



Year 7 Residential

Caythorpe Court – PGL

25th – 27th October 2019

Where is it?

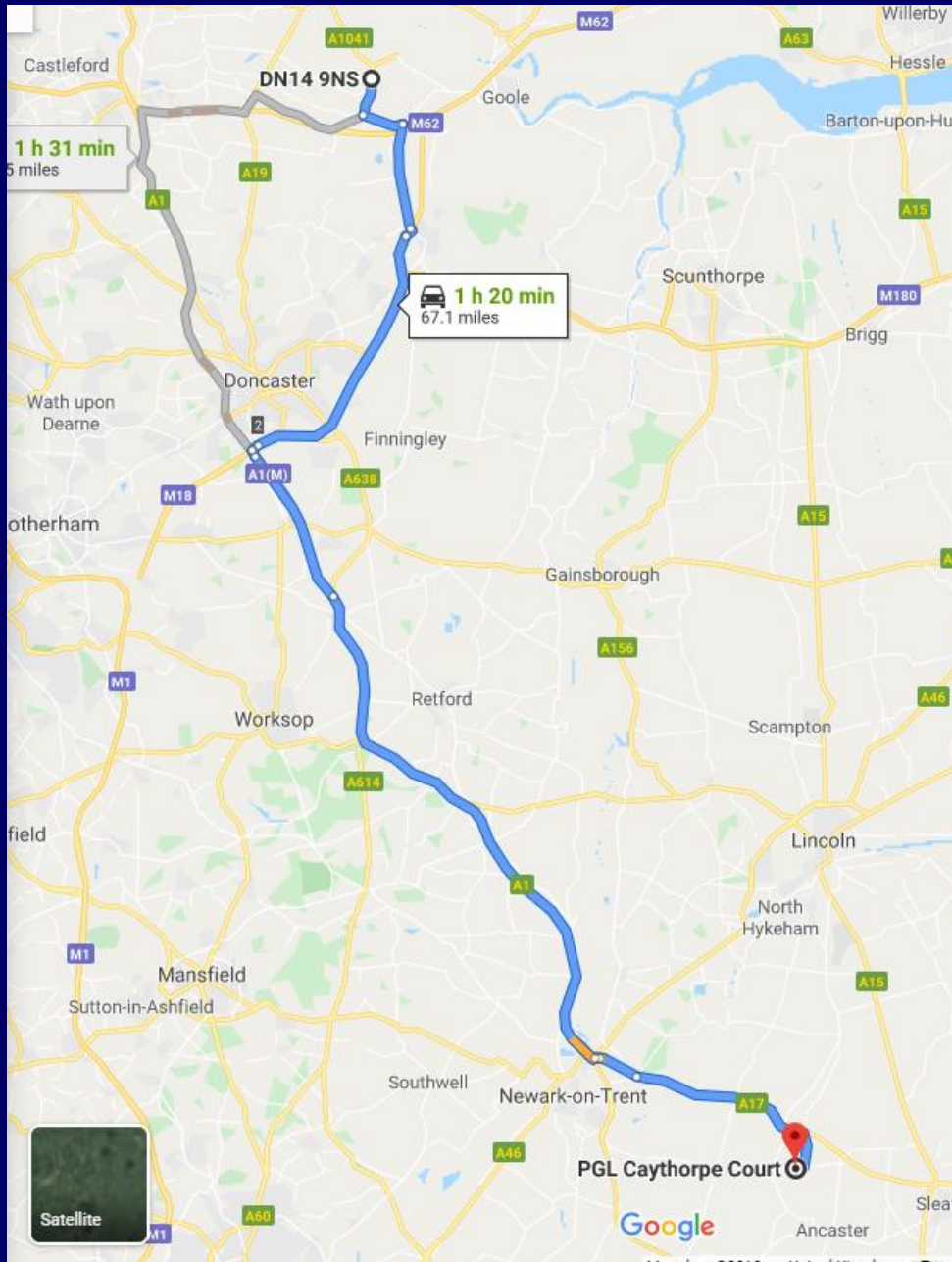
Coach Company – Drury's

Address:

Caythorpe Heath Ln,
Caythorpe, Grantham
Lincolnshire
NG32 3ER

Telephone:

0333 321 2100



Staff (Group Leaders)

Mr Wadsworth – Group Leader – KS3 Lead

Mrs Mitchell – Head teacher

Mrs Mulley – Attendance Officer

Mrs Beranek – Exams Officer

Miss Agar - SENCO

Each group leader will have 12 pupils in their group.

