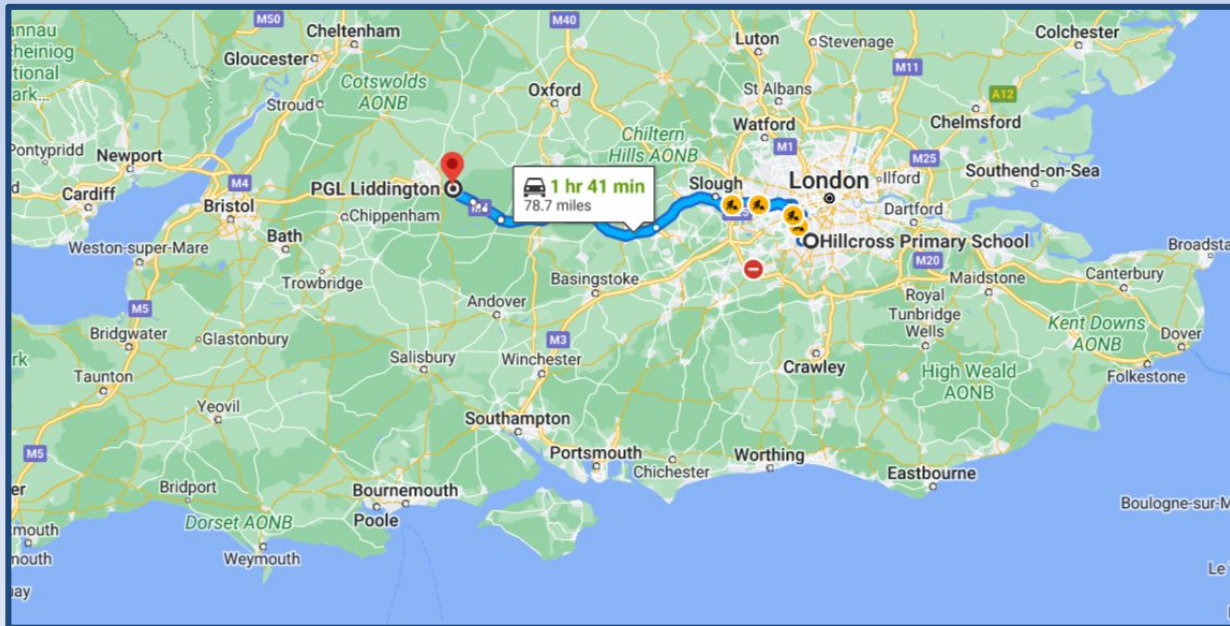
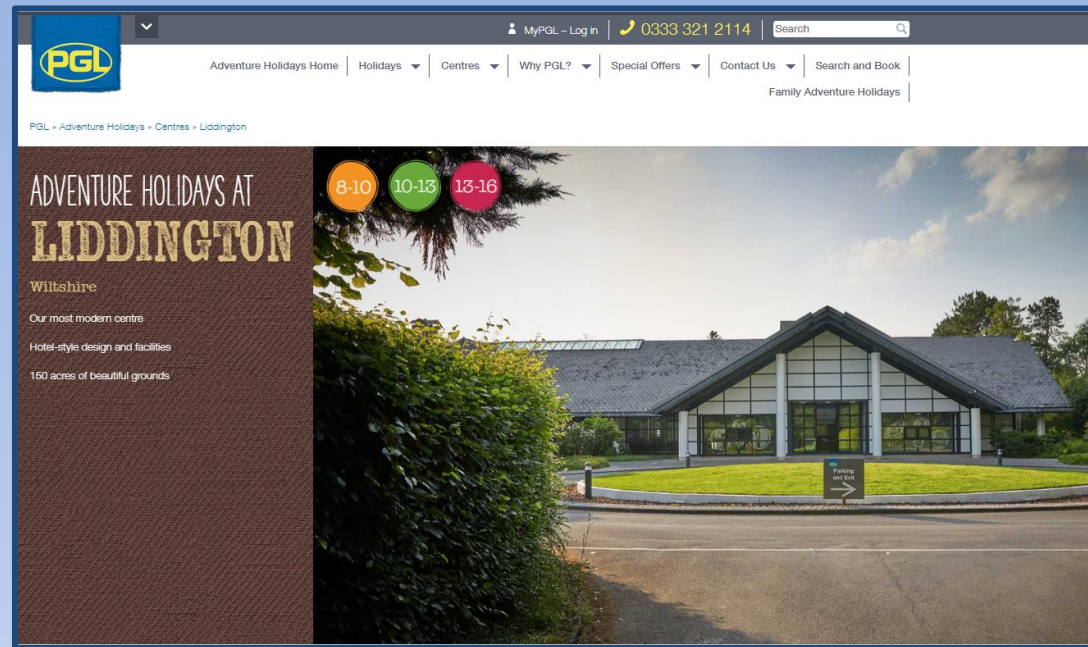


PGL 2024



PGL Liddington, Swindon.



