

Yr 6 Residential Overstrand Hall

23rd – 27th June





Staff accompanying the trip...

Miss Bertorelli

Mrs Adams

Miss Buckley

Miss Bull

The aim of PGL is to:

- Promote independence
- Develop children's confidence and self-assurance
- Build problem-solving skills and resilience
- Give them independence in decision making
- Freedom of choice with boundaries
- Enhance children's understanding of health and safety, and following instructions



Packing list

WHAT YOU NEED TO BRING

This list is a guide for what to bring for a one-week stay at PGL

Bring warm, old clothes rather than new.

⊕ Please NAME all items

Quantity	Item	Tick
2	Set of layered comfortable travelling clothes, jacket or hoodie and trainers	
9prs	Socks- must come above the ankle	
Min 6prs	Underwear	
3prs	Old trousers - Not jeans as they restrict movement and are not suitable when using a safety harness	
3	Short sleeved T shirts	
3	Long sleeved T shirts	
1	Nightwear	
1	Waterproof jacket with hood	
1	Hat or cap for sunny days	
1pr	Trainers/plimsolls for dry activities (<u>could</u> be same as travelling shoes)	
2 prs	Old trainers/wet shoes, these will get wet and muddy, they need to lace up as they may get stuck and lost in the mud	
2	Towels	
1	Wash kit including soap/shower gel, shampoo, toothbrush, toothpaste, roll on deodorant and a hand towel, hairbrush or comb. NO SPRAYS OF ANY SORT	

2	Long sleeved jumpers or hoodies or fleeces	
2	Large bin bags for wet/dirty clothes	
1	Torch	
	Suncream	
	Hair ties for long/shoulder length hair	
Optional		
	Sliders/flip flops for shower use	
	Disco outfit	
Small backpack for coach		
	Packed lunch – no sweets or fizzy drinks	
	Re-fillable water bottle (named) to be used throughout the week	
	Empty purse or wallet	

ABSOLUTELY NO ELECTRICAL ITEMS OF ANY SORT ARE PERMITTED ON THE TRIP. This includes mobile phones, cameras etc. Photographs will be taken and shared by staff using school equipment.

Do not bring or pack any jewellery including earrings or anything valuable.

Monday 23rd June

Children are welcome to arrive at school at **10am** in their own clothes with a packed lunch and their suitcases.

All luggage will be left in the hall.

We aim to leave Commonswood School at 10:30am should you wish to wave goodbye to the coach!

Comfort stop and lunch on route.

We aim to arrive at Overstrand Hall 2:30-3pm.

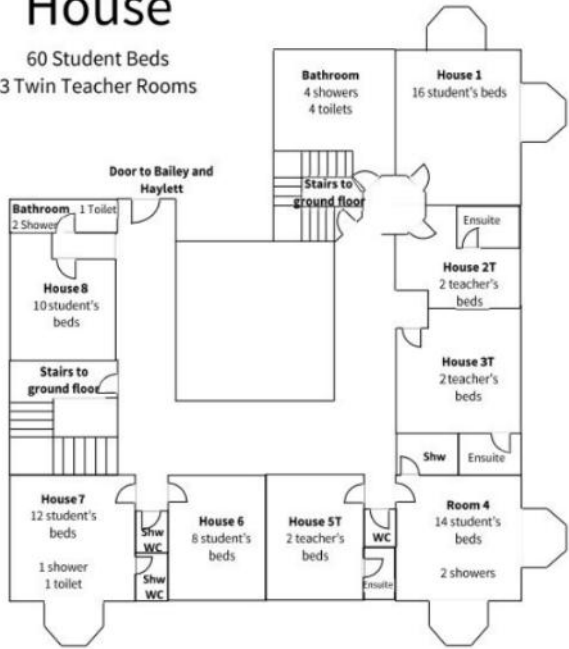
Challenge 1 – Making their bed!

