



# Year 6 School Journey 2022 PGL Liddington

---


Inspiration Collaboration Empathy Excellence

# Why a School Journey in Year 6 ?

---

- **Personal development:** Learning outside the classroom is a well-evidenced tool for developing character. It broadens horizons, develops resilience, team working and self-awareness, all of which contribute to improved attainment.
- **Improved pupil/teacher/adult relationships (improving academic success and self confidence):** Children build respect and trust for those adults leading their groups and build on relationships with teachers which develops their confidence in working with new adults in their secondary schools.
- **Risk, challenge & adventure:** Children take part in activities where the risk is managed to ensure safety for all. They have positive, shared experiences with their peers which are unique and memorable and develop new skills in new places and environments.
- **Timing:** A School Journey at the end of Year 6 is a culmination of your child's time at Fern Hill. It is after the SATs and means they can focus just on transition when they return. They are mature and ready to spend time away from their parents preparing them for their first steps of independence for secondary school.



A person with dark, curly hair is seen from the side, looking out over a vast landscape of mountains and valleys. The sky is a mix of soft pinks, oranges, and blues, suggesting a sunset or sunrise. The person is wearing a dark jacket. The overall mood is contemplative and inspiring.

*We don't grow when things are easy,  
We grow when we face challenges.*

*— Ayan Mallick*



# Where, when, who and cost?

---

**Where:** PGL Liddington Adventure Centre, Foxhill, Liddington, Swindon, Wiltshire, SN4 0DZ

**When:** Monday 27th June - Wednesday 29th June 2022 (packed lunch needed on first day)

**Who:** Inclusive school visit for all 90 children who will be accompanied by 11 adults including Year 6 staff and a member of SLT.

**Cost:** £286 which includes 2 nights accommodation, bedding, a daily programme of activities, use of approved equipment, meals, professionally trained, encouraging instructors to lead activities, evening entertainment, PGL certificated and prizes, return coach travel and insurance.

**Wide range of day activities:** Climbing, treetop trail, trapeze, fencing, Jacob's ladder, giant swing, archery, aeroball, orienteering, problem solving, survivor, abseiling, vertical challenge, crate challenge, zip wire,

**Range of evening activities:** capture the flag, disco, campfire, wacky races, ambush, sports night, passport to the world, robot wars, photo challenge

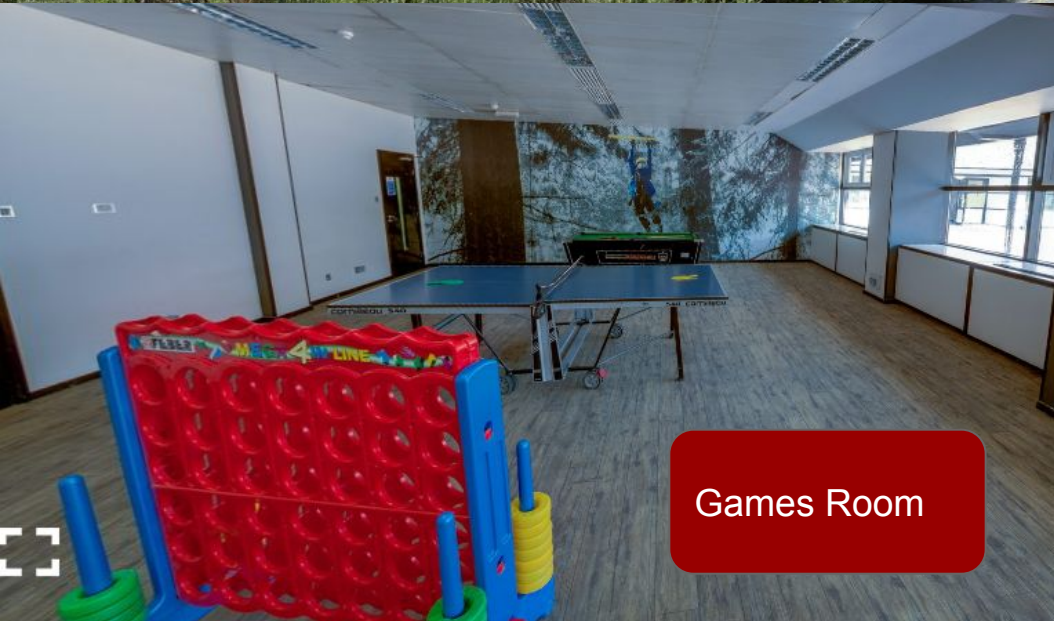




Reception



Dining room with freshly cooked food - breakfast, lunch & dinner



Games Room



Open spaces all around the building including floodlit sports pitch and spaces to chill



