

Year 6 School Journey

9th - 13th November 2026



Bawdsey Manor, Suffolk

- our centre for the week



- 19 fantastic adventure activities to choose from
- 144 acres of beautiful grounds
- Stunning coastal location with panoramic views

See the Bawdsey Manor web page for more information
www.pgl.co.uk/bawdsey



A typical day

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 - evening entertainment keeps everyone engaged until bedtime.
21:00/21:30	Bedtime. Catch up on some sleep ready to do it all again tomorrow!



Meals

- Enjoyable mealtimes with nutritious and tasty food
- Meals are freshly cooked and balanced and will provide plenty of energy
- 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



Reach
your

FULL PGL POTENTIAL

with our freshly prepared menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BREAKFAST

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

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

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

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

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

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

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

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

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.



Sample
Menu



Sleeping

- All residential dormitories are warm, comfortable and 100% secure
- Girls and boys sleep in separate areas, and staff rooms are located nearby to allow for plenty of close supervision
- Rooms will have bunk beds
- The Centre will provide all bedding
- Separate showers and toilet facilities are available for girls and boys



Activities



- PGL instructors will lead all activity sessions
- The activities have been designed to motivate, build confidence and encourage development in pupils

Activities available at Bawdsey Manor:

Abseiling	Aeroball	Archery	Coastal Walk
Buggy Building	Challenge Course	Climbing	Fencing
Giant Swing	Jacob's Ladder	Orienteering	Raft Building
Sensory Trail	Survivor	Trapeze	Zip Wire

Our final activity schedule will be provided on arrival at the Centre



Staffing and Travel

- We have over 70 students attending the trip this year and seven members of Bowes staff will be attending, including a member of SLT. There will also be PGL staff dedicated to our group
- We will be travelling on two coaches to and from the Centre
- Departure/arrival times and arrangements will be shared in the coming weeks

Children will need a backpack with a packed lunch and water for their first day.

Risk Assessment & Behaviour Expectations

- A school risk assessment has been completed for the trip
- PGL also have their own risk assessments for the Centre and activities
- Behaviour expectations will be shared before the trip
- We expect all children to follow the three core Bowes Values whilst they are away





Kit List and Medical Forms

- A kit list will be sent home
- Please ensure all items that are taken on school journey are labelled with your child's name
- Please pack your child's kit with them and place all items in a cabin - sized bag/case

Please complete your child's MEDICAL FORM by Tuesday 13th October.

Communication



- Children will not be permitted to take mobile phones or any smart devices with them.
- A daily update message from the school will be sent to parents.
- The school website gallery will also be updated in the evening. We can only do this once the children are in bed (and with available wifi) so maybe best to check it in the mornings. Staff will do their best to ensure photos are taken of all the groups.

Please speak to a member of the Year 6 team between now and the trip
if you have any questions

We are all looking forward to a great trip.

Medical Form



Kit List