Rooms



House

60 Student Beds
3 Twin Teacher Rooms



Site



Food

MONDAY



BREAKFAST

Hot Buffet

Grilled Pork Sausage, Vegan Sausage, Baked Beans, Hash Browns & Scrambled Eggs

Cold Buffet

Fresh Whole Fruit, Cheese Slices, Tomatoes & Cucumber
Cornflakes (GF available), Rice Krispies, Weetabix, Bran Flakes & Porridge (on request)
Sliced Bread (GF available), Rolls, Butter, Sunflower Spread, Jam & Honey

Daily Special

Nut Free Granola & Yoghurt

LUNCH

Soup of the Day, Bread, Yoghurt, Fruit Salad & Salad Bar
Sausage Roll
Pasty

OR

Vegan Nuggets (VE)
Vegan Sausage Roll (VE)
Baked Potato Wedges
Baked Beans or Peas

DINNER

Salad Bar, Baguettes, Butter & Sunflower Spread
Fried Chicken with Egg Noodles
Sweet & Sour Pulled Pork
Vegan Sausages & Mash
Mash Potatoes
Baked Beans
Two Vegetables of the Day
Chocolate Brownies (VE) (GF available on request)

THURSDAY



BREAKFAST

Hot Buffet

Grilled Pork Sausage, Vegan Sausage, Baked Beans, Hash Browns & Scrambled Eggs

Cold Buffet

Fresh Whole Fruit, Cheese Slices, Tomatoes & Cucumber
Cornflakes (GF available), Rice Krispies, Weetabix, Bran Flakes & Porridge (on request)
Sliced Bread (GF available), Rolls, Butter, Sunflower Spread, Jam & Honey

Daily Special

Sauté Mushrooms

LUNCH

Soup of the Day, Bread, Yoghurt, Fruit Salad & Salad Bar
Build your Own Sandwich Bar
Baguettes, Rolls & Focaccia Bread
Cheese, Ham, Tuna & Sweetcorn or Falafel
Pasta of the Day (VE)
Fries & Baked Beans

DINNER

Salad Bar, Baguettes, Butter & Sunflower Spread
Mexican Night
Chilli con Carne
Butterfly Chicken & Rice
Vegan Chilli (VE)
Rice & Soft Tacos
Grated Cheese
Roasted Vegetables & Peas
Lemon Drizzle Cake
Vegan Chocolate Orange Dessert (VE) – available on request

A typical day

07:00 - Staff wake up the group!

07:40 - Breakfast (English or Continental, cereal, toast and drinks).

09:15 - First activity session.

10:45 - Second activity session.

12:15 - Hot lunch

13:15 - Games (Quidditch, Pond Dipping, Scavenger Hunt etc.)

14:30 - Third activity session.

16:00 - Fourth activity session

17:30 - Hot dinner

18:30 – 19:45 - Games, Tuck Shop, Free time.

19:45 – 21:00 - Evening activity.

Lights off – 9:30pm.

PGL staff lead activities and school staff supervise children in their free time and bedtime routines.

Through the night there will always be a senior PGL staff member on call.

School staff are also on call throughout the night.

Our doors will be labelled so children know where to find us.

Kingswood: Adventure Programme Sample Itinerary



5 Days		Session 1	Session 2		Session 3	Session 4		Evening
Day 1					Arrival/Settle in & Safety Talk	Fencing	Dinner	Scrapheap Challenge
Day 2	Breakfast	3G Swing	Obstacle Course	Lunch	Problem Solving	Buggy Building	Dinner	Movie Night
Day 3	Breakfast	Low Ropes	Abseiling	Lunch	Laser	Jungle Vines	Dinner	Quidditch
Day 4	Breakfast	Orienteering	Zipwire	Lunch	Crate Stack	Team Games	Dinner	Campfire
Day 5	Breakfast	Leap of Faith	Aero Ball	Lunch & Depart				



Visit kingswood.co.uk
for more information



Terms and conditions apply, activities are based on availability per centre. The above are an example and Kingswood reserves the right to amend the timetable. These 3 and 5 days are an example, longer stays may repeat activities.

Friday 27th June

7am Children to finish packing their bags.

7:45am Breakfast.


8.30am Children complete two activities.

12.30pm Packed lunch.

1pm Depart.

