

Yr 6 Residential PGL Liddington

29th June – 3rd July





Staff accompanying the trip...

Mr Burt

Mrs Adams

tbc

tbc

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 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.

- T-shirts (3)
 - Long sleeved shirt/T-shirts (3)
 - Waterproof jacket (1)
 - Fleeces/jumpers (2)
 - Tops & jackets
 - Trousers or leggings (3) but not jeans as they get heavy and cold when wet
 - Underwear (6) & socks (9)
 - Swimming costume/trunks for water activities
 - 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.*

TRAVELLING IN THE...

...SUMMER?

- Shorts
- Baseball cap/sun hat
- Sunscreen

...WINTER?

- Warm coat
- Hat and gloves

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 to wear

We have included some guidance on what to wear and what not to wear for the activities we are most often asked about. Please note, activities vary at each centre and final activity itineraries are planned by each centre.

Water-based activities

- ✓ Old trainers/water shoes
- ✓ Warm clothing
- ✓ Layers
- ✓ Old clothes
- ✓ Swimsuit (for some water activities)
- ✗ Flip flops/crocs/sandals
- ✗ Wet kit
- ✗ Jeans

Rope sessions

- ✓ Sturdy footwear
- ✓ Tops to cover the shoulders
- ✓ Shorts that cover the thighs
- ✓ Long trousers
- ✗ Flip flops/crocs/sandals
- ✗ Denim shorts

Muddy activities

- ✓ Old trainers
- ✓ Long trousers (waterproof if possible)
- ✓ Layers
- ✗ Flip flops/crocs/sandals
- ✗ Shorts

FOOTWEAR

- 2 pairs of trainers
 - 1 pair of dry shoes for evening activities
- 1 for activities*
- 1 old pair for waterproofs*

We recommend that all visitors wear closed toe footwear on site due to uneven terrain and safety considerations around activity areas

OTHER ITEMS

- 2 towels
 - Reusable drinks bottle
 - Small rucksack/bag (for coach)
 - 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)
 - Hair ties for long hair
 - Torch
 - Pocket money £5-£10
- 1 for showering*
- 1 old one for activities*

PLEASE DO NOT BRING

- ✗ Electrical devices
- ✗ Phones
- ✗ Computer games
- ✗ Food items that contain nuts
- ✗ Jewellery/valuables
- ✗ Aerosols
- ✗ Flip flops/crocs/sandals

Monday 29th June 2026

Children arrive at school at normal time in their own clothes with a packed lunch and their suitcases.

They will drop their luggage off in the junior hall.

We aim to start boarding the coach at 9:00am and leave Commonswood by 9:20am - should you wish to wave goodbye to the coach!

Comfort stop en route.

We are expected at Liddington by 12:00 where we will have our packed lunch.

We will drop our luggage into our rooms and have a tour of the site.

We start our first activity at 2:15.

Rooms

Rooms of between 4 and 10

We arrange rooms before we go.



Will need a sleeping bag and pillow

Can hire for £20*
Please let office know if they are needed.

*Will confirm price

Site



Site



Site



Food

<https://adventureholidays.pgl.co.uk/uk-pgl-menu/>

A typical day

07:20 - Staff wake up the group!

08:00 - Breakfast (English or Continental, cereal, toast and drinks).

09:00 - First activity session.

10:30 - Second activity session.

12:15 - Hot lunch

13:15 - Games (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.

Friday 27th June

7am Wake earlier to finish packing their bags.

8am Breakfast.


9am Children complete two activities.

12.15pm Lunch.

1:30pm Depart.

4:00 (*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:	
<ul style="list-style-type: none"> Have a medical condition requiring medical treatment or medication? Have an allergy to certain medications? Is s/he able to administer her/his own medication? 	<p>Y/N</p> <p>Y/N</p> <p>Y/N</p>
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, toileting difficulties, sleep walking 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		
(Must be contactable for the duration of the visit / activity)		
Name: Relationship:	MAIN	ALTERNATIVE
	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/activity 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. 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. 		
Permission for use of images of participants (optional)		
I do / do not* (where 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	Yes	Not required

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

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

Available from school office or on school website.

Friday 27th March - medical forms to be returned.

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

- Sleep-walking
- Bed-wetting
- 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? **Ring school office**

Will they get enough food to eat?

Are there first aiders on site?

What about pocket money?