# A typical day at PGL Liddington

Schedule	Activities
07.00 - 08.50	Get up, get ready and fuel up for the day ahead with a hearty breakfast.
08.50 - 12.00	Morning activities - 2 sessions with a 10 minute break in-between.
12.00 - 13.50	Enjoy a fresh and tasty two-course hot lunch and some free time.
13.50 - 17.00	Afternoon activities - 2 sessions with a 10 minute break in-between.
17.00 - 19.00	Time to eat again - a different dinner menu each day.
19.00 - 21.00	Discos, campfires, quizzes and more - our evening entertainment programme keeps everyone engaged until bedtime.
21.00 / 21.30	Bedtime. Catch up on some zzz's ready to do it all again tomorrow!



# Food at PGL Liddington

## 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





# Sample menu

## MONDAY

Sausages  
Plant-based sausages (v)  
Scrambled eggs  
Mushrooms  
Baked beans  
Tomatoes

## TUESDAY

Sausages  
Plant-based sausages (v)  
Hash brown  
Mushrooms  
Baked beans  
Tomatoes

## WEDNESDAY

Bacon  
Plant-based sausages (v)  
Scrambled eggs  
Mushrooms  
Baked beans  
Tomatoes

## THURSDAY

Sausages  
Plant-based sausages (v)  
Scrambled eggs  
Mushrooms  
Baked beans  
Tomatoes

## FRIDAY

Bacon  
Plant-based sausages (v)  
Hash brown  
Mushrooms  
Baked beans  
Tomatoes

## SATURDAY

Sausages  
Plant-based sausages (v)  
Scrambled eggs  
Mushrooms  
Baked beans  
Tomatoes

## SUNDAY

Bacon  
Plant-based sausages (v)  
Hash brown  
Mushrooms  
Baked beans  
Tomatoes



### BREAKFAST

#### AVAILABLE EVERY DAY

Choice of cooked & continental breakfast

Continental options: Choice of cereals | Porridge | Assorted yoghurts | White or brown toast & jam



### LUNCH

Hot dog & wedges

Loaded jacket

Filled roll or wrap

Pasta & garlic bread

Burger, relish &  
skinny fries

Fajitas, tortilla  
chips & dips

Filled roll or wrap

#### AVAILABLE EVERY DAY

Homemade soup of the day & roll | Choice of meat, vegetarian or vegan option



### DINNER

#### Mains

Crispy chicken  
breast pieces with  
sweet & sour sauce  
Chickpea, lentil &  
coconut curry, naan (v)  
Vegetable Kiev (v)

#### Sides

Chips, rice,  
broccoli, carrots

#### Dessert

Doughnut

Choice of meat,  
vegetarian or  
vegan option

#### Mains

Beef bolognese  
Piri Piri chicken  
Butternut squash &  
vegetable biryani (v)

#### Sides

Rosemary potatoes,  
pasta, green beans,  
roasted Mediterranean  
vegetables

#### Dessert

Raspberry  
ice cream cake

#### Mains

Chicken & vegetable  
tikka & naan  
Fish fingers  
Feta & roasted  
vegetable lattice (V)

#### Sides

Chips, rice, peas,  
carrots

#### Dessert

Chocolate  
crispy cake

#### Mains

Sausages & onion gravy  
Chicken & vegetable pie  
Quorn & vegetable  
chow mein (v)

#### Sides

Mashed potato,  
mixed vegetables

#### Dessert

Apple crumble  
& cream

#### Mains

Battered fish fillet  
& tartare sauce  
Meatballs in  
tomato sauce  
Lentil bolognese (v)

#### Sides

Chips, spaghetti,  
peas, carrots

#### Dessert

Ice cream

#### Mains

Meat pizza  
Margherita pizza (v)  
Chicken Kiev  
Vegetable &  
mushroom pilaf (v)

#### Sides

Cajun fries,  
green beans, broccoli

#### Dessert

Profiteroles &  
chocolate sauce

#### Mains

Roast dinner, Yorkshire  
pudding & gravy

Mac & cheese (v)

#### Sides

Roast potatoes, roasted  
root vegetables

#### Dessert

Waffles &  
strawberry sauce

## Healthy Choices

Available daily

Fresh fruit - every  
mealtime



Unlimited salad from  
our salad bar - lunch &  
dinner

## Unlimited Drinks

Coffee, tea, chilled squash

## Dietary & Allergens

We can cater for a wide  
variety of food requirements  
when notified in advance,  
including allergies,  
intolerances, medical  
conditions, and those  
specified by culture and  
religion.

