

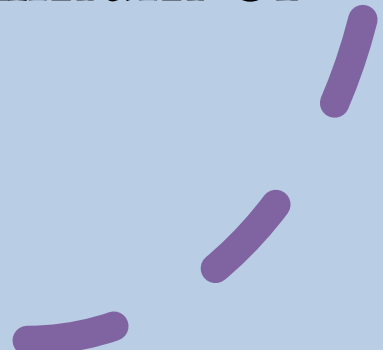
Please ensure your microphone is off and your video camera is off too when you have joined. Thank you.



Liddington
9th-13th March

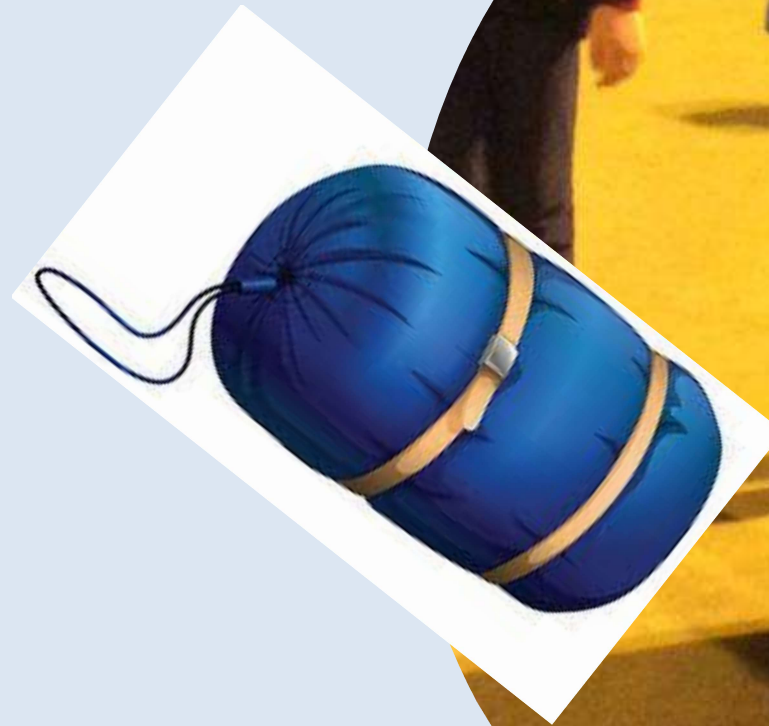
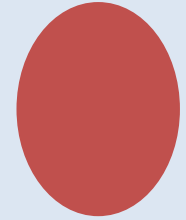


Who's going?

- Year 6 Pupils
 - 5 school adults: Mrs May, Miss Peters, Mrs Applegate, Mrs Barnwell and Mr Tracy
 - The children will be in 4 groups for activities during the day – roughly a group of 10/11.
 - Each group will have at least one school adult and a minimum of one PGL instructor.
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Things to pack...

- **Sleeping bag (compulsory) and pillow (if needed)**
- Warm, waterproof coat
- Gloves & thick, long socks
- Slippers (or soft shoes) for room - **optional**
- Dressing gown (**optional**) + night clothes
- Layers: T-shirts, tracksuits/leggings,, jumpers/sweatshirts
- 2 pairs of trainers/suitable footwear
- 5 days of socks and underwear + spares
- 2 towels – 1 large and 1 small
- Plastic bag for dirty/wet clothes
- Wash kit: brush/comb, toothpaste and toothbrush, soap, shampoo and/or conditioner, flannel, lip balm (optional), roll on deodorant
- A **named** water bottle
- **PLEASE NAME EVERYTHING**



A few hints for packing

- One bag – it is easier for your child to carry/move and repack; plus **sleeping bag**;
- Leave space for them to just ‘stuff’ everything back in;
- Include a plastic bin liner for ‘dirty/muddy/wet’ clothes on the return journey and one for dirty footwear/boots;
- Could include a list of what you have packed so that your child can cross off as they re- pack;
- Involve your child in the initial packing process to help them on their return;
- Get them use to making their own bed – bed inspections!

What else?

