



Year 6 PGL

2024

Bawdsey Manor

# Bawdsey Manor

"FOSTERING RESILIENCE to equip pupils with adaptability, perseverance, and a positive mindset to overcome challenges and thrive."



# Staff:

Mrs Howard

Mrs Sisulu

Mrs Masters

Mr Kilty

Mr Wilkins

## Dates and Times:

"BOOSTING INDEPENDENCE and empowering your pupils to take ownership of their learning through problem solving and cultivating self-motivation."

- ▶ We leave school at 1pm on the 17<sup>th</sup> of June.
  - ▶ Children to arrive between 12:15 and 12:30 (Having had lunch at home).
- ▶ There will be designated stations for luggage, medication and money.
- ▶ Please hand all medication to Mrs Howard in a plastic food bag, envelope or named toiletry bag. Make sure it is clearly labelled with their name and all instructions.
- ▶ Hand in your child's money.
- ▶ We will arrive back at school (Traffic willing) by 4pm on Friday 21st June.

# What to bring:


## 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
- 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

- ▶ In addition:
- ▶ Playing cards/Top Trumps
- ▶ Reading book
- ▶ Teddy bear!
- ▶ Insect bite cream
- ▶ Torch
- ▶ £10 in a clearly labelled envelope



# Itinerary

	Group	Meeting Point	Group Leader	Session 1 9:00 - 10:30	Session 2 10:40 - 12:10	Session 3 14:00 - 15:30	Session 4 15:40 - 17:10	Evening 19:30 - 20:30	
<b>Monday</b>	1						Arrive on Centre		FGL Toumament (PT1)
	2						Arrive on Centre		FGL Toumament (PT1)
	3						Arrive on Centre		FGL Toumament (PT1)
	4						Arrive on Centre		FGL Toumament (PT1)
	5						Arrive on Centre		FGL Toumament (PT1)
<b>Tuesday</b>	1			Zip Wire (ZW3)	Orienteering (OR1)	Abseiling (AB3)	Archery Tag (AT1)		Passport To The World (PTTW1)
	2			Abseiling (AB3)	Orienteering (OR2)	Giant Swing (GS3)	Archery Tag (AT1)		Passport To The World (PTTW1)
	3			Orienteering (OR1)	Zip Wire (ZW3)	Archery Tag (AT1)	Abseiling (AB3)		Passport To The World (PTTW1)
	4			Orienteering (OR2)	Abseiling (AB3)	Archery Tag (AT1)	Giant Swing (GS3)		Passport To The World (PTTW2)
	5			Orienteering (OR3)	Climbing (CL3)	Archery Tag (AT1)	Jacob's Ladder (JL3)		Passport To The World (PTTW2)
<b>Wednesday</b>	1			Raft Building (RB2)	Problem Solving (PS3)	Giant Swing (GS3)	Beach/Coastal Walk (CW1)		Campfire (CF1)
	2			Raft Building (RB3)	Problem Solving (PS4)	Trapeze (TR1)	Beach/Coastal Walk (CW2)		Campfire (CF1)
	3			Problem Solving (PS3)	Raft Building (RB2)	Beach/Coastal Walk (CW1)	Giant Swing (GS3)		Campfire (CF1)
	4			Problem Solving (PS4)	Raft Building (RB3)	Beach/Coastal Walk (CW2)	Trapeze (TR1)		Campfire (CF1)
	5			Sensory Trail (ST1)	Abseiling (AB3)	Raft Building (RB2)	Problem Solving (PS3)		Campfire (CF1)

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<b>Thursday</b>	1			Jacob's Ladder (JL1)	Disc Golf (DG1)	Trapeze (TR1)	Rifle Shooting (R1)	Disco (DIS1)
	2			Zip Wire (ZW1)	Disc Golf (DG1)	Jacob's Ladder (JL1)	Rifle Shooting (R2)	Disco (DIS1)
	3			Disc Golf (DG1)	Jacob's Ladder (JL1)	Rifle Shooting (R1)	Trapeze (TR1)	Disco (DIS1)
	4			Disc Golf (DG1)	Zip Wire (ZW1)	Rifle Shooting (R2)	Jacob's Ladder (JL1)	Disco (DIS1)
	5			Zip Wire (ZW2)	Trapeze (TR1)	Disc Golf (DG1)	Giant Swing (GS3)	Disco (DIS1)
<b>Friday</b>	1			Climbing (CL1)	Sensory Trail (ST1)	Depart		
	2			Climbing (CL2)	Sensory Trail (ST2)	Depart		
	3			Sensory Trail (ST1)	Climbing (CL1)	Depart		
	4			Sensory Trail (ST2)	Climbing (CL2)	Depart		
	5			Beach/Coastal Walk (CW2)	Rifle Shooting (R1)	Depart		

"SPARKING CURIOSITY and inspiring a passion for exploration, fostering a lifelong love for discovery and learning."

“DEVELOPING COURAGE and take new found skills back to the classroom.”

# Activities:

## DISC GOLF (Group of 24 max)

Your group will love trying their hand at this exciting, fast-paced sport in the great outdoors! A flying disc sport, players will take it in turns to throw a frisbee disc at a target as they make their way across a 9-holed disc course! The perfect introduction to both frisbee and golf, Disc Golf is the ideal way to incite a little healthy competition amongst groups! Disc Golf is also a daytime activity.

AGE  
9+



## PASSPORT TO THE WORLD

Hop aboard PGL airlines to take a trip around the world! Here, groups are given a map with a mixture of country flags located around the site. Each country has a plaque located on the point on the map. The plaques have questions to answer related to that country, which must all be answered correctly before returning to base. It might be dark when this activity takes place, so torches are advised.