4:30 (*ish*) Scheduled return to **Commonswood School**

Medical/Allergy forms



FORM OV 7A (CSF4258)
EVENT-SPECIFIC PARENTAL CONSENT FORM
(This form should be amended as required to make it best fit for each specific event or purpose for which it is to be used.)
 Establishment: Commonswood School

To be completed by visit leader/organiser

Visit:	Overstrand Hall
Visit Leader:	Monica Bertorelli
Date of Visit:	From: 23.06.25 To: 27.06.25
Is a photograph of participant required:	No

To be completed by person with parental responsibility for the child/young person.

Child/Young Persons Full Name: _____
 Date of Birth: _____ Passport No. Not required

Does the above person:

- Have a medical condition requiring medical treatment or medication? Y/N
- Have an allergy to certain medications? Y/N
- Is s/he able to administer her/his own medication? Y/N

Please give details of medical condition/treatments or allergies to medications below: _____

Has s/he received a tetanus injection in the last 5 years? Y/N
 Has s/he been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may become contagious or infectious? Y/N
 If yes, give details: _____

Does s/he have any special dietary requirements relating to allergies or medical conditions? Y/N
 If yes, give details: _____

I wish to draw the following to the visit leader's attention (e.g. allergies, phobias, travel sickness, existing difficulties, [sleep apnoea](#), recent operations or treatments, other conditions which may affect fitness to participate in certain activities): _____

Swimming Ability *

I confirm that _____ is / is not* water confident and able to swim 25 metres.

HOME AND EMERGENCY CONTACT INFORMATION <small>(Must be contactable for the duration of the visit / activity)</small>		
Name:	MAIN	ALTERNATIVE
Relationship:		
Address:		
Telephone Numbers:	Day	
	Evening:	
	Other:	
FAMILY DOCTOR DETAILS		
Name:		
Address:		
Telephone Numbers:		
	Child / Young Person's NHS number (if known)	
Declaration by person with parental responsibility for the child/young person. <ul style="list-style-type: none"> • I have received and fully understood the details of the proposed visit/activities • I am satisfied that all reasonable care will be taken for the safety of those participating and that adequate staffing and safety measures have been arranged • I understand the extent and limitation of the insurance cover provided • I agree that (full name of child/young person) _____ <ul style="list-style-type: none"> - can participate in the visit and activities described - can be transported in the private vehicles of staff/volunteers supervising the visit where necessary - is in good health and fit to participate in the activities described - can receive medical treatment as necessary - can receive pain relief eg. Calpol if required • I undertake to inform the group leader of any change in medical circumstances prior to the activity date • I acknowledge the need for the person named above to behave responsibly and agree to the establishment's procedures in this respect. <i>In the event that their behaviour is not acceptable, I acknowledge that it is my responsibility to make arrangements for them to be collected and cover any associated costs.</i> 		
Permission for use of images of participants (optional) I do / do not* (delete as appropriate) give my permission for photographs and/or videos to be taken of my child for use in educational or youth work promotional materials and displays when required, with or without using their name.		
Signed:	Name in Capitals:	
Relationship	Date:	
Where required, has a passport sized photograph been attached / provided	Not required	

Medicine – given in in advance (nearer the time), named packet, with instructions on when to take.

Please fill out a medical form **PER** medicine required.

Deadline – Friday 28th March for medical forms to be returned.

Things which are useful for us to know before we go...

- Sleep-walking
- Bed-wetting – pack 2...PGL do provide a wet sheet
- Periods
- Travel sickness
- Fear of the dark

Pocket Money

Nearer the time, we will ask you to send your child into school with **£5**.



Frequently asked questions...

What communication can I expect to receive?

All communication goes via the school. We will write a message on Arbor daily to let you know which activities have taken place. Updates will also be given to Mrs Seymour and if there is an emergency, Mrs Seymour will contact you. Please ensure all contact details are updated/correct.

When do we find out which rooms our children are in?

In the event of an emergency, how can I contact my child's group leader?

Will they get enough food to eat?

Are there first aiders on site?

My child has medication – what do I need to do next?

What about pocket money?