- A favourite book – bedtime/early morning;
- A pack of cards such as UNO;
- Pocket money – **maximum of £10** - in a named purse/bag – change is helpful;
- Disco – last evening

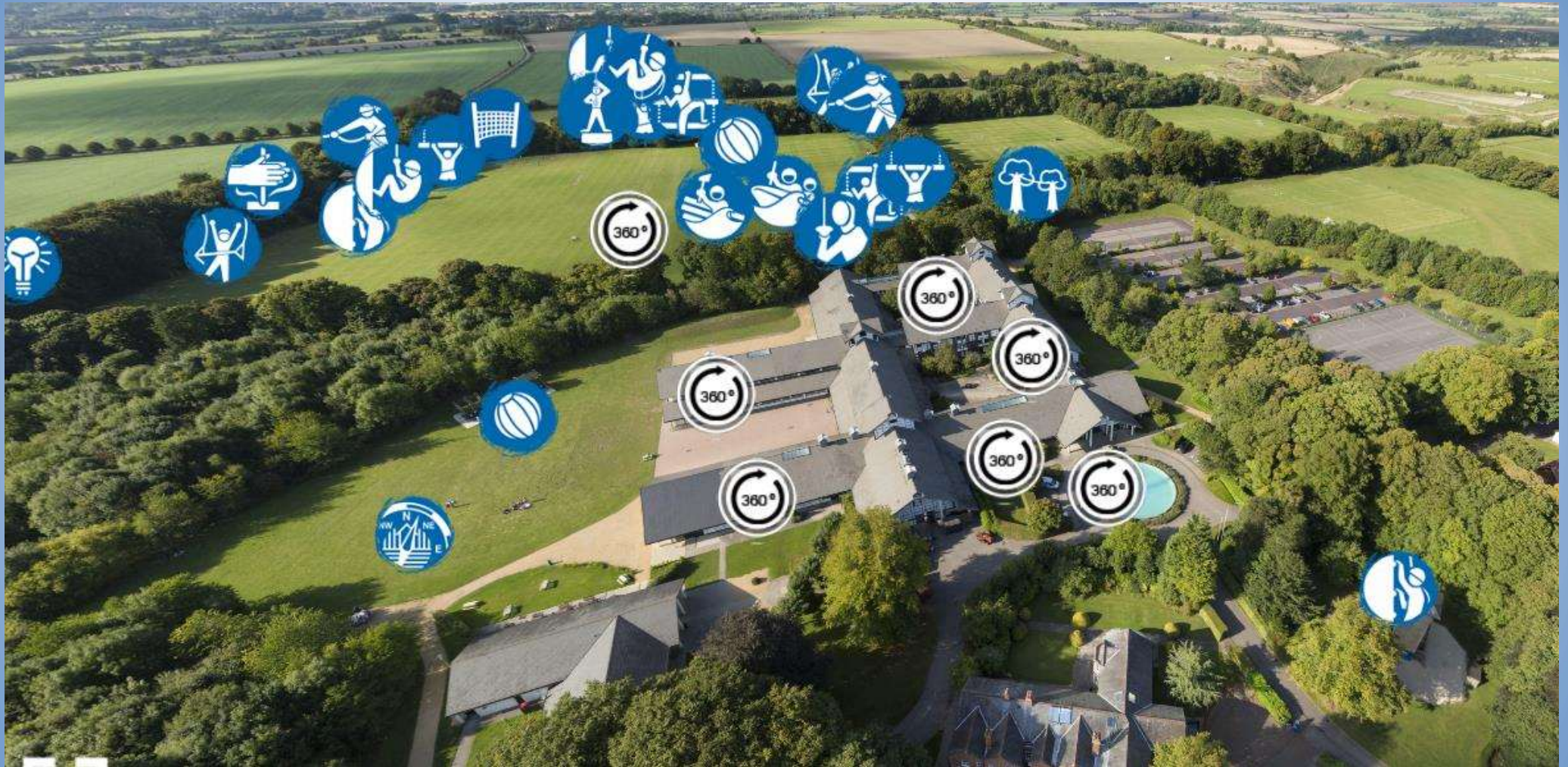
Things NOT to pack

- No electronic devices
- No additional food/sweets
- No mobile phone
- Clothing not suitable for outdoor activities
- No aerosol sprays
 - e.g. deodorant

Monday

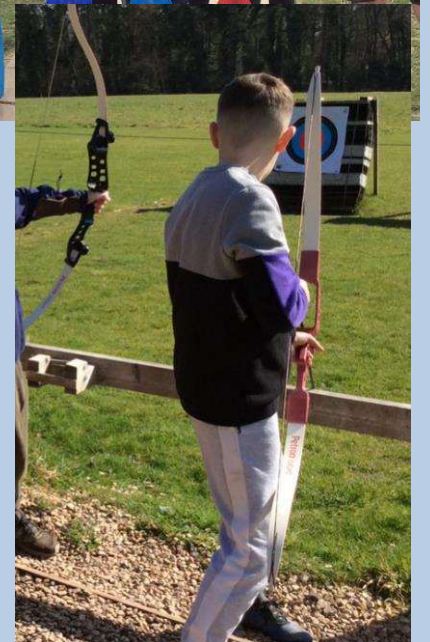
- 8.40 – Children arrive at school through the front entrance and take their bag and **sleeping bag** to the hall. Please leave any medication with Mrs Barnwell in a clearly labelled container.
- 10:30 am – coach departs school - arrives at PGL, Liddington just before midday.