AGE  
9-11



## PGL TOURNAMENT

At PGL Tournament guests will play a series of exciting team games and complete a selection of individual challenges to determine which team is the best! Challenges include: Basketball Shoot, Human Skittle and Ultimate Frisbee.

ALL  
AGES





# Activities:



Jacob's Ladder



Raft Building



Giant Swing



Trapeze

# Food:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Baked Beans (ve) (gluten)	Baked Beans (ve) (gluten)	Baked Beans (ve) (gluten)	Baked Beans (ve) (gluten)	Baked Beans (ve) (gluten)
	Hash Browns (ve) (gluten)	Hash Browns (ve) (gluten)	Hash Browns (ve) (gluten)	Hash Browns (ve) (gluten)	Hash Browns (ve) (gluten)
	Fresh Mushrooms (ve) (gluten)	Fresh Mushrooms (ve) (gluten)	Fresh Mushrooms (ve) (gluten)	Fresh Mushrooms (ve) (gluten)	Fresh Mushrooms (ve) (gluten)
	Sausages (gluten)	Bacon (gluten)	Sausages (gluten)	Bacon (gluten)	Bacon (gluten)
	Quorn™ Vegan Cumberland (ve) (gluten)	Quorn™ Vegan Cumberland (ve) (gluten)	Quorn™ Vegan Cumberland (ve) (gluten)	Quorn™ Vegan Cumberland (ve) (gluten)	Quorn™ Vegan Cumberland (ve) (gluten)
Available every day: Porridge with toppers* (gluten), a selection of cereals, assorted yoghurts (v) and a selection of fruit					
<b>LUNCH</b>	Pepperoni Pizza (gluten)	Beef Burger (gluten)	Battered Chicken Chunks (gluten)	Homemade Beef Bolognese (gluten)	Battered Fish (gluten)
	Margherita Pizza (v) (gluten)	Meatless Farm™ Plant Based Burger (gluten)	Vegetable Nuggets (ve) (gluten)	Homemade Vegetable Ratatouille (ve) (gluten)	Jumbo Sausage (gluten)
	Plant-based Margherita Pizza (ve) (gluten)	Served with Ziggy Fries (ve) (gluten)	Served with Potato Wedges (ve) (gluten), Garden Peas (ve) (gluten), Sweetcorn (ve) (gluten), Sweet Chili Sauce (ve) (gluten)	Served with Penne Pasta (ve) (gluten), Garlic Bread (v) (gluten), Grated mild cheddar (v) (gluten)	Quorn™ Fishless Fingers (ve) (gluten)
	Served with Skinny Fries (ve) (gluten)				Served with Skinny Fries (ve) (gluten), Garden Peas (ve) (gluten)

# Food:

## DINNER

Chicken Katsu Curry (vegetarian)

Homemade Beef Lasagne (vegetarian)

Vegetable Lasagne (vegetarian)

Sides: Garlic Bread (v) (vegetarian), Rice (ve) (vegetarian), Garden Peas (ve) (vegetarian), Fresh Broccoli (ve) (vegetarian)

Fish Fingers (vegetarian)

Hunters Chicken (vegetarian)

Shepherdless Pie (vegetarian)

Sides: Baby Potato (ve) (vegetarian), Baby Carrots (ve) (vegetarian), Whole Green Beans (ve) (vegetarian)

Chicken Curry (vegetarian)

Baked Cheesy Meatballs (vegetarian)

Vegetable Curry (vegetarian)

Sides: Rice (ve) (vegetarian), Penne Pasta (ve) (vegetarian), Mixed Vegetables (ve) (vegetarian)

PGL's Sausage Pasta Bake (vegetarian)

Chicken Kiev\*\* (vegetarian)

Homemade Sausage & Bean Casserole (vegetarian)

Sides: Mashed Potato (v) (vegetarian), Fresh Broccoli (ve) (vegetarian), Baby Carrots (ve) (vegetarian)

Beef Burger (vegetarian)

Homemade Mac 'n' Cheese (v) (vegetarian)

Meatless Farm™ Plant Based Burger (vegetarian)

Sides: Ziggy Fries (ve) (vegetarian), Sweetcorn (ve) (vegetarian), Whole Green Beans (ve) (vegetarian)

Homebaked Iced Sponge Cake (v) (vegetarian)

Chocolate Muffin (v) (vegetarian)

Jam Doughnuts (v) (vegetarian)

Homebaked Chocolate Sponge (v) & Chocolate Custard (v) (vegetarian)

Homebaked Apple Crumble (ve) & Vanilla Custard (v) (vegetarian)

# Expectations

- ▶ The code of conduct that was sent home needs to be signed by your child.
- ▶ NO MOBILE PHONES.
- ▶ Keep to their own tents.

## PGL Tents:

The children should stay in their own tents and not enter another tent. The children should behave as requested after bedtime and are expected to be quiet as have they been asked to go to sleep.

## Coach:

Seat belts must be worn at all times. Eating and drinking on the coach must only be with staff permission. No singing or writing on the windows or any behaviour which may distract the driver or drivers of other vehicles. The children will be counted on and off the coach.

## Activities:

When working in groups, the children must stay with their designated adult.

Please note - If any child does not follow these guidelines, is a danger to the other children or is behaving in an unacceptable manner, then the child's parents will be contacted and they will be expected to travel to Bawdsey Manor and take their child home.

Children will be photographed during the week, pictures will be uploaded to dojo when staff have a chance to do so - probably in the evening or when there is wifi connection.

Any questions?