<https://www.pgl.co.uk/en-gb/adventure-holidays/centres/liddington>

Video on website of the site can be watched.

Year 4 PGL:

Wednesday 24th - Friday 26th April

Cost

Already paid - £50

Due by 1st November 2023- £100

Due by 1st December 2023- £100

Due by 16th February 2024- £50

Total- £300



Archery

Zip Wire

Just a taster of some of the activities-





Giant Swing is one of the favourite activities.

The Climbing Wall!

The Sensory Trail



Assault Course



Sample day at Liddington (based on 7 night Multi Activity holiday)

Typical timings	Activities
07:00	Your Group Leader will wake you up so that you can get up and get ready for the day ahead.
08:00	Off to the dining room with the rest of your group to fuel up for the day, you'll need plenty of energy to keep you going. Breakfast includes cereals, toast, yogurts, porridge, and cooked breakfast – you choose! Don't forget to refill your drinks bottle before you head off to your first activity.
09:15 Session 1	Archery
10:45	Break. Catch your breath and have a quick drink before your next session.
11:00 Session 2	Crate Challenge
12:30-14:00	Worked up an appetite? Great – it's time to replenish your energy stores with the dining room. If you have energy to spare after lunch your Group Leader will always be ready for a quick kickabout with a ball or you could relax and chat with your new friends.
14:15 Session 3	Zip Wire
15:45-16:00	A chance for a breather and a drink before your Groupie takes you to your next activity.
16:00 Session 4	Climbing
18:00	Time to eat again – a different menu each day, (and did we mention, evening meals come with a hot pudding too – or you can stick with fruit if you prefer).
19:00	Talent shows, campfires, quizzes and much more – your evening entertainment programme gives you the chance to get together with everyone else in your age group and have some laughs.
21:00-22:30	Bedtime. The younger ones go first whilst older groups have time to chill out and chat or watch a DVD. Then it's lights out and time to sleep ready to do it all over again tomorrow!

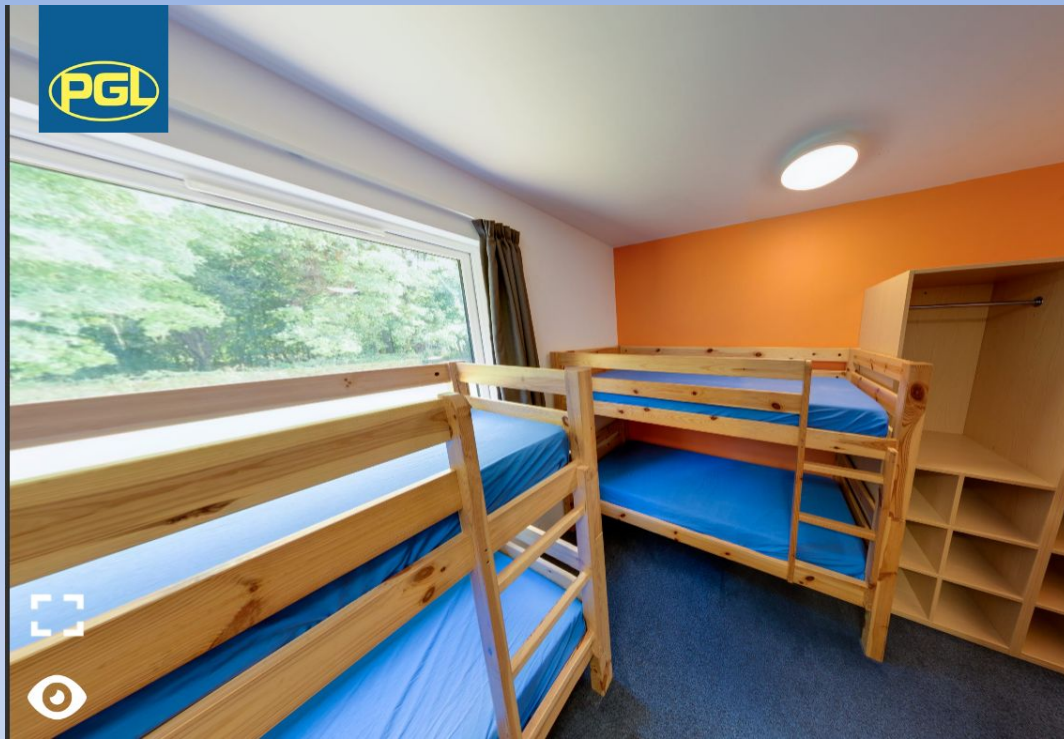
Food

Enjoyable mealtimes with nutritious and tasty food

Our meals are freshly cooked, balanced and will give your pupils plenty of energy to keep them going throughout the day.

