



Windmill Hill 2023

Key Information

- Monday, October 30th – Friday, November 3rd 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
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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



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)
- Children are NOT allowed to bring a mobile phone



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 will be 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 6F'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 4th 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.