Aerial View of Liddington



Provisional Activity Programme

| | Group | Session 1 8:50 - 10:20 | Session 2 10:30 - 12:00 | Session 3 14:10 - 15:40 | Session 4 15:50 - 17:20 | Evening 19:30 - 20:30 | |
|------------------|-------|---------------------------|----------------------------|----------------------------|----------------------------|--------------------------|-------------------------------|
| Monday | 1 | | Arrive on Centre | Orienteering (OR1) | Fencing (F1) | | Campfire (CF3) |
| | 2 | | Arrive on Centre | Fencing (F1) | Orienteering (OR1) | | Campfire (CF3) |
| | 3 | | Arrive on Centre | Orienteering (OR2) | Fencing (F2) | | Campfire (CF3) |
| | 4 | | Arrive on Centre | Fencing (F2) | Orienteering (OR2) | | Campfire (CF3) |
| Tuesday | 1 | Abseiling (AB1) | Giant Swing (GS1) | Canoeing (OC1) | Sensory Trail (ST1) | | Passport To The World (PTTW2) |
| | 2 | Giant Swing (GS1) | Abseiling (AB1) | Sensory Trail (ST1) | Canoeing (OC1) | | Passport To The World (PTTW2) |
| | 3 | Abseiling (AB2) | Giant Swing (GS2) | Canoeing (OC2) | Sensory Trail (ST2) | | Passport To The World (PTTW2) |
| | 4 | Giant Swing (GS2) | Abseiling (AB2) | Sensory Trail (ST2) | Canoeing (OC2) | | Passport To The World (PTTW2) |
| Wednesday | 1 | Zip Wire (ZG1) | Aeroball (AE5) | Crate Challenge (CS1) | Laser Tag (LT1) | | Balloon Splash (BSP1) |
| | 2 | Aeroball (AE5) | Zip Wire (ZG1) | Laser Tag (LT1) | Crate Challenge (CS1) | | Balloon Splash (BSP1) |
| | 3 | Zip Wire (ZG2) | Aeroball (AE6) | Crate Challenge (CS3) | Laser Tag (LT1) | | Balloon Splash (BSP1) |
| | 4 | Aeroball (AE6) | Zip Wire (ZG2) | Laser Tag (LT1) | Crate Challenge (CS3) | | Balloon Splash (BSP1) |
| Thursday | 1 | Vertical Challenge (VC2) | Survivor (SU1) | Trapeze (TR1) | Climbing (CL2) | | Disco (DIS1) |
| | 2 | Survivor (SU1) | Vertical Challenge (VC2) | Climbing (CL2) | Trapeze (TR1) | | Disco (DIS1) |
| | 3 | Vertical Challenge (VC5) | Survivor (SU2) | Trapeze (TR2) | Archery (A1) | | Disco (DIS1) |
| | 4 | Survivor (SU2) | Vertical Challenge (VC5) | Archery (A1) | Trapeze (TR2) | | Disco (DIS1) |
| Friday | 1 | Jacob's Ladder (JL1) | Archery (A3) | Depart | | | |
| | 2 | Archery (A3) | Jacob's Ladder (JL1) | Depart | | | |
| | 3 | Jacob's Ladder (JL3) | Climbing (CL1) | Depart | | | |
| | 4 | Climbing (CL1) | Jacob's Ladder (JL3) | Depart | | | |



Liddington - Accommodation

- Accommodation - dedicated section for St. John's
- Majority of the rooms sleep up to 4 - each room has access to its own toilet and shower.
- In school, children will choose up to four friends they would like to share their room with; we try to guarantee **at least one** child on this list will be in their room. *Children will be told their rooms on arrival.*
- Teacher's rooms are spaced out between the children's rooms.
- Spare time is spent in the shared outdoor area – weather permitting.
- The site is fenced off and security patrols the site throughout the night.
- At night, the children's doors can be opened from the inside but would require a key to gain entry from the outside. Our corridor has doors at either end that require a keycard entry.