They will be the first point of contact for your child if there are any issues or concerns.

First Day

- Pupils arrive to school in their casual clothes.
- Bags to be left in the chapel
- Lesson 1-4 as normal (Early lunch)
- Leave Holy Family at approximately 2pm.
- 3:30pm - Arrive at Caythorpe Court
- Unpack and go through logistical procedures
- 5:30pm – Evening Meal
- 7:30pm – Evening Activity – Ambush
- 9pm - Bedtime
- 10pm - Lights out

Itinerary

Activity	Time
Breakfast	Approximately 8 am
Activity 1	9:15 – 10:45
Activity 2	10:55 – 12:25
Lunch	
Activity 3	14:20 – 15:50
Activity 4	16:00 – 17:30
Evening Meal	
Evening Activity	19:30 - 21:00
Bedtime	

Activities

Kayaking
Challenge Course
Archery
Problem Solving
Zip Wire
Tunnel Trail
Giant Swing
Vertical Challenge
Campfire
Ambush



Kit

Key points

PGL | **What to bring**

Please ensure that all items are named.

CLOTHING

Clothes are likely to suffer wear and tear and also get dirty and/or wet therefore you should bring several changes of old clothes for doing activities.

- Tops & jackets**
 - T-shirts
 - Long sleeved shirt/T-shirts
 - Waterproof jacket
 - Fleeces/jumpers*Your arms will need to be covered to do some activities.*
- Trousers or leggings**
but not jeans as they get heavy and cold when wet
- Underwear & socks**
Your socks will need to cover your ankles to do some activities.
- 1 or 2 sets of clothes for the evening
- Suitable nightwear

FOOTWEAR

- 2 pairs of trainers**
1 for activities
1 old pair for watersports
- 1 pair of dry shoes** for evening activities

OTHER ITEMS

- 2 towels** → 1 for showering
1 old one for activities
- Reusable drinks bottle
- Small rucksack/bag
- Labelled bin bag for wet and dirty clothing
- Sleeping bag or duvet and pillow (unless otherwise advised)
- Washbag including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

TRAVELLING IN THE...

...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

...WINTER?

- Warm coat
- Hat and gloves

PLEASE DO NOT BRING

- Electrical devices
- Computer games
- Jewellery/valuables
- Aerosols

If you bring your mobile phone, please note, it is not covered by our insurance.

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.

Study courses and sports weekends

Groups taking part in study courses and sports weekends e.g. netball/football, should bring appropriate clothing/footwear for these activities.

- Bedding is provided
- Waterproofs are needed
- Bring plenty of warm clothing
- Bring a lightweight bag (rucksack)
- Do not bring any valuables
- Hat & Gloves will be needed
- Medication should be handed in to staff
- There is a shop for students to buy gifts, souvenirs or sweets/drinks.
- No more than £10 should be needed

Accommodation



Modern Building – Cranwell

10 Rooms - with 6 beds in each

Every room has en-suite bathroom

The whole group is on the ground floor.

Consideration of:

- Pupils in the room
- Other school parties
- Staff members
- Cleaners.



Fuel

The weekend is designed to get each and every pupil (& Staff Member) active, therefore it is vital that students eat as much of the meals provided.

Health snacks (Nutri-grain bars / Bananas) will be useful.

Staff will be monitoring students to ensure that they are taking on enough fuel.





