



Year 7 Residential Trip
Wednesday 8th - Friday 10th
November 2023

Ms A Smart- Assistant Headteacher and SLT for Year 7
Ms F Nkrumah Head of Year 7



What's PGL all about?



[https://www.pgl.co.uk/Files/DocumentManagerDocuments/AdventureUK/Promotional Videos/PGL-Promotional-Video-Secondary-Schools-What's-It-All-About.mp4](https://www.pgl.co.uk/Files/DocumentManagerDocuments/AdventureUK/Promotional%20Videos/PGL-Promotional-Video-Secondary-Schools-What's-It-All-About.mp4)



Year 7 Residential Trip



This will be a fabulous experience for your child!

It offers your child a chance to:

- challenge themselves with being away from home
 - create amazing memories with their friends
- get to know their teachers in a very different environment
- complete exhilarating adventure activities such as abseiling, climbing and the Giant Swing
- develop their teamwork and communication skills by completing activities like the sensory trail and problem solving



Liddington



The most modern
centre

Hotel-style design
and facilities

150 acres of
beautiful grounds



Facilities....



What will each day look
like?



The Itinerary- Day 1

- Students arrive at school at for 08:40 in their clothes for PGL.
- Students to go to the Canopy to drop off their luggage and then to the Main School Hall, where they will be registered.
 - Students with Free School Meals collect packed lunches.
 - Staggered departure from Sydenham from 09:45 onwards
- Arrive at PGL Liddington, Foxhill, Liddington, Swinton SN4 0DZ.
 - Time given to eat packed lunch at the PGL Centre.
 - Students will complete two activities in the afternoon.
 - Dinner at the PGL Centre.
 - Evening entertainment



The Itinerary- Day 2



- Breakfast at the PGL Centre.
- Students will complete two activities in the morning.
 - Lunch at the PGL Centre.
- Students will complete two activities in the afternoon.
 - Dinner at the PGL Centre.
 - Evening entertainment



The Itinerary- Day 3



- Breakfast at the PGL Centre.
- Students will complete two activities in the morning.
 - Lunch at the PGL Centre.
 - Depart PGL Centre from 14:00.
- Arrive back to Sydenham School approx. 16:00 (*An ETA will be shared with all parents via text when we are an hour away*)



Activities



Whilst at PGL, your child will complete the following activities

- Climbing
- Problem Solving
 - Fencing
 - Giant Swing
- Sensory trail
 - Archery
 - Abseiling
 - All Aboard



Activities



Activities

There are four, one-and-a-half hour sessions each full day, with adventure activities to keep everyone engaged, motivated and inspired.

And after your action-packed day, we provide a programme of fun evening activities, guaranteed to keep you and your students busy and entertained.

Watch your high fliers on the zip wire, see who braves the trapeze, or help your students build a raft to race across the lake.

Details of these activities can be found on the PGL website

<https://www.pgl.co.uk/en-gb/school-trips/secondary-schools/combined?pid=71&lid=51>

Select an activity for a full description

Abseiling



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.





Payments



This trip should now be fully paid for via Parent Pay, unless you have an agreed personalised payment plan between you and the school.

Logistics



Food

Day 1:

Breakfast and Lunch: These are not provided by PGL on the first day. Please ensure that your child has eaten before arriving at school.

Please provide your child with a packed lunch. If your child normally has Free School Meals, then one will be provided for them by the school.

Dinner: This will be provided by PGL.

Day 2:

Breakfast, Lunch and Dinner: This will be provided by PGL.

Day 3:

Breakfast and Lunch: This will be provided by PGL.

Dinner: This is not provided by PGL.





Food



PGL are highly experienced with running school trips, so are fully equipped to cater for all dietary requirements- please ensure that the school is aware of any dietary requirements.

Hot and cold options are available at each meal.

You can find sample menus on the PGL website: <https://www.pgl.co.uk/en-gb/group-residentials/leader-guide/menus-and-food>

Students can bring food with them (snacks etc)

No eating is permitted on the coaches and only water can be drunk on coaches.



Rooming

Students will be sleeping in ensuite rooms that sleep 4

All students will be sharing with at least one person of their choice.

Students will need to bring a **sleeping bag** and **pillow**.

Please contact me if you foresee an issue here.





Rooming



Accommodation for Liddington can be viewed in the 360 virtual tour:

[PGL Liddington Activity Centre nr Swindon | PGL Adventures](#)





Coaches and Groups



We have four coaches booked with PGL.

The coach lists and the groupings for activities will be based on the students rooming requests

What to bring and not
to bring?...



What to bring

Please limit luggage to one case/bag per person and one item of hand luggage for carrying books etc on the journey.

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
 - Fleeces/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 pillow (unless otherwise advised)
- Washbag** including soap, shampoo, toothbrush and toothpaste (please do not bring Aerosols)

Day 1: Campfire
Day 2: PGL
Tournament



What to bring



Certain activities require set items of clothing:

- Climbing, Giant Swing, Abseiling, All Aboard - tops that cover the shoulders. Shorts may be worn but they must cover thighs
- Problem Solving and Sensory Trail- trainings or walking boots (if you have them- not essential)
 - Fencing- long trousers/leggings
 - Archery- Close fitting long sleeves



What to bring



TRAVELLING IN THE...

...SUMMER?	...WINTER?
<input type="checkbox"/> Shorts	<input type="checkbox"/> Warm coat
<input type="checkbox"/> Baseball cap/sun hat	<input type="checkbox"/> Hat and gloves
<input type="checkbox"/> Sunscreen	

Money- Students don't need money as all food is provided but they are welcome to bring some if you wish- £5-10.

A price list for the PGL Gift shop can be found online:
<https://www.pgl.co.uk/Files/DocumentManagerDocuments/AdventureUK/PGL-Gift-Shop-Price-List.pdf>

Lost property

We recommend you write a list of what you pack to check before you come home. If you do leave anything behind, please contact your party leader who will contact PGL. Postage will be charged for returning lost items.



What not to bring?

PLEASE DO NOT BRING



Contacting your child
and health and safety...



Contacting your child



We accept no responsibility for mobiles brought on the trip and would strongly recommend students do not bring them.

If your child does bring a phone, they will have their phone for the journey there and back. When they arrive at Windmill Hill, their phones will be placed in the safe and returned to them on the journey home.

We will make contact with you if necessary.

Please assume no news is good news!



Contacting your child



In the event of an emergency that you need to contact your child, please contact the school switchboard in the first instance.

If it is out of school hours (before 8am and after 5.30pm), please ring the school mobile. This number will be shared prior to the trip.

Please only contact the school mobile in the event of an emergency.

Updates about the trip will be shared via the schools' twitter page
[@SydenhamSchool](https://twitter.com/SydenhamSchool)



Health and Safety

Your child's safety on this trip is paramount to us and to PGL.

All PGL staff are trained First Aiders.

Please ensure that any prescribed medication is handed in to the school in the days prior to the trip in a clearly labelled box/bag.

More information on the PGL website: <https://www.pgl.co.uk/en-gb/school-trips/resources/parent-guide/peace-of-mind>

<https://www.pgl.co.uk/en-gb/school-trips/resources/teacher-guide/safety-and-security>



Any Questions?