Liddington - Food

- Food is provided in the dining room – we will be allocated a time slot each day for breakfast, lunch and dinner.
- The children are provided with three meals a day.
- There is always a choice of main meals and vegetarian alternatives; the centre will accommodate special dietary needs.
- At each mealtime, allergy information will be clearly displayed for each dish. If children are ever in doubt about a product or dish, they can ask a member of the catering team or their Group Leader, who will speak with the Catering Manager for clarity.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Quorn Sausages Scrambled Egg Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks | Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Bacon (V) Vegetable Sausages Baked Beans Tomatoes Seasonal Fresh Fruit Hot & Cold Drinks | Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce Seasonal Fresh Fruit Hot & Cold Drinks | Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Bacon (V) Vegetable Sausages Omelette Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks | Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas Pork Sausages (V) Quorn Sausages Hash Browns Baked Beans Seasonal Fresh Fruit Hot & Cold Drinks |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| Homemade Soup of the Day Choice of Breads Pizza with a Choice of Meat or Vegetarian Toppings Potato Wedges Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks | Homemade Soup of the Day Choice of Breads Baguette or Wrap Choice of Meat & Vegetarian Fillings Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks | Homemade Soup of the Day Choice of Breads Jacket Potato Choice of Meat & Vegetarian Toppings Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks | Homemade Soup of the Day Choice of Breads Pasta Bar Choice of Meat or Vegetarian Dish Garlic Bread Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks | Homemade Soup of the Day Choice of Breads Build a Burger Meat or Vegetarian Burger with Choice of Relishes Fried Onions Chips Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks |
| Dinner | Dinner | Dinner | Dinner | Dinner |
| Homemade Soup of the Day Cottage Pie with Onion Gravy Fish Fingers (V) Vegetable Nuggets Chips Broccoli & Baked Beans Seasonal Fresh Fruit & Salad Bar Doughnuts Hot & Cold Drinks | Homemade Soup of the Day Beef Bolognese Slow-Cooked Pork Casserole (V) Mushroom Stroganoff Pasta or Rice Green Beans & Sweetcorn Seasonal Fresh Fruit & Salad Bar Jam Sponge with Custard Hot & Cold Drinks | Homemade Soup of the Day Oven-Baked Chicken Nuggets Beef Lasagne (V) Feta Cheese & Mediterranean Vegetable Lattice Chips Peas & Carrots Seasonal Fresh Fruit & Salad Bar Angel Delight Hot & Cold Drinks | Homemade Soup of the Day Meatballs in Tomato Sauce Chicken & Vegetable Pie (V) Sweet Potato, Lentil & Vegetable Curry New Potatoes or Rice Cauliflower & Sweetcorn Seasonal Fresh Fruit & Salad Bar Apple Crumble with Custard Hot & Cold Drinks | Homemade Soup of the Day Battered Fish Fillet with Lemon & Tartare Sauce Chicken & Vegetable Curry (V) Sun-Dried Tomato, Basil & Mozzarella Pasta Chips or Rice Green Beans & Mushy Peas Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Cake Hot & Cold Drinks |

Friday – last day

- We have two activities before we have lunch.
- Lunch will be taken at the centre as normal.
- The coach departs Liddington at 1:30pm - arrival back to school just before 3:00pm.
- Please be mindful of parking to ensure coach can access Kingsmill Road.
- We will send texts to keep you updated.

Timetable and Groups

- On the Friday **before** the residential, the children will be told which group they will be in and who their adult lead will be.
- They will receive a copy of the timetable for the week ahead.

Recap - Monday Morning



- Bring your child straight into the hall through the front entrance and sign in with your child's class teacher.
- If you have any medication please give it to Mrs Barnwell when you arrive.
- Remember to take any travel sickness tablets **before** you get to school or hand to Mrs Barnwell if they need to be given just before travel – or return travel.
- Remember children need to arrive in **non-uniform**.
- Once dropped in the hall parents will be asked to leave – you can return to wave us off at 10:30 am if you wish.
- School will send out a text message, once we reach Liddington.

Contact during PGL

- There will be no contact with your child during PGL - this is for their benefit.
- In an emergency, please contact the school office. An out of hours contact number for a member of staff at Liddington, will be sent home with the timetable on the previous Friday.
- Mrs May will contact school daily and will contact you directly if there is any sickness; in the event of an emergency; or behavioural issues.



Any questions?

PLEASE RETURN ANY MEDICAL FORMS
ONCE SENT OUT.