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 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 Bacon (V) Vegetable Sausages Hash Browns Plum Tomato 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 Baked Beans Mushrooms 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 Grilled Tomato 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 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 Scrambled Eggs Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks	Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge Bacon (V) Quorn 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 Salad Bar Pizza Meat or Vegetarian Potato Wedges Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Homemade Pie or Pasties Choice of Meat or Vegetarian Gravy Mashed Potato Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Hot or Cold Baguette Choice of Meat or Vegetarian Fillings Tortilla Chips Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Pasta Bar Choice of Meat or Vegetarian Garlic Bread Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Burger Choice of Meat or Vegetarian Fries Relishes Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Jacket Potatoes or Rice Choice of Meat or Vegetarian Filling Homemade Bread Seasonal Fresh Fruit Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads Salad Bar Fajitas Choice of Meat or Vegetarian Fillings Red Cabbage Slaw Tortilla Chips Seasonal Fresh Fruit Hot & Cold Drinks
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Homemade Soup of the Day Salad Bar Beef Lasagne Cumberland Sausages (V) Beetroot & Red Onion Tart New Potatoes Peas & Carrots Onion Gravy Seasonal Fresh Fruit Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Gammon Chicken Goujons (V) Four Cheese Ravioli Potato Wedges Green Beans & Sweetcorn Seasonal Fresh Fruit Toffee Apple Crumble & Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Mexican Beef Chilli Fish Fingers (V) Sticky Hoisin Noodles Rice or Chips Mixed Vegetables Baked Beans Seasonal Fresh Fruit Lemon Drizzle Cake Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Chicken Chunks with Sweet and Sour Sauce (V) Vegetable Korma Root Vegetable Bake Rice Broccoli Seasonal Fresh Fruit Rice Pudding and Jam Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Meatballs in Tomato Sauce Chicken & Leek Pie (V) Cheese & Potato Plait Pasta or Potatoes Green Beans & Carrots Seasonal Fresh Fruit Doughnut Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Chicken Nuggets Fish in Tomato & Mascarpone Sauce (V) Vegetable Pilaf Chips Mixed Vegetables Seasonal Fresh Fruit Chocolate Chip Sponge & Chocolate Custard Hot & Cold Drinks	Homemade Soup of the Day Salad Bar Roast Dinner Yorkshire Pudding (V) Macaroni Cheese Roast Potatoes Seasonal Vegetables Gravy Seasonal Fresh Fruit Belgian Waffles with Topping Hot & Cold Drinks

Expectations

- Students must behave sensibly and responsibly and not take unnecessary risks
- Students must follow the instructions of the group leader and other supervising adults including those at the venue. If students are unclear about arrangements, they should speak to staff and not leave arrangements to chance.
- Students must report anything that may harm anyone to the group leader or supervising staff
- If students feel unwell or experience a problem, they should contact a member of staff immediately
- Students must respect, and be considerate to, others; this is particularly important regarding noise and tidiness



Communication / Social Media

Mobile Phones / Social Media


Contact Home

Vital Information

Updated Medical Records

If there have been any recent changes to your child's medical records (E.g. new medication), can you please let the school know as soon as possible.

Additional Information




MyPGL - Log in | 0333 321 2116 | Search

Teacher Guide | Learnlink | Parent Guide | Ski Leader Guide | Promotional Videos

PGL » School Trips » Resources » Parent Guide » About

About your child's trip

Parent Guide




Parent Guide

- About
- Kit List
- Activities
- Food
- Accommodation
- Peace of Mind
- Shop
- Wi-Fi
- Education
- Company History
- Further Questions

Everything you need to know, all in one place!


Find out what your child needs to take with them, what they will do when they get there, what they will be eating and what to do if your child has any allergies or medical conditions we need to take into consideration. It's all here in the Parent Guide.

Click on the links to find out everything you need to know about your child's PGL trip.



- Kit List
- Food
- Accommodation
- Activities
- Shop
- Peace of Mind
- Wi-Fi

Get in Touch



- Request a quote
- Request a callback

Call us on 0333 321 2116

Shortcuts

- Teacher Guide
- Parent Guide
- Risk Assessments
- Learnlink™
- Memberships and affiliations
- Free teacher preview weekends

Find out more

Take a look at our centres and courses for your child's PGL trip. Choose from the following options:

- School Trips
- Youth and Uniformed Group Residentials