It may not always be  
possible to cater for  
more specific diets such  
as weight management  
programmes, organic etc.





# Accommodation

All rooms are en-suite and sleep 4-6 children  
Children have plenty of storage in their room.

Dormitory style accommodation  
Bedding provided  
New and comfortable  
Boys & girls are seperate





# A taste of some of the day activities...

## Abseiling

The tower is over 10 metres high. The task – to walk backwards off the top, gradually working back towards ground level, suspended only on a rope. It's all about trust, courage and confidence. It's also a very dynamic way to learn calculating and controlling risk. Some children deal with heights more easily than others, but the support and encouragement of the rest of the group is important for each individual's success and will help strengthen peer relationships.



## Challenge Course

The PGL Challenge Course is legendary – it's a well-loved and popular activity with plenty of opportunities for everyone to get involved; it can even get quite competitive sometimes! As your pupils negotiate the various obstacles that lie ahead, it's an experience that will promote teamwork, lateral thinking, problem solving and decision-making – as well as being physically challenging too.



## Archery

Our Archery sessions offer the chance for every pupil to experience success. Accuracy, control and a steady hand are vital for achieving the best results and many children discover a talent for a new skill. Handling bows and arrows may be a brand new experience for your group and presents a variety of new challenges! We encourage safety awareness from the outset and teach the basic skills on an indoor or outdoor range.



## Climbing

Your pupils will need to combine different skills including perseverance, strength, an ability to deal with heights – as well as trust in their belay partner and equipment. Those who have never tried it before will find it an exhilarating experience. Climbing at PGL may take place on indoor walls or outdoor climbing towers; whichever it is, we always use a top-rope belay for safety.





### Crate Challenge

The crate challenge is a test of innovative thinking, construction, balance, courage – and above all effective teamwork. Your pupils' activity group is divided into two teams that compete against each other to build the tallest tower of crates. With two pupils standing on top as the tower grows, each team has to come up with ever more innovative ways of getting more crates to the top, as the pair on top become more and more precariously balanced!



### Jacob's Ladder

It's an exercise in teamwork and friendly cooperation. Your group's objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider, the higher you go. Pushing up, pulling up, standing on shoulders – it's all about working together to achieve a joint purpose. The activity promotes friendship, communication, discussion, leadership and decision-making as each team progresses to the top.



### Fencing

Fencing is a great workout for both body and brain. It's challenging, exciting and involves good eye-to-hand coordination, fast footwork, lightning reflexes and even quicker decision-making. It's a sport that offers huge potential for the enthusiast to learn more and progress at club level, but it's also accessible and great fun for beginners too. Our qualified instructors will teach your pupils the basic principles and safety procedures before they progress onto outwitting their opponent in this great Olympic sport.



### Orienteering

Orienteering makes an excellent introduction to practical map-reading and is an exciting way to get to know your surroundings on centre. Pupils work in small teams or in pairs to locate control points across the grounds of the centre. As it's essentially a competitive activity, the idea is for your group to find all the controls more quickly than the others. The activity helps them to improve decision-making, map reading and correctly judging distances.



We select activities that we feel are appropriate for our children; no activities are guaranteed





# 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
  - ☐ Fleece/jumpers
- ☐ **Trousers or leggings**  
but not jeans as they get heavy and cold when wet
- ☐ **Underwear & socks**
- ☐ 1 or 2 sets of **clothes for the evening**
- ☐ Suitable **nightwear**

*Your arms will need to be covered to do some activities.*

*Your socks will need to cover your ankles to do some activities.*

## 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
- ☐ **Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)



This list is just to reassure you that your child will not need any special clothing - you will not need to purchase anything new specifically for this trip.

Nearer to the time of departure we will hold a meeting and you will receive more detailed information.

