



## Year 6 School Journey

11<sup>th</sup> – 15<sup>th</sup> October 2021



# 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](http://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 zzz's ready to do it all again tomorrow!



# Meals

- Enjoyable mealtimes with nutritious and tasty food
- Meals are freshly cooked, 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



# Sample Menu

Reach your

# FULL PGL POTENTIAL

with our freshly prepared menu



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY



### BREAKFAST

Sausages Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)	Sausages Plant-based sausages (v)	Bacon Plant-based sausages (v)
Scrambled eggs	Hash brown	Scrambled eggs	Scrambled eggs	Hash brown	Scrambled eggs	Hash brown
Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms
Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	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
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**AVAILABLE EVERY DAY** Homemade soup of the day & roll | Choice of meat, vegetarian or vegan option



### DINNER

Mains	Mains	Mains	Mains	Mains	Mains	Mains
Crispy chicken breast pieces with sweet & sour sauce	Beef bolognese	Chicken & vegetable tikka & naan	Sausages & onion gravy	Battered fish fillet & tartare sauce	Meat pizza	Roast dinner, Yorkshire pudding & gravy
Chickpea, lentil & coconut curry, naan (v)	Piri Piri chicken	Fish fingers	Chicken & vegetable pie	Meatballs in tomato sauce	Margherita pizza (v)	Mac & cheese (v)
Vegetable Kiev (v)	Butternut squash & vegetable biryani (v)	Feta & roasted vegetable lattice (V)	Quorn & vegetable chow mein (v)	Lentil bolognese (v)	Chicken Kiev	Vegetable & mushroom pilaf (v)
<b>Sides</b>	<b>Sides</b>	<b>Sides</b>	<b>Sides</b>	<b>Sides</b>	<b>Sides</b>	<b>Sides</b>
Chips, rice, broccoli, carrots	Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables	Chips, rice, peas, carrots	Mashed potato, mixed vegetables	Chips, spaghetti, peas, carrots	Cajun fries, green beans, broccoli	Roast potatoes, roasted root vegetables
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Doughnut	Raspberry ice cream cake	Chocolate crispy cake	Apple crumble & cream	Ice cream	Profiteroles & chocolate sauce	Waffles & strawberry sauce

**AVAILABLE EVERY DAY**

Choice of meat, vegetarian or vegan option

## 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.



# Sleeping

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



# Activities



- All activity sessions will be led by PGL instructors.
- 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.

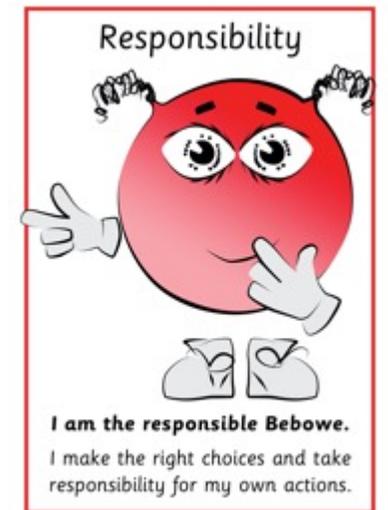
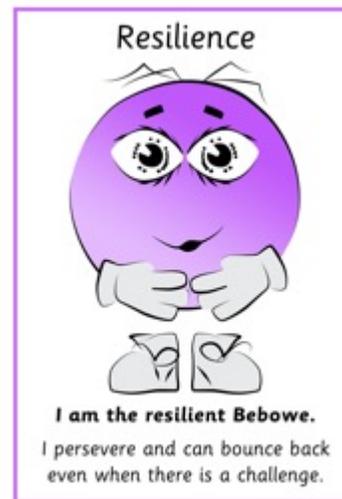


# Staffing and Travel

- The staff to pupil ratio required by PGL is 1:12.
- Depending on final pupil numbers (currently between 60 -70), there will be 6 – 7 members of Bowes staff 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 back pack 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 prior to 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 has been 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 Wednesday 29<sup>th</sup> September.**



# Communication

- Children will not be permitted to take mobile phones with them.
- A daily update text from school will be sent to parents.
- The school website gallery will also be updated.
  
- 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!