- Hot and cold meals with vegetarian options
- Homemade soup every day
- Self-service salad bar
- Fresh fruit with every meal
- Allergies, intolerances and special diets catered for - see our Teacher Guide
- Support for fussy eaters - see our Parent Guide





The children will be placed in rooms of between 4 to 6.

In the days before the trip we will ask them to give us the names of 2-3 other children they would like to share with.,

The staff, who know the children very well, will organise the rooms and these will be announced once we arrive at PGL

All children will have at least 1 or 2 children they choose.



They will also be organised into day groups, led by a member of school staff. These groups will be different from the children they share a room with, but will include a chosen friend or two.

This is fabulous opportunity to work and get to know other children in the year group.



follow us on
twitter

We will be using Twitter to send updates throughout the day - dependent on signal!! - so please follow us @HillcrossPS

Should you have any queries while we are away, please contact Lisa Francis during the school day (Tel: 020 8542 6936). In an extreme emergency, you may contact the centre directly, and ask to speak to a member of staff (not to your child), but we urge you to do this only if it is absolutely necessary. Please note that the children will be involved in activities all day long, and not near a phone.

Past experience has shown that a parent phoning their child 'for a chat' during the course of the week, is more likely than anything else to cause feelings of homesickness.



Kit List

Please bear in mind this is a very active visit; children will need to be dressed appropriately for taking part in the range of activities – remembering they may get muddy and/or wet!!

Essential

- Nightdress/pyjamas
- Underwear
- Socks
- Tracksuit
- 2 pairs of trousers (not jeans, as they get very uncomfortable when wet)
- 2 sweatshirts/jumpers/fleeces
- 2 T-Shirts
- Waterproof coat/cagoule
- 2 pairs of shoes/trainers (please bear in mind these may get muddy!!)
- Slippers/indoor shoes
- 1 bath towel
- Hairbrush/comb
- Wash bag (containing toothbrush, toothpaste, flannel, soap (in a container), deodorant, shampoo)
- Handkerchiefs/tissues
- Laundry Bag
- Black plastic bag(s) for dirty/wet clothes

Optional

- Camera (at own risk) – disposable might be a good idea!
- Watch (at own risk)
- Purse/Wallet for money
- Torch
- Reading book
- Small teddy bear

Not Allowed

- Personal Stereo/MP3 Player/Ipod
- Electronic Games
- Mobile Phones

Any banned items will be removed from your child and returned only when we return to school.



No electronic equipment.

All items must be labelled.

Old clothes and trainers are recommended!

No sweets or food to be kept in their rooms.

Deodorant should be roll on or non aerosol spray.

All items must be labelled clearly with your child's name

There is not a lot of storage space, so please do not send large suitcases.
A sports bag/holdall should be adequate.

Remember, the children need to be able to carry their own bag!



Day of Departure

Further information will be provided regarding timings about this closer to the time.

Please ensure they have eaten a large breakfast!

We are aiming to arrive at Liddington at approximately 12.00 p.m.

Please provide children with a packed lunch in a disposable bag.

No fizzy drinks please.

On the morning, please can you ensure that the children have the following with them:

- Sports Bag/Holdall packed with clothes, toiletries, shoes, etc.
- Packed lunch – **NO** lunch box (completely disposable packaging please)
- Day Bag containing: waterproof coat; sun hat & sun cream



Medication

Please ensure, if required, that all **TRAVEL SICKNESS TABLETS** have been taken before we depart. Any extra tablets for the **return journey** must be given to the party leader in a clearly named envelope.

We will be collecting in all other medication on the morning of our departure. Please ensure that it is clearly named, with instructions as appropriate, and given directly to the party leader.

Please remember that all medication handed in on the day must also have been detailed on the medical information form. We will be taking these forms with us on the visit.

- If children need to keep asthma inhalers with them they can but we will need an extra one which we will keep.
- All PGL staff are first-aid trained.

A Fantastic Experience for all!

