

# *Year 6 Residential trip to PGL Osmington Bay 2023*



*Wednesday 21<sup>st</sup> June - Friday 23<sup>rd</sup> June 2023*

# Who is going on the residential?

## Staff:

- ▶ Miss Hooker
- ▶ Mrs Green
- ▶ Mr Ballard (1<sup>st</sup> aider)
- ▶ Mrs Adams (1<sup>st</sup> aider)
- ▶ Mrs Smith (1<sup>st</sup> aider)
- ▶ Mrs Hart (1<sup>st</sup> aider)

Mr Proffitt

Mr Brunton

Mrs Killahena

Mrs Churchouse (1<sup>st</sup> aider)

# First day arrangements

Please bring your child to the hall with the following:

- ▶ Suitcase
- ▶ Hand luggage
- ▶ Bedding (inside a bag if possible)
- ▶ Any medicines (please hand these directly to Mrs Smith with clearly labelled instructions).
- ▶ Packed lunch and drink for the first day.
- ▶ If your child suffers from travel sickness - please ensure they have taken their medication in advance.

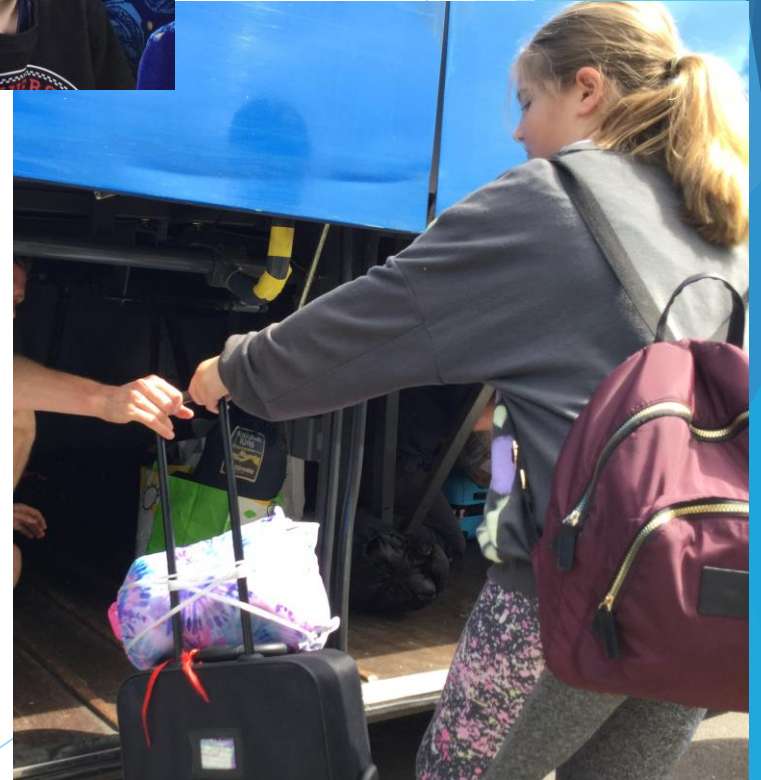
# First day arrangements

- ▶ We will be leaving school at approximately 11am. Feel free to come along and wave them off!
- ▶ The children will be met by staff at PGL Osmington on our arrival.
- ▶ They'll have their lunch (put inside disposable bag)
- ▶ They will meet their instructors for the next 2 days and be given a tour of the site.
- ▶ The children will be told their rooms and activity groups once we have arrived.
- ▶ The first activity will begin during the afternoon.





# Departure day!





# Accommodation

- All rooms are en-suite, single-sex rooms.
- Bedding is not provided so they will need to bring a sleeping bag, pillow and towels.
- Staff accommodation is within or at the end of each row of rooms.
- Party leader (Miss Hooker) and security have a master key in case of emergency.
- There is a 24 hour security patrol.





# Osmington Bay

## Centre Map

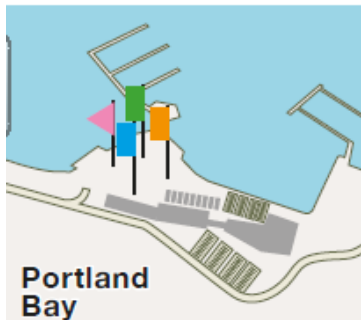


### Accommodation Key

- A Redcliff Point
- B West Bay
- C Stair Hole
- D Bats Head
- E The Fleet
- F Golden Cap
- G Durdle Door
- H Blackhead Ledges
- I Chesil Beach
- J Orcombe Point
- K Portland Bill
- L Church Ope Cove
- M Kimmeridge Bay
- N Flowers Barrow
- O Smugglers Cove
- P Lulworth Cove A
- Q Lulworth Cove B
- R Old Harry Rocks
- S Abbotsbury
- T Bowleaze Cove
- U Charmouth

