomato Sauce 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 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	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge  Sausages (V) Quorn Sausages Omelette Baked Beans 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 Hash Browns Spaghetti in Tomato Sauce 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 Potato Wedges Choice of Meat or Vegetarian Toppings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Jacket Potatoes Choice of Meat & Vegetarian Dishes  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	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	Homemade Soup of the Day Choice of Breads  Pasta served with Garlic Bread Choice of Meat & Vegetarian sauces  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Homemade Pies or Savoury Pastry New Potatoes and Baked Beans  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  Sausages with Red Onion Gravy Steak and Mushroom Pie Lentil & Vegetable Curry (V) Mashed Potatoes or Rice Peas & Carrots  Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks	Homemade Soup of the Day  Beef Lasagne Oven-Baked Chicken Nuggets (V) Creamy Vegetable Kiev Chips Green Beans & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Lemon Drizzle Cake Hot & Cold Drinks	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	Homemade Soup of the Day  Oven-Baked Chicken Chunks Minted Lamb Stew (V) Vegetable Nuggets Potato Wedges or Rice Cauliflower & Broccoli  Seasonal Fresh Fruit & Salad Bar Syrup Sponge with Custard Hot & Cold Drinks	Homemade Soup of the Day  Roast Dinner with Yorkshire Pudding & Gravy (V) Macaroni Cheese Roast Potatoes Seasonal Vegetables  Seasonal Fresh Fruit & Salad Bar Choc Ice Hot & Cold Drinks

# Dining Hall





# Kit List

## Windmill Hill 2023 Packing List

**What children will need with them for our Monday departure:**

- Children will come to school dressed in casual clothes which are comfortable for a long coach journey.
- Packed lunch in disposable bag and a named, refillable water bottle
- Waterproof coat (please don't pack this in suitcase – keep out for Monday)
- Trainers/walking boots/sturdy shoes need to be worn to travel in (we will hopefully enjoy a nice, long walk after eating lunch at the picnic spot in Seven Sisters).



# Kit List

What needs to be **handed in to adults** at school on Monday morning:

- Up to £10 spending money in a named purse/wallet if they would like to buy a souvenir. No child will be allowed to spend more than £3 on sweets. Spending money is optional.
- Medication (if applicable – to be handed in with name and directions clearly labelled)



# Kit List

## What children will need packed:

- A sleeping bag or duvet
- A pillow
- One small or medium sized 'cuddly' toy to sleep with/for competitions!
- 1 bath towel
- Hair bands for long hair – essential for harnessed activities
- Lip balm - recommended
- Toiletries in a bag (no sprays of any kind and no alcohol-based mouthwash)
- Socks and underwear for 5 days (allow some extra in case of wet weather and 2 sets for wearing during our water activities)
- Nightwear (nothing too fleecy/thick as the rooms do get quite hot)



# Kit List

## What children will need packed continued:

- A few pairs of jogging/tracksuit bottoms/trousers/shorts (jeans are not as suitable for activities)
- 5 T-shirts or tops (ensure at least 2 are long sleeved for activities where arms need to be protected)
- At least 2 jumpers or sweatshirts
- 1 set of clothes which can be worn when doing water sports. These don't need to be waterproof but old ones as they are unlikely to dry during the trip!
- Old trainers which can get wet (for wearing when rafting and/or canoeing)
- Optional swimming costume/trunks (if preferred when doing water sports to wear under clothes)
- A set of 'disco' clothes
- A bin liner (for dirty clothes)
- A disposable camera/cheap digital camera – not linked to a phone (cameras are optional)
- Card games, sketch/note book or reading book if they would like to use them in their free-time (optional)



# Medication

- Google forms have been sent out regarding consent and any medical information. Please return the Google Form as soon as possible.
- 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 – however, if it is a new condition please let us know when you hand in medication.
- 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
- Enter through the main Year 6 door if you have medication to hand in otherwise enter through 6P's door where you will hand in your pocket money.
- Bring all bags in to 6C and say goodbyes!
- Children to sit in 6B together
- 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 let you know when we have arrived.



# Returning to School

We expect to depart at about 1.30pm Friday 4<sup>th</sup> November and should return to school by 4.30 pm.

If there are any delays, we will telephone school.

Don't worry about worries!

## Final thought...

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

# Any Questions?

- Please get in touch on our Year 6 email and we will be happy to help.