## TRAVELLING IN THE...

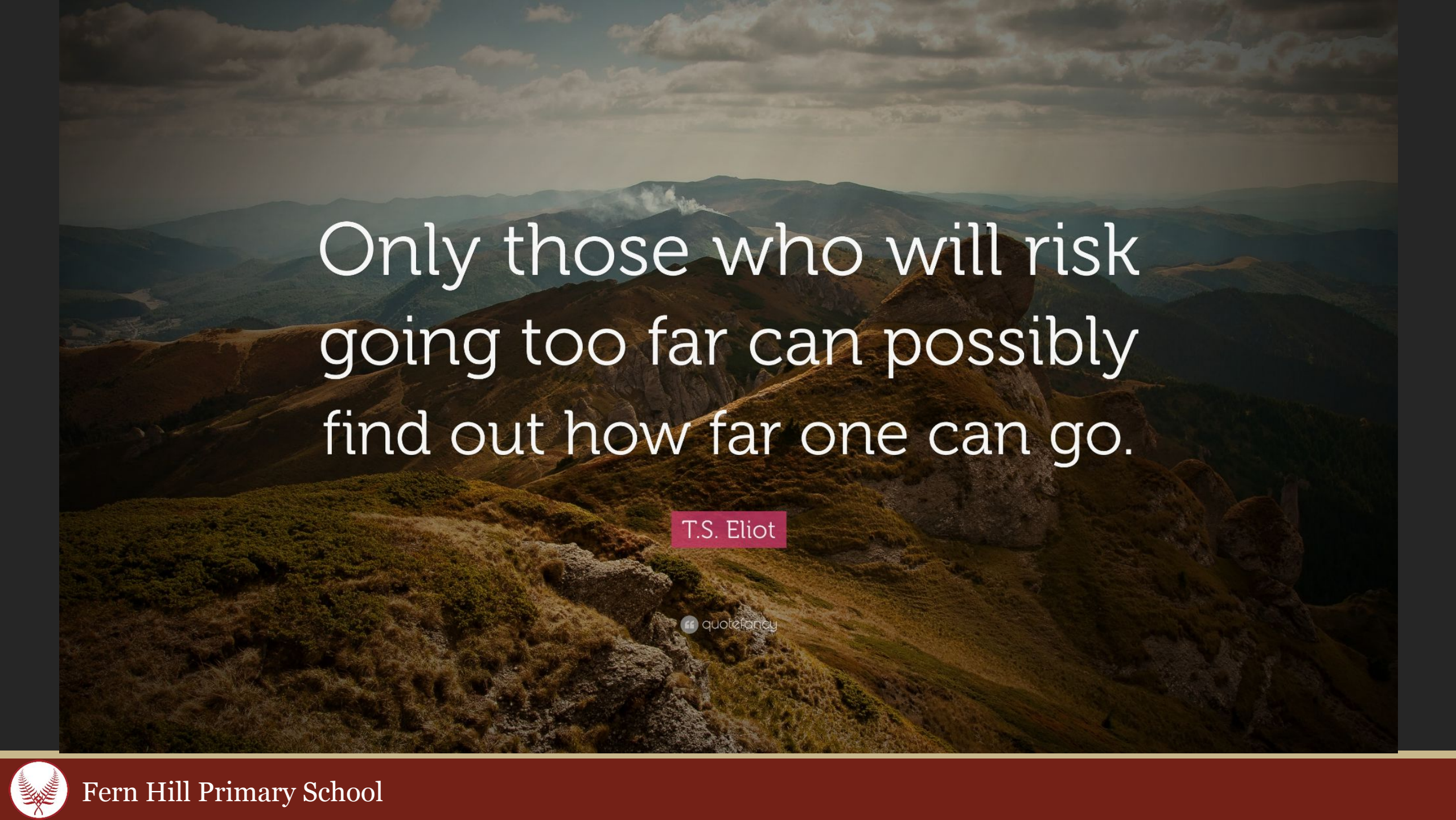
SUMMER?



# Safety & Assurance

- For all staff at PGL, the Disclosure and Barring Service\* (DBS) 'Barred List' is checked and an 'Enhanced' check is applied for. Non UK residents are subject to the equivalent checks in their home country.
- All the instructors are carefully selected, highly trained and meet the requirements laid down by national governing bodies, including [The Adventure Activities Licensing Authority \(AALA\)](#), [The British Activity Providers Association \(BAPA\)](#) and the [Council for Learning Outside the Classroom \(LOtC\)](#).
- PGL is a well-established company and are members of [ABTA](#) and [ATOL](#)\* holders
- If the Party Leader is aware of a birthday whilst away they will be happy to arrange a birthday card and a VIP sticker entitling the birthday boy or girl to special privileges throughout the day; for example queue jumping for meals and activities. 'Happy Birthday' will be sung during the day in an appropriate place.
- Includes insurance for all UK based schools for all school trips. If the visit cannot go ahead due to COVID, e.g. government directed or local directed lockdown, all monies are refundable.





Only those who will risk  
going too far can possibly  
find out how far one can go.

T.S. Eliot

 quote fancy





# Useful links to the PGL website

---

## [Liddington Adventure Centre, Wiltshire - Primary School Trips](#)

This virtual tour enables you to look into the building and all activities that are on offer

[About](#) Parent Guide page for you to look in greater detail at all areas of PGL Liddington

## [COVID Safe and Secure for Schools - Teacher Guide](#)

Details of covid measures in place including risk assessments