### Key

- |             |                |                  |                |               |          |
|-------------|----------------|------------------|----------------|---------------|----------|
| Abseiling   | Climbing       | Jacob's Ladder   | Quad Biking    | Sensory Trail | Zip Wire |
| Aeroball    | Dragon Boating | Kayaking         | Raft Building  | Street Surf   |          |
| Animate     | Fencing        | Keelboat sailing | Map Skills     | Survivor      |          |
| Archery     | Forensics      | Low Ropes Course | Mini Beasts    | Trapeze       |          |
| Buggy Build | Giant Swing    | Problem Solving  | Rifle Shooting | Tunnel Trail  |          |





# Activities





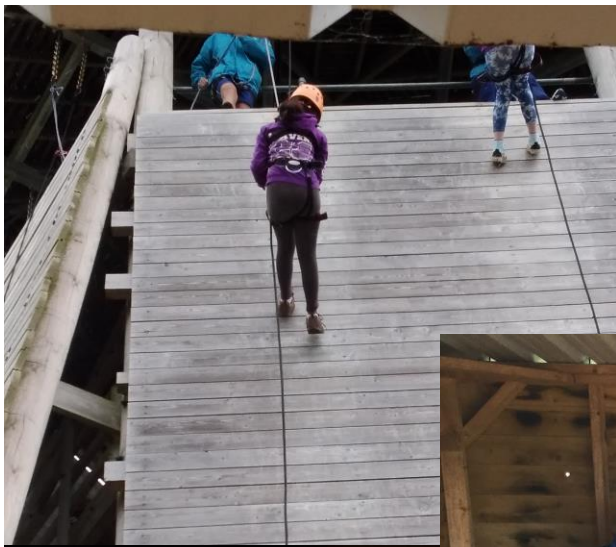
# Zip wire



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of Canford Heath

# Abseiling





# Jacob's Ladder





# Raft building





# Problem solving



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# Rifle shooting





# Archery





# Meal time





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Choice of Cereals Natural & Fruit Yoghurts White & Brown Toast with Preserves Porridge Oats with Cinnamon, Brown Sugar & Sultanas  Bacon Vegetable Sausages Tomatoes Baked Beans 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  Pork Sausages Quorn Sausages Baked Beans Omelette Hash Browns 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 Veggie Bangers Mushrooms Spaghetti in Tomato Sauce 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 Quorn Sausages Scrambled Eggs Baked Beans Hash Browns 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 Vegetable Sausages Tomatoes Baked Beans Mushrooms Seasonal Fresh Fruit Hot & Cold Drinks
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Homemade Soup of the Day Choice of Homemade Breads  Pizza with a Choice of Meat or Vegetarian Toppings Sauté Potatoes  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Baguette or Tortilla Wrap Choice of Fillings Ready Salted Crisps  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Homemade Breads  Jacket Potato Bar Choice of Meat & Vegetarian Fillings  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Pasta Bar Choice of Meat & Vegetarian Dishes Garlic Bread  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks	Homemade Soup of the Day Choice of Breads  Build a Burger Meat or Falafel & Spinach Burger with a Choice of Relishes Chips & Peas  Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Homemade Soup of the Day  Oven Baked Fish Fingers Sweet & Sour Pork & Vegetables (V) Fresh & Sun-dried Tomato, Basil & Mozzarella Pasta & Garlic Bread Chips or Rice Peas, Carrots & Baked Beans  Seasonal Fresh Fruit & Salad Bar Toffee Cheesecake Hot & Cold Drinks	Homemade Soup of the Day  Honey & Lemon Chicken Fillet Steak & Mushroom Pie (V) Chickpea & Vegetable Rogan Josh with Mushroom Biryani New Potatoes Diced Carrot, Swede & Sweetcorn  Seasonal Fresh Fruit & Salad Bar Apple & Cinnamon Crumble with Cream Hot & Cold Drinks	Homemade Soup of the Day  Pork Loin served with Apple Sauce Chicken Tikka with Poppadom & Mango Chutney (V) Creamy Vegetable Kiev Roast New Potatoes or Rice Green Beans & Cauliflower au Gratin  Seasonal Fresh Fruit & Salad Bar Chocolate Crispy Cake Hot & Cold Drinks	Homemade Soup of the Day  Turkey Escalope Moroccan-Style Minced Lamb & Vegetables (V) Oven Baked Vegetable Nuggets Minted Couscous or Potato Wedges Sweetcorn Cobettes & Carrots  Seasonal Fresh Fruit & Salad Bar Ice Cream Hot & Cold Drinks	Homemade Soup of the Day  Battered Fish Fillet with Lemon & Tartare Sauce Slow-Cooked Balsamic Beef & Mushrooms (V) Ricotta & Spinach Cannelloni Chips or Rice Mushy Peas & Broccoli  Seasonal Fresh Fruit & Salad Bar Lemon Drizzle Cake Hot & Cold Drinks







# What is a typical day at Osmington Bay?

- Wake up at 7am and get washed and dressed ready for breakfast.
- 9am - 12:30pm: Morning activities.
- 12:30pm: Lunch.
- 2pm - 5pm: Afternoon activities.
- 6pm: Evening meal.
- 7pm - 9:00pm: Evening activities.
- 9:00pm - 10pm: Settling down for the night.
- 10:00pm: Lights out.

