



## Osmington Bay 2024

# Key Information

- From Monday, November 11<sup>th</sup> until Friday, November 15<sup>th</sup> 2024
- A week's residential trip to Dorset
- 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 a small number of 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



# Accommodation



Newly built blocks for whole school group

# Rooms for up to 4 children



# Activities

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

- Trapeze
- Aeroball
- Climbing
- Abseiling
- Zipwire
- Jacob's ladder
- Tunnel trail
- Orienteering
- Fencing
- Sensory Trail
- Problem Solving
- Archery
- Giant swing
- Laser Tag
- Campfire
- Capture the flag
- Disco
- Wacky races
- Cluedo
- Around the world



# Activities





# Activity Groups

- 7 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



# Kit List

## Osmington Bay 2024 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).





# 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 - essential
- 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)
- Nightwear (nothing too fleecy/thick as the rooms do get quite hot)



# Kit List

## What children will need packed continued:

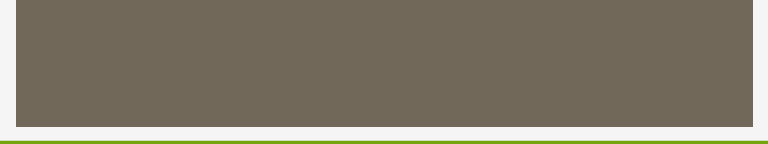
- A few pairs of jogging/tracksuit bottoms/trousers (regular jeans are not as suitable for activities)
- 5 T-shirts or tops (ensure at least 2 are long sleeved for activities where arms need to be protected)
- At least 2 jumpers or sweatshirts
- 1 set of clothes which can be worn when doing 'survivor' which may be a muddy activity
- 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



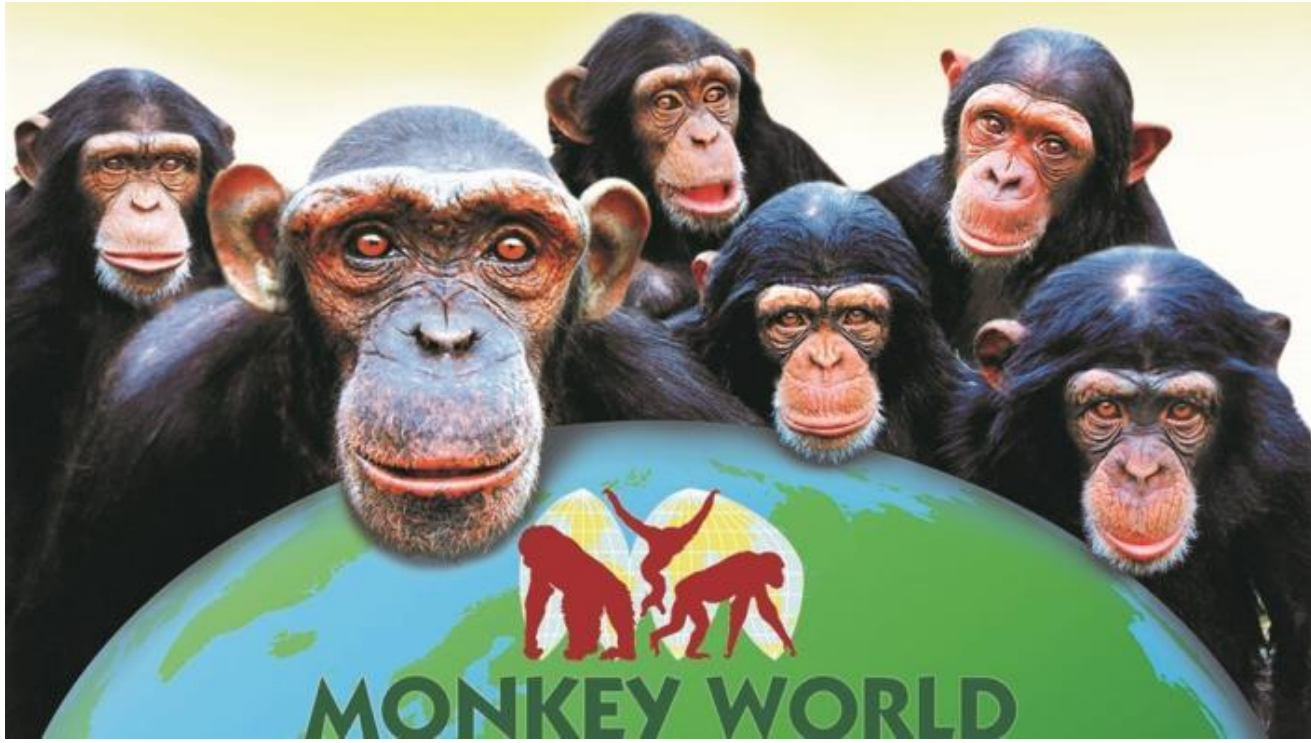


If you are in Year 6, could you please head to reception and wait there for a few minutes until you are asked to return.



# 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 **9:30am** and head to .....





# Depart Monkey World and head to PGL

- Departure from Monkey World at approximately 3pm
- Arrival at Osmington Bay 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 15<sup>th</sup> November and should return to school by 3.30 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.