# Code of conduct

Pupils will:

- Respond to all staff in the same manner as to their school staff.
- Respect one another and treat others as they would hope to be treated.
- Attempt to take part in all of the activities, unless there is a medical reason to prevent them from doing so.
- Follow all rules as explained before the visit and on arrival.
- Respect all property and equipment.
- Be responsible for their own property, including the return of that property.

Pupils will not:

- Enter the rooms of pupils of the opposite sex.
- Disturb others or prevent them from getting to sleep after lights out at 10pm.
- Use any equipment or try any activity without the supervision of staff.
- Bring any more than the permitted amount of money to spend.
- Attempt to leave the site at any time.
- Take any electrical games, radios, mobile phones, iPods or cameras, etc. on the visit.

**(Please note that any valuables that are taken, will be the student's sole responsibility).**

Although this is all 'common sense' behaviour, when written down these restrictions may sound like strict laws. If a child breaches the agreed conduct, you will be contacted and the necessary measures will be advised. In the most serious cases, you would need to collect your child from the site.

Please complete and return the form to the office or class teacher by **Friday 9<sup>th</sup> June 2023**.



**Year 6 Code of Conduct – expectations of behaviour to Osmington Bay**

**Please return form to the office or class teacher by Friday 9<sup>th</sup> June 2023**

PUPIL'S NAME .....CLASS .....

I have read the guidelines provided on expected behaviour and the possible consequences of not following them. I agree to uphold those guidelines whilst on the trip.

Signed: .....

I have spoken to my child about the code of conduct and agree that he/she should follow it. I am also aware of the actions that may be taken should my child breach those guidelines.

Signed: ..... Parent/Carer

Date:........

# Returning to school

- The children will have their final activities in the morning, pack up their stuff and then have lunch.
- We will remind them to check their rooms thoroughly - the odd sock has been left behind before!
- We will depart Osmington about 1pm and return around 2pm - you will be notified when we're nearly back at school.
- You can collect your child before the end of the school day...and make a start on the washing!



# What does my child need to pack?

One small rucksack size bag also allowed as hand luggage

Please ensure for travel, you wear clothing and footwear suitable for activities, as they will begin prior to accessing the accommodation, and you will not have an opportunity to change.

Day Bag/rucksack
Packed lunch and 2 water bottles (If your child <u>is</u> entitled to a Free school meal and you have ordered a meal for the 21 <sup>st</sup> of June, a packed lunch will be provided. Please provide additional drinking water)
Sun cream needs to be applied before arrival at school and topped up by your child.



### **ESSENTIAL ITEMS**

Pillow, sleeping bag/duvet (no sheet required)

Water bottle - **MUST BE CLEARLY NAMED**

Sunhat/cap

Trainers

Shoes for water/muddy activities

### **CLOTHING**

Night wear

Underwear

Pairs of socks and plenty of spares!

Joggers for health and safety - no jeans

Shorts

T-shirts

Long sleeved top for archery and climbing

Jumper/fleece/sweatshirt

Waterproof jacket

Trousers that they can get wet in or waterproofs

Swim wear for water activities

Spare towel for water activities

## **TOILETRIES**

Toothbrush and toothpaste

Face cloth/sponge

Shower towel

Soap/shower gel

Hair products: shampoo/conditioner

Hair ties for shoulder length hair

## **OTHER OPTIONAL ITEMS**

Sunglasses

Spending money - £5 maximum

Book/magazine

Small torch



# Frequently asked questions

Can my child bring a mobile phone?

No - this is for safeguarding reasons.

How do I contact you in case of emergency?

During the hours of the school day, contact the school office (01202 659290).  
Outside of school hours (6pm - 10pm), contact the emergency mobile number  
(issued on the day of the residential).

It's my child's birthday during the residential.

Great! We will make sure they celebrate in style! If you would like to provide a cake, please hand it to your child's class teacher on the departure day.

# Frequently asked questions

Who will be in my child's room?

The children have all completed a slip with the names of 5/6 pupils they would like in their rooms. We will aim to ensure that at least one of those named are in their room.

My child is a fussy eater. How will you ensure they eat?

Children are usually more experimental with food when around their peers. There is a wide range of food available and no child will go hungry - even the fussiest ones!

How safe will my child be?

The site is secure with security on the gate. The site is patrolled by 24 hour security. All PGL staff have the relevant DBS checks and activities will be supervised by school staff.



# Final thoughts...

Your child has been looking forward to this and will have a brilliant time!

They will experience independence, they will develop strong friendships with others and they will try new things and grow in confidence.

They will be returned to you tired, with a large bag of washing and many tales of new experiences and stories of fun and laughter.

And you...

You will enjoy the break! You will (probably) miss them more than they will miss you!